



Tuesday, November 1, 2022

Workout Studio (Various Dates/Times)

Date and Time: Tuesday, November 1 12:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Youth Room (Various Dates/Times)

Date and Time: Tuesday, November 1 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Senior's Swim (Various Dates/Times)

Date and Time: Tuesday, November 1 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

Lane Swim (Various Dates/Times)

Date and Time: Tuesday, November 1 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Preschool Programs (Various Programs/Date/Time)

Date and Time: Tuesday, November 1 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Youth Programs (Various Programs)

Date and Time: Tuesday, November 1 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Gymnasium, Sports & Games (Various Programs)

Date and Time: Tuesday, November 1 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Rehabilitation Swim (Various Dates/Times)

Date and Time: Tuesday, November 1 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Public Swim (Various Dates/Times)

Date and Time: Tuesday, November 1 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Public Swim - For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water and swim within arm's reach at all times.

Skating Programs (Learn to Skate/Power Skating/Private Lessons - Various Dates/Times)

Date and Time: Tuesday, November 1 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For the schedule and to register, [visit here](#).

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Tuesday, November 1 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacement Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Children's Programs (Various Programs)

Date and Time: Tuesday, November 1 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Family Swim (Various Dates/Times)

Date and Time: Tuesday, November 1 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Adult Health & Wellness Programs (Various Programs)

Date and Time: Tuesday, November 1 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Open Gym (Various Dates/Times)

Date and Time: Tuesday, November 1 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Wednesday, November 2, 2022

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Wednesday, November 2 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Adult Health & Wellness Programs (Various Programs)

Date and Time: Wednesday, November 2 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Family Swim (Various Dates/Times)

Date and Time: Wednesday, November 2 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Children's Programs (Various Programs)

Date and Time: Wednesday, November 2 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Wednesday, November 2 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacment Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Public Swim (Various Dates/Times)

Date and Time: Wednesday, November 2 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Public Swim - For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water and swim within arm's reach at all times.

Rehabilitation Swim (Various Dates/Times)

Date and Time: Wednesday, November 2 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Gymnasium, Sports & Games (Various Programs)

Date and Time: Wednesday, November 2 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Youth Programs (Various Programs)

Date and Time: Wednesday, November 2 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Preschool Programs (Various Programs/Date/Time)

Date and Time: Wednesday, November 2 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Lane Swim (Various Dates/Times)

Date and Time: Wednesday, November 2 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Senior's Swim (Various Dates/Times)

Date and Time: Wednesday, November 2 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

For ages 50+

Youth Room (Various Dates/Times)

Date and Time: Wednesday, November 2 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Workout Studio (Various Dates/Times)

Date and Time: Wednesday, November 2 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

50+ Centre Programs (Various Programs)

Date and Time: Wednesday, November 2 09:00 a.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. A 50+ Centre Membership is required. \$5.00/per year.

Learn more and register by [clicking here](#).

Thursday, November 3, 2022

Rehabilitation Swim (Various Dates/Times)

Date and Time: Thursday, November 3 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Public Swim (Various Dates/Times)

Date and Time: Thursday, November 3 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Public Swim - For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water and swim within arm's reach at all times.

Lane Swim (Various Dates/Times)

Date and Time: Thursday, November 3 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Preschool Programs (Various Programs/Date/Time)

Date and Time: Thursday, November 3 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Youth Programs (Various Programs)

Date and Time: Thursday, November 3 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Gymnasium, Sports & Games (Various Programs)

Date and Time: Thursday, November 3 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Thursday, November 3 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacment Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Children's Programs (Various Programs)

Date and Time: Thursday, November 3 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Family Swim (Various Dates/Times)

Date and Time: Thursday, November 3 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Adult Health & Wellness Programs (Various Programs)

Date and Time: Thursday, November 3 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Open Gym (Various Dates/Times)

Date and Time: Thursday, November 3 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Thursday, November 3 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Parent & Tot (Various Dates/Times)

Date and Time: Thursday, November 3 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Parent & Tot - Parent/guardians and children ages 4 and under.

Workout Studio (Various Dates/Times)

Date and Time: Thursday, November 3 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Youth Room (Various Dates/Times)

Date and Time: Thursday, November 3 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Friday, November 4, 2022

Workout Studio (Various Dates/Times)

Date and Time: Friday, November 4 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Senior's Swim (Various Dates/Times)

Date and Time: Friday, November 4 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

Youth Room (Various Dates/Times)

Date and Time: Friday, November 4 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Rehabilitation Swim (Various Dates/Times)

Date and Time: Friday, November 4 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Gymnasium, Sports & Games (Various Programs)

Date and Time: Friday, November 4 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Lane Swim (Various Dates/Times)

Date and Time: Friday, November 4 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Friday, November 4 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Open Gym (Various Dates/Times)

Date and Time: Friday, November 4 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Adult Health & Wellness Programs (Various Programs)

Date and Time: Friday, November 4 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Family Swim (Various Dates/Times)

Date and Time: Friday, November 4 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Friday, November 4 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacement Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Belleville Minor Hockey Mid Season Tilt Rep U10-U13

Date and Time: Friday, November 4 07:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8, CAA Arena

For information, click [here](#).

50+ Centre Programs (Various Programs)

Date and Time: Friday, November 4 09:00 a.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. A 50+ Centre Membership is required. \$5.00/per year.

Learn more and register by [clicking here](#).

Belleville Senators vs. Lehigh Valley Phantoms

Date and Time: Friday, November 4 07:00 p.m. - 10:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Visit [Belleville Senators](#) website for more information.

Saturday, November 5, 2022

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Saturday, November 5 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Adult Health & Wellness Programs (Various Programs)

Date and Time: Saturday, November 5 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Open Gym (Various Dates/Times)

Date and Time: Saturday, November 5 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Children's Programs (Various Programs)

Date and Time: Saturday, November 5 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Skating Programs (Learn to Skate/Power Skating/Private Lessons - Various Dates/Times)

Date and Time: Saturday, November 5 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For the schedule and to register, [visit here](#).

Rehabilitation Swim (Various Dates/Times)

Date and Time: Saturday, November 5 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Public Swim (Various Dates/Times)

Date and Time: Saturday, November 5 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Public Swim - For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water and swim within arm's reach at all times.

Lane Swim (Various Dates/Times)

Date and Time: Saturday, November 5 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Preschool Programs (Various Programs/Date/Time)

Date and Time: Saturday, November 5 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Gymnasium, Sports & Games (Various Programs)

Date and Time: Saturday, November 5 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Youth Programs (Various Programs)

Date and Time: Saturday, November 5 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Youth Room (Various Dates/Times)

Date and Time: Saturday, November 5 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Belleville Minor Hockey Mid Season Tilt Rep U10-U13

Date and Time: Saturday, November 5 07:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8, CAA Arena

For information, click [here](#).

Belleville Senators vs. Toronto Marlies

Date and Time: Saturday, November 5 07:00 p.m. - 10:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Visit [Belleville Senators](#) website for more information.

Sunday, November 6, 2022

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Sunday, November 6 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Open Gym (Various Dates/Times)

Date and Time: Sunday, November 6 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Adult Health & Wellness Programs (Various Programs)

Date and Time: Sunday, November 6 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Sunday, November 6 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacment Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Family Swim (Various Dates/Times)

Date and Time: Sunday, November 6 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Gymnasium, Sports & Games (Various Programs)

Date and Time: Sunday, November 6 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Lane Swim (Various Dates/Times)

Date and Time: Sunday, November 6 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Public Swim (Various Dates/Times)

Date and Time: Sunday, November 6 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Public Swim - For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water and swim within arm's reach at all times.

Rehabilitation Swim (Various Dates/Times)

Date and Time: Sunday, November 6 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Workout Studio (Various Dates/Times)

Date and Time: Sunday, November 6 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Youth Room (Various Dates/Times)

Date and Time: Sunday, November 6 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Belleville NHL Alumni Hockey Game

Date and Time: Sunday, November 6 02:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8, CAA Arena

For information, click [here.](#)

Belleville Nov 6 2022: Doors Open at 1 PM: Puck Drops at 2 PM

The CAA Arena, Belleville, Ontario

In support of the Law Enforcement Torch Run for the Special Olympics Ontario

Belleville Minor Hockey Mid Season Tilt Rep U10-U13

Date and Time: Sunday, November 6 07:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8, CAA Arena

For information, click [here.](#)

Monday, November 7, 2022

Workout Studio (Various Dates/Times)

Date and Time: Monday, November 7 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Youth Room (Various Dates/Times)

Date and Time: Monday, November 7 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Senior's Swim (Various Dates/Times)

Date and Time: Monday, November 7 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

Rehabilitation Swim (Various Dates/Times)

Date and Time: Monday, November 7 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Public Swim (Various Dates/Times)

Date and Time: Monday, November 7 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water and swim within arm's reach at all times.

Lane Swim (Various Dates/Times)

Date and Time: Monday, November 7 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Preschool Programs (Various Programs/Date/Time)

Date and Time: Monday, November 7 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Gymnasium, Sports & Games (Various Programs)

Date and Time: Monday, November 7 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Youth Programs (Various Programs)

Date and Time: Monday, November 7 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Family Swim (Various Dates/Times)

Date and Time: Monday, November 7 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Monday, November 7 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacment Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Children's Programs (Various Programs)

Date and Time: Monday, November 7 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Adult Health & Wellness Programs (Various Programs)

Date and Time: Monday, November 7 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Open Gym (Various Dates/Times)

Date and Time: Monday, November 7 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Monday, November 7 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Tuesday, November 8, 2022

Workout Studio (Various Dates/Times)

Date and Time: Tuesday, November 8 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Senior's Swim (Various Dates/Times)

Date and Time: Tuesday, November 8 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

For ages 50+

Youth Room (Various Dates/Times)

Date and Time: Tuesday, November 8 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Skating Programs (Learn to Skate/Power Skating/Private Lessons - Various Dates/Times)

Date and Time: Tuesday, November 8 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For the schedule and to register, [visit here](#).

Public Swim (Various Dates/Times)

Date and Time: Tuesday, November 8 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Public Swim - For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water and swim within arm's reach at all times.

Rehabilitation Swim (Various Dates/Times)

Date and Time: Tuesday, November 8 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Youth Programs (Various Programs)

Date and Time: Tuesday, November 8 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Gymnasium, Sports & Games (Various Programs)

Date and Time: Tuesday, November 8 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Preschool Programs (Various Programs/Date/Time)

Date and Time: Tuesday, November 8 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Lane Swim (Various Dates/Times)

Date and Time: Tuesday, November 8 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Family Swim (Various Dates/Times)

Date and Time: Tuesday, November 8 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Children's Programs (Various Programs)

Date and Time: Tuesday, November 8 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Tuesday, November 8 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacment Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Tuesday, November 8 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Parent & Tot (Various Dates/Times)

Date and Time: Tuesday, November 8 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Parent & Tot - Parent/guardians and children ages 4 and under.

Wednesday, November 9, 2022

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Wednesday, November 9 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Adult Health & Wellness Programs (Various Programs)

Date and Time: Wednesday, November 9 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Wednesday, November 9 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacment Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Children's Programs (Various Programs)

Date and Time: Wednesday, November 9 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Family Swim (Various Dates/Times)

Date and Time: Wednesday, November 9 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Recreational Skating (Various Dates/Times)

Date and Time: Wednesday, November 9 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a schedule and to register for our recreational swims, [click here](#).

\$3.00 per person for all public skates. \$5.50 for shinny hockey and figure skating ticket ice.

Public Skating - Helmets are strongly recommended, no skating aids permitted.

Family Skating - Helmets are mandatory for all participants in this program.

Figure Skating Ticket Ice - Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Coaches must register at customer service desk. Lifts and throws are not permitted. A maximum of 15 skaters are permitted on the ice at any given time. Pre-registration is required.

Adult Recreational Skating - Helmets are strongly recommended

Adult Shinny - Helmets are mandatory for this program

Senior Shinny - Helmets are mandatory for this program

Rehabilitation Swim (Various Dates/Times)

Date and Time: Wednesday, November 9 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Public Swim (Various Dates/Times)

Date and Time: Wednesday, November 9 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water and swim within arm's reach at all times.

Lane Swim (Various Dates/Times)

Date and Time: Wednesday, November 9 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Preschool Programs (Various Programs/Date/Time)

Date and Time: Wednesday, November 9 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Gymnasium, Sports & Games (Various Programs)

Date and Time: Wednesday, November 9 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Youth Programs (Various Programs)

Date and Time: Wednesday, November 9 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Youth Room (Various Dates/Times)

Date and Time: Wednesday, November 9 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Senior's Swim (Various Dates/Times)

Date and Time: Wednesday, November 9 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

For ages 50+

Workout Studio (Various Dates/Times)

Date and Time: Wednesday, November 9 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Thursday, November 10, 2022

Public Swim (Various Dates/Times)

Date and Time: Thursday, November 10 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Public Swim - For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water and swim within arm's reach at all times.

Rehabilitation Swim (Various Dates/Times)

Date and Time: Thursday, November 10 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Youth Programs (Various Programs)

Date and Time: Thursday, November 10 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Gymnasium, Sports & Games (Various Programs)

Date and Time: Thursday, November 10 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Preschool Programs (Various Programs/Date/Time)

Date and Time: Thursday, November 10 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Lane Swim (Various Dates/Times)

Date and Time: Thursday, November 10 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Family Swim (Various Dates/Times)

Date and Time: Thursday, November 10 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Children's Programs (Various Programs)

Date and Time: Thursday, November 10 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Thursday, November 10 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacment Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Adult Health & Wellness Programs (Various Programs)

Date and Time: Thursday, November 10 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Open Gym (Various Dates/Times)

Date and Time: Thursday, November 10 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Thursday, November 10 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Parent & Tot (Various Dates/Times)

Date and Time: Thursday, November 10 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Parent & Tot - Parent/guardians and children ages 4 and under.

Workout Studio (Various Dates/Times)

Date and Time: Thursday, November 10 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Senior's Swim (Various Dates/Times)

Date and Time: Thursday, November 10 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

Friday, November 11, 2022

Remembrance Day - No Recreation Programs or Pool Programs or Customer Service Desk (Regular Ice/FDC Track Open)

Date and Time: Friday, November 11 05:00 a.m. - 11:45 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Learn more about the [special schedule for Remembrance Day](#)

No Programs (including pool), Customer Service Desk Closed - Regular Ice and FDC Track Only

Date and Time: Friday, November 11 05:00 a.m. - 11:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

There will be no recreation programs or pool programs. The Customer Service desk is closed. There will be regular ice only. Please see [Hours of Operation](#).

Saturday, November 12, 2022

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Saturday, November 12 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Open Gym (Various Dates/Times)

Date and Time: Saturday, November 12 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Adult Health & Wellness Programs (Various Programs)

Date and Time: Saturday, November 12 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Children's Programs (Various Programs)

Date and Time: Saturday, November 12 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Recreational Skating (Various Dates/Times)

Date and Time: Saturday, November 12 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a schedule and to register for our recreational swims, [click here](#).

\$3.00 per person for all public skates. \$5.50 for shinny hockey and figure skating ticket ice.

Public Skating - Helmets are strongly recommended, no skating aids permitted.

Family Skating - Helmets are mandatory for all participants in this program.

Figure Skating Ticket Ice - Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Coaches must register at customer service desk. Lifts and throws are not permitted. A maximum of 15 skaters are permitted on the ice at any given time. Pre-registration is required.

Adult Recreational Skating - Helmets are strongly recommended

Adult Shinny - Helmets are mandatory for this program

Senior Shinny - Helmets are mandatory for this program

Skating Programs (Learn to Skate/Power Skating/Private Lessons - Various Dates/Times)

Date and Time: Saturday, November 12 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For the schedule and to register, [visit here](#).

Rehabilitation Swim (Various Dates/Times)

Date and Time: Saturday, November 12 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Public Swim (Various Dates/Times)

Date and Time: Saturday, November 12 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water and swim within arm's reach at all times.

Lane Swim (Various Dates/Times)

Date and Time: Saturday, November 12 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Preschool Programs (Various Programs/Date/Time)

Date and Time: Saturday, November 12 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Gymnasium, Sports & Games (Various Programs)

Date and Time: Saturday, November 12 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Youth Programs (Various Programs)

Date and Time: Saturday, November 12 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Youth Room (Various Dates/Times)

Date and Time: Saturday, November 12 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Quinte Toycon

Date and Time: Saturday, November 12 11:00 a.m. - 4:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8, Gymnasium

Visit [Quinte Toycon](#) website for more information.

Belleville Senators vs. Rochester Americans

Date and Time: Saturday, November 12 07:00 p.m. - 10:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Visit [Belleville Senators](#) website for more information.

Sunday, November 13, 2022

Public Swim (Various Dates/Times)

Date and Time: Sunday, November 13 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Public Swim - For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water and swim within arm's reach at all times.

Rehabilitation Swim (Various Dates/Times)

Date and Time: Sunday, November 13 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Gymnasium, Sports & Games (Various Programs)

Date and Time: Sunday, November 13 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Lane Swim (Various Dates/Times)

Date and Time: Sunday, November 13 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Recreational Skating (Various Dates/Times)

Date and Time: Sunday, November 13 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a schedule and to register for our recreational swims, [click here](#).

\$3.00 per person for all public skates. \$5.50 for shinny hockey and figure skating ticket ice.

Public Skating - Helmets are strongly recommended, no skating aids permitted.

Family Skating - Helmets are mandatory for all participants in this program.

Figure Skating Ticket Ice - Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Coaches must register at customer service desk. Lifts and throws are not permitted. A maximum of 15 skaters are permitted on the ice at any given time. Pre-registration is required.

Adult Recreational Skating - Helmets are strongly recommended

Adult Shinny - Helmets are mandatory for this program

Senior Shinny - Helmets are mandatory for this program

Family Swim (Various Dates/Times)

Date and Time: Sunday, November 13 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Sunday, November 13 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacment Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Adult Health & Wellness Programs (Various Programs)

Date and Time: Sunday, November 13 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Open Gym (Various Dates/Times)

Date and Time: Sunday, November 13 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Sunday, November 13 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Workout Studio (Various Dates/Times)

Date and Time: Sunday, November 13 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Youth Room (Various Dates/Times)

Date and Time: Sunday, November 13 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Monday, November 14, 2022

Youth Room (Various Dates/Times)

Date and Time: Monday, November 14 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Senior's Swim (Various Dates/Times)

Date and Time: Monday, November 14 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

Workout Studio (Various Dates/Times)

Date and Time: Monday, November 14 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Monday, November 14 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Open Gym (Various Dates/Times)

Date and Time: Monday, November 14 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Adult Health & Wellness Programs (Various Programs)

Date and Time: Monday, November 14 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Monday, November 14 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacement Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Children's Programs (Various Programs)

Date and Time: Monday, November 14 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Family Swim (Various Dates/Times)

Date and Time: Monday, November 14 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Recreational Skating (Various Dates/Times)

Date and Time: Monday, November 14 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a schedule and to register for our recreational swims, [click here](#).

\$3.00 per person for all public skates. \$5.50 for shinny hockey and figure skating ticket ice.

Public Skating - Helmets are strongly recommended, no skating aids permitted.

Family Skating - Helmets are mandatory for all participants in this program.

Figure Skating Ticket Ice - Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Coaches must register at customer service desk. Lifts and throws are not permitted. A maximum of 15 skaters are permitted on the ice at any given time. Pre-registration is required.

Adult Recreational Skating - Helmets are strongly recommended

Adult Shinny - Helmets are mandatory for this program

Senior Shinny - Helmets are mandatory for this program

Lane Swim (Various Dates/Times)

Date and Time: Monday, November 14 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Preschool Programs (Various Programs/Date/Time)

Date and Time: Monday, November 14 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Gymnasium, Sports & Games (Various Programs)

Date and Time: Monday, November 14 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Youth Programs (Various Programs)

Date and Time: Monday, November 14 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Rehabilitation Swim (Various Dates/Times)

Date and Time: Monday, November 14 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Tuesday, November 15, 2022

Skating Programs (Learn to Skate/Power Skating/Private Lessons - Various Dates/Times)

Date and Time: Tuesday, November 15 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For the schedule and to register, [visit here](#).

Public Swim (Various Dates/Times)

Date and Time: Tuesday, November 15 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Public Swim - For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water and swim within arm's reach at all times.

Rehabilitation Swim (Various Dates/Times)

Date and Time: Tuesday, November 15 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Youth Programs (Various Programs)

Date and Time: Tuesday, November 15 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Gymnasium, Sports & Games (Various Programs)

Date and Time: Tuesday, November 15 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Preschool Programs (Various Programs/Date/Time)

Date and Time: Tuesday, November 15 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Lane Swim (Various Dates/Times)

Date and Time: Tuesday, November 15 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Recreational Skating (Various Dates/Times)

Date and Time: Tuesday, November 15 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a schedule and to register for our recreational swims, [click here](#).

\$3.00 per person for all public skates. \$5.50 for shinny hockey and figure skating ticket ice.

Public Skating - Helmets are strongly recommended, no skating aids permitted.

Family Skating - Helmets are mandatory for all participants in this program.

Figure Skating Ticket Ice - Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Coaches must register at customer service desk. Lifts and throws are not permitted. A maximum of 15 skaters are permitted on the ice at any given time. Pre-registration is required.

Adult Recreational Skating - Helmets are strongly recommended

Adult Shinny - Helmets are mandatory for this program

Senior Shinny - Helmets are mandatory for this program

Family Swim (Various Dates/Times)

Date and Time: Tuesday, November 15 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Children's Programs (Various Programs)

Date and Time: Tuesday, November 15 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Tuesday, November 15 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacment Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Adult Health & Wellness Programs (Various Programs)

Date and Time: Tuesday, November 15 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Open Gym (Various Dates/Times)

Date and Time: Tuesday, November 15 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Tuesday, November 15 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Parent & Tot (Various Dates/Times)

Date and Time: Tuesday, November 15 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Wednesday, November 16, 2022

Rehabilitation Swim (Various Dates/Times)

Date and Time: Wednesday, November 16 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Public Swim (Various Dates/Times)

Date and Time: Wednesday, November 16 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water and swim within arm's reach at all times.

Preschool Programs (Various Programs/Date/Time)

Date and Time: Wednesday, November 16 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Gymnasium, Sports & Games (Various Programs)

Date and Time: Wednesday, November 16 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Youth Programs (Various Programs)

Date and Time: Wednesday, November 16 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Wednesday, November 16 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Adult Health & Wellness Programs (Various Programs)

Date and Time: Wednesday, November 16 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Wednesday, November 16 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacment Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Children's Programs (Various Programs)

Date and Time: Wednesday, November 16 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Family Swim (Various Dates/Times)

Date and Time: Wednesday, November 16 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Youth Room (Various Dates/Times)

Date and Time: Wednesday, November 16 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Senior's Swim (Various Dates/Times)

Date and Time: Wednesday, November 16 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

Workout Studio (Various Dates/Times)

Date and Time: Wednesday, November 16 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

50+ Centre Programs (Various Programs)

Date and Time: Wednesday, November 16 09:00 a.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. A 50+ Centre Membership is required. \$5.00/per year.

Learn more and register by [clicking here.](#)

Belleville Senators vs. Cleveland Monsters

Date and Time: Wednesday, November 16 07:00 p.m. - 10:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Visit [Belleville Senators](#) website for more information.

Thursday, November 17, 2022

Workout Studio (Various Dates/Times)

Date and Time: Thursday, November 17 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Senior's Swim (Various Dates/Times)

Date and Time: Thursday, November 17 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

Youth Room (Various Dates/Times)

Date and Time: Thursday, November 17 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Public Swim (Various Dates/Times)

Date and Time: Thursday, November 17 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Public Swim - For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water and swim within arm's reach at all times.

Rehabilitation Swim (Various Dates/Times)

Date and Time: Thursday, November 17 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Youth Programs (Various Programs)

Date and Time: Thursday, November 17 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Gymnasium, Sports & Games (Various Programs)

Date and Time: Thursday, November 17 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Preschool Programs (Various Programs/Date/Time)

Date and Time: Thursday, November 17 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Lane Swim (Various Dates/Times)

Date and Time: Thursday, November 17 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Family Swim (Various Dates/Times)

Date and Time: Thursday, November 17 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Recreational Skating (Various Dates/Times)

Date and Time: Thursday, November 17 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a schedule and to register for our recreational swims, [click here.](#)

\$3.00 per person for all public skates. \$5.50 for shinny hockey and figure skating ticket ice.

Public Skating - Helmets are strongly recommended, no skating aids permitted.

Family Skating - Helmets are mandatory for all participants in this program.

Figure Skating Ticket Ice - Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Coaches must register at customer service desk. Lifts and throws are not permitted. A maximum of 15 skaters are permitted on the ice at any given time. Pre-registration is required.

Adult Recreational Skating - Helmets are strongly recommended

Adult Shinny - Helmets are mandatory for this program

Senior Shinny - Helmets are mandatory for this program

Children's Programs (Various Programs)

Date and Time: Thursday, November 17 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Thursday, November 17 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacement Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Adult Health & Wellness Programs (Various Programs)

Date and Time: Thursday, November 17 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Open Gym (Various Dates/Times)

Date and Time: Thursday, November 17 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Friday, November 18, 2022

Rehabilitation Swim (Various Dates/Times)

Date and Time: Friday, November 18 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Lane Swim (Various Dates/Times)

Date and Time: Friday, November 18 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Gymnasium, Sports & Games (Various Programs)

Date and Time: Friday, November 18 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Friday, November 18 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Open Gym (Various Dates/Times)

Date and Time: Friday, November 18 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Adult Health & Wellness Programs (Various Programs)

Date and Time: Friday, November 18 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Friday, November 18 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacment Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Recreational Skating (Various Dates/Times)

Date and Time: Friday, November 18 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a schedule and to register for our recreational swims, [click here](#).

\$3.00 per person for all public skates. \$5.50 for shinny hockey and figure skating ticket ice.

Public Skating - Helmets are strongly recommended, no skating aids permitted.

Family Skating - Helmets are mandatory for all participants in this program.

Figure Skating Ticket Ice - Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Coaches must register at customer service desk. Lifts and throws are not permitted. A maximum of 15 skaters are permitted on the ice at any given time. Pre-registration is required.

Adult Recreational Skating - Helmets are strongly recommended

Adult Shinny - Helmets are mandatory for this program

Senior Shinny - Helmets are mandatory for this program

Family Swim (Various Dates/Times)

Date and Time: Friday, November 18 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Youth Room (Various Dates/Times)

Date and Time: Friday, November 18 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Senior's Swim (Various Dates/Times)

Date and Time: Friday, November 18 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

Workout Studio (Various Dates/Times)

Date and Time: Friday, November 18 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

50+ Centre Programs (Various Programs)

Date and Time: Friday, November 18 09:00 a.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. A 50+ Centre Membership is required. \$5.00/per year.

Learn more and register by [clicking here](#).

Kids Pop-up Event - Ceramic Gnome Painting

Date and Time: Friday, November 18 05:00 p.m. - 6:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632.

Youth Pop-up Event - Cardinal Winter Scene Painting

Date and Time: Friday, November 18 06:30 p.m. - 7:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632.

Youth Room (Various Dates/Times)

Date and Time: Saturday, November 19 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Saturday, November 19 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Adult Health & Wellness Programs (Various Programs)

Date and Time: Saturday, November 19 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Open Gym (Various Dates/Times)

Date and Time: Saturday, November 19 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Recreational Skating (Various Dates/Times)

Date and Time: Saturday, November 19 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a schedule and to register for our recreational swims, [click here](#).

\$3.00 per person for all public skates. \$5.50 for shinny hockey and figure skating ticket ice.

Public Skating - Helmets are strongly recommended, no skating aids permitted.

Family Skating - Helmets are mandatory for all participants in this program.

Figure Skating Ticket Ice - Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Coaches must register at customer service desk. Lifts and throws are not permitted. A maximum of 15 skaters are permitted on the ice at any given time. Pre-registration is required.

Adult Recreational Skating - Helmets are strongly recommended

Adult Shinny - Helmets are mandatory for this program

Senior Shinny - Helmets are mandatory for this program

Children's Programs (Various Programs)

Date and Time: Saturday, November 19 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Skating Programs (Learn to Skate/Power Skating/Private Lessons - Various Dates/Times)

Date and Time: Saturday, November 19 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For the schedule and to register, [visit here](#).

Rehabilitation Swim (Various Dates/Times)

Date and Time: Saturday, November 19 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Public Swim (Various Dates/Times)

Date and Time: Saturday, November 19 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Public Swim - For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water and swim within arm's reach at all times.

Gymnasium, Sports & Games (Various Programs)

Date and Time: Saturday, November 19 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Youth Programs (Various Programs)

Date and Time: Saturday, November 19 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Lane Swim (Various Dates/Times)

Date and Time: Saturday, November 19 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Preschool Programs (Various Programs/Date/Time)

Date and Time: Saturday, November 19 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Belleville Senators vs. Syracuse Crunch

Date and Time: Saturday, November 19 07:00 p.m. - 10:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Visit [Belleville Senators](#) website for more information.

Sunday, November 20, 2022

Workout Studio (Various Dates/Times)

Date and Time: Sunday, November 20 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Youth Room (Various Dates/Times)

Date and Time: Sunday, November 20 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Lane Swim (Various Dates/Times)

Date and Time: Sunday, November 20 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Gymnasium, Sports & Games (Various Programs)

Date and Time: Sunday, November 20 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Public Swim (Various Dates/Times)

Date and Time: Sunday, November 20 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water and swim within arm's reach at all times.

Rehabilitation Swim (Various Dates/Times)

Date and Time: Sunday, November 20 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Sunday, November 20 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacement Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Recreational Skating (Various Dates/Times)

Date and Time: Sunday, November 20 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a schedule and to register for our recreational swims, [click here.](#)

\$3.00 per person for all public skates. \$5.50 for shinny hockey and figure skating ticket ice.

Public Skating - Helmets are strongly recommended, no skating aids permitted.

Family Skating - Helmets are mandatory for all participants in this program.

Figure Skating Ticket Ice - Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under

18. Coaches must register at customer service desk. Lifts and throws are not permitted. A maximum of 15 skaters are permitted on the ice at any given time. Pre-registration is required.

Adult Recreational Skating - Helmets are strongly recommended

Adult Shinny - Helmets are mandatory for this program

Senior Shinny - Helmets are mandatory for this program

Family Swim (Various Dates/Times)

Date and Time: Sunday, November 20 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Open Gym (Various Dates/Times)

Date and Time: Sunday, November 20 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Adult Health & Wellness Programs (Various Programs)

Date and Time: Sunday, November 20 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Sunday, November 20 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Monday, November 21, 2022

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Monday, November 21 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Adult Health & Wellness Programs (Various Programs)

Date and Time: Monday, November 21 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Open Gym (Various Dates/Times)

Date and Time: Monday, November 21 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Family Swim (Various Dates/Times)

Date and Time: Monday, November 21 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Recreational Skating (Various Dates/Times)

Date and Time: Monday, November 21 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a schedule and to register for our recreational swims, [click here](#).

\$3.00 per person for all public skates. \$5.50 for shinny hockey and figure skating ticket ice.

Public Skating - Helmets are strongly recommended, no skating aids permitted.

Family Skating - Helmets are mandatory for all participants in this program.

Figure Skating Ticket Ice - Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Coaches must register at customer service desk. Lifts and throws are not permitted. A maximum of 15 skaters are permitted on the ice at any given time. Pre-registration is required.

Adult Recreational Skating - Helmets are strongly recommended

Adult Shinny - Helmets are mandatory for this program

Senior Shinny - Helmets are mandatory for this program

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Monday, November 21 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacment Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness,

Children's Programs (Various Programs)

Date and Time: Monday, November 21 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Rehabilitation Swim (Various Dates/Times)

Date and Time: Monday, November 21 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Public Swim (Various Dates/Times)

Date and Time: Monday, November 21 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Public Swim - For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water and swim within arm's reach at all times.

Gymnasium, Sports & Games (Various Programs)

Date and Time: Monday, November 21 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Youth Programs (Various Programs)

Date and Time: Monday, November 21 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Lane Swim (Various Dates/Times)

Date and Time: Monday, November 21 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Preschool Programs (Various Programs/Date/Time)

Date and Time: Monday, November 21 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Youth Room (Various Dates/Times)

Date and Time: Monday, November 21 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Senior's Swim (Various Dates/Times)

Date and Time: Monday, November 21 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

Tuesday, November 22, 2022

Skating Programs (Learn to Skate/Power Skating/Private Lessons - Various Dates/Times)

Date and Time: Tuesday, November 22 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For the schedule and to register, [visit here.](#)

Public Swim (Various Dates/Times)

Date and Time: Tuesday, November 22 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water and swim within arm's reach at all times.

Rehabilitation Swim (Various Dates/Times)

Date and Time: Tuesday, November 22 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Preschool Programs (Various Programs/Date/Time)

Date and Time: Tuesday, November 22 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Lane Swim (Various Dates/Times)

Date and Time: Tuesday, November 22 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Youth Programs (Various Programs)

Date and Time: Tuesday, November 22 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Gymnasium, Sports & Games (Various Programs)

Date and Time: Tuesday, November 22 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Children's Programs (Various Programs)

Date and Time: Tuesday, November 22 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Tuesday, November 22 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacment Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Recreational Skating (Various Dates/Times)

Date and Time: Tuesday, November 22 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a schedule and to register for our recreational swims, [click here.](#)

\$3.00 per person for all public skates. \$5.50 for shinny hockey and figure skating ticket ice.

Public Skating - Helmets are strongly recommended, no skating aids permitted.

Family Skating - Helmets are mandatory for all participants in this program.

Figure Skating Ticket Ice - Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Coaches must register at customer service desk. Lifts and throws are not permitted. A maximum of 15 skaters are permitted on the ice at any given time. Pre-registration is required.

Adult Recreational Skating - Helmets are strongly recommended

Adult Shinny - Helmets are mandatory for this program

Senior Shinny - Helmets are mandatory for this program

Family Swim (Various Dates/Times)

Date and Time: Tuesday, November 22 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Open Gym (Various Dates/Times)

Date and Time: Tuesday, November 22 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Adult Health & Wellness Programs (Various Programs)

Date and Time: Tuesday, November 22 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Tuesday, November 22 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Parent & Tot (Various Dates/Times)

Date and Time: Tuesday, November 22 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Parent & Tot - Parent/guardians and children ages 4 and under.

Wednesday, November 23, 2022

Rehabilitation Swim (Various Dates/Times)

Date and Time: Wednesday, November 23 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Public Swim (Various Dates/Times)

Date and Time: Wednesday, November 23 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Public Swim - For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water and swim within arm's reach at all times.

Gymnasium, Sports & Games (Various Programs)

Date and Time: Wednesday, November 23 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Youth Programs (Various Programs)

Date and Time: Wednesday, November 23 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Lane Swim (Various Dates/Times)

Date and Time: Wednesday, November 23 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Preschool Programs (Various Programs/Date/Time)

Date and Time: Wednesday, November 23 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Wednesday, November 23 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Adult Health & Wellness Programs (Various Programs)

Date and Time: Wednesday, November 23 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Family Swim (Various Dates/Times)

Date and Time: Wednesday, November 23 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Wednesday, November 23 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacment Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Children's Programs (Various Programs)

Date and Time: Wednesday, November 23 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Youth Room (Various Dates/Times)

Date and Time: Wednesday, November 23 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Senior's Swim (Various Dates/Times)

Date and Time: Wednesday, November 23 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

Workout Studio (Various Dates/Times)

Date and Time: Wednesday, November 23 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

50+ Centre Programs (Various Programs)

Date and Time: Wednesday, November 23 09:00 a.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. A 50+ Centre Membership is required. \$5.00/per year.

Learn more and register by [clicking here.](#)

Thursday, November 24, 2022

Public Swim (Various Dates/Times)

Date and Time: Thursday, November 24 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water and swim within arm's reach at all times.

Rehabilitation Swim (Various Dates/Times)

Date and Time: Thursday, November 24 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Preschool Programs (Various Programs/Date/Time)

Date and Time: Thursday, November 24 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Lane Swim (Various Dates/Times)

Date and Time: Thursday, November 24 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Youth Programs (Various Programs)

Date and Time: Thursday, November 24 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Gymnasium, Sports & Games (Various Programs)

Date and Time: Thursday, November 24 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website](#).

Children's Programs (Various Programs)

Date and Time: Thursday, November 24 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Thursday, November 24 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacment Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Family Swim (Various Dates/Times)

Date and Time: Thursday, November 24 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Recreational Skating (Various Dates/Times)

Date and Time: Thursday, November 24 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a schedule and to register for our recreational swims, [click here](#).

\$3.00 per person for all public skates. \$5.50 for shinny hockey and figure skating ticket ice.

Public Skating - Helmets are strongly recommended, no skating aids permitted.

Family Skating - Helmets are mandatory for all participants in this program.

Figure Skating Ticket Ice - Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Coaches must register at customer service desk. Lifts and throws are not permitted. A maximum of 15 skaters are permitted on the ice at any given time. Pre-registration is required.

Adult Recreational Skating - Helmets are strongly recommended

Adult Shinny - Helmets are mandatory for this program

Senior Shinny - Helmets are mandatory for this program

Adult Health & Wellness Programs (Various Programs)

Date and Time: Thursday, November 24 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Open Gym (Various Dates/Times)

Date and Time: Thursday, November 24 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Thursday, November 24 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Parent & Tot (Various Dates/Times)

Date and Time: Thursday, November 24 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Parent & Tot - Parent/guardians and children ages 4 and under.

Workout Studio (Various Dates/Times)

Date and Time: Thursday, November 24 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Friday, November 25, 2022

Rehabilitation Swim (Various Dates/Times)

Date and Time: Friday, November 25 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Gymnasium, Sports & Games (Various Programs)

Date and Time: Friday, November 25 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Lane Swim (Various Dates/Times)

Date and Time: Friday, November 25 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Friday, November 25 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Open Gym (Various Dates/Times)

Date and Time: Friday, November 25 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Adult Health & Wellness Programs (Various Programs)

Date and Time: Friday, November 25 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Recreational Skating (Various Dates/Times)

Date and Time: Friday, November 25 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a schedule and to register for our recreational swims, [click here](#).

\$3.00 per person for all public skates. \$5.50 for shinny hockey and figure skating ticket ice.

Public Skating - Helmets are strongly recommended, no skating aids permitted.

Family Skating - Helmets are mandatory for all participants in this program.

Figure Skating Ticket Ice - Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Coaches must register at customer service desk. Lifts and throws are not permitted. A maximum of 15 skaters are permitted on

the ice at any given time. Pre-registration is required.

Adult Recreational Skating - Helmets are strongly recommended

Adult Shinny - Helmets are mandatory for this program

Senior Shinny - Helmets are mandatory for this program

Family Swim (Various Dates/Times)

Date and Time: Friday, November 25 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Friday, November 25 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacment Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Youth Room (Various Dates/Times)

Date and Time: Friday, November 25 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Senior's Swim (Various Dates/Times)

Date and Time: Friday, November 25 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

Workout Studio (Various Dates/Times)

Date and Time: Friday, November 25 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

PA Day Camps

Date and Time: Friday, November 25 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road

Register [online](#) or call 613-966-4632. Throughout the school year we offer a variety of PA Day camp options. Campers will have a full day of crafts, games, sports and swimming. Please bring a swim suit, towel, running shoes and wear clothes to be active in. Campers may go outside to play so please also wear temperature/weather appropriate outdoor clothing just in case.

Campers should bring the following items to camp each day.

- Snacks, lunch and water bottle
- Swim suit and towel
- Wear clothes they can be active in as well as running shoes
- Bring warm clothes to go outside and play (weather permitting)

50+ Centre Programs (Various Programs)

Date and Time: Friday, November 25 09:00 a.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. A 50+ Centre Membership is required. \$5.00/per year.

Learn more and register by [clicking here](#).

Templeman Aquatic Centre Closed for Swim Meet

Date and Time: Friday, November 25 02:55 p.m. - 9:00 p.m.

Address: 265 Cannifton Road

[Pool closed for swim meet.](#)

Saturday, November 26, 2022

Skating Programs (Learn to Skate/Power Skating/Private Lessons - Various Dates/Times)

Date and Time: Saturday, November 26 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For the schedule and to register, [visit here](#).

Preschool Programs (Various Programs/Date/Time)

Date and Time: Saturday, November 26 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Gymnasium, Sports & Games (Various Programs)

Date and Time: Saturday, November 26 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Youth Programs (Various Programs)

Date and Time: Saturday, November 26 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Templeman Aquatic Centre Closed for Swim Meet

Date and Time: Saturday, November 26 06:00 a.m. - 9:00 p.m.

Address: 265 Cannifton Road

[Pool closed for swim meet.](#)

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Saturday, November 26 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Adult Health & Wellness Programs (Various Programs)

Date and Time: Saturday, November 26 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Open Gym (Various Dates/Times)

Date and Time: Saturday, November 26 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Children's Programs (Various Programs)

Date and Time: Saturday, November 26 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Recreational Skating (Various Dates/Times)

Date and Time: Saturday, November 26 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a schedule and to register for our recreational swims, [click here](#).

\$3.00 per person for all public skates. \$5.50 for shinny hockey and figure skating ticket ice.

Public Skating - Helmets are strongly recommended, no skating aids permitted.

Family Skating - Helmets are mandatory for all participants in this program.

Figure Skating Ticket Ice - Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Coaches must register at customer service desk. Lifts and throws are not permitted. A maximum of 15 skaters are permitted on the ice at any given time. Pre-registration is required.

Adult Recreational Skating - Helmets are strongly recommended

Adult Shinny - Helmets are mandatory for this program

Senior Shinny - Helmets are mandatory for this program

Youth Room (Various Dates/Times)

Date and Time: Saturday, November 26 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Belleville Beast Swim Team Fall Invitational

Date and Time: Saturday, November 26 08:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Visit [BEAST](#) Swim Team website for more information.

Belleville Senators vs. Laval Rocket

Date and Time: Saturday, November 26 07:00 p.m. - 10:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Visit [Belleville Senators](#) website for more information.

Sunday, November 27, 2022

Gymnasium, Sports & Games (Various Programs)

Date and Time: Sunday, November 27 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Recreational Skating (Various Dates/Times)

Date and Time: Sunday, November 27 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a schedule and to register for our recreational swims, [click here](#).

\$3.00 per person for all public skates. \$5.50 for shinny hockey and figure skating ticket ice.

Public Skating - Helmets are strongly recommended, no skating aids permitted.

Family Skating - Helmets are mandatory for all participants in this program.

Figure Skating Ticket Ice - Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Coaches must register at customer service desk. Lifts and throws are not permitted. A maximum of 15 skaters are permitted on the ice at any given time. Pre-registration is required.

Adult Recreational Skating - Helmets are strongly recommended

Adult Shinny - Helmets are mandatory for this program

Senior Shinny - Helmets are mandatory for this program

Open Gym (Various Dates/Times)

Date and Time: Sunday, November 27 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Adult Health & Wellness Programs (Various Programs)

Date and Time: Sunday, November 27 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Sunday, November 27 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Templeman Aquatic Centre Closed for Swim Meet

Date and Time: Sunday, November 27 06:00 a.m. - 9:00 p.m.

Address: 265 Cannifton Road

Pool closed for swim meet.

Workout Studio (Various Dates/Times)

Date and Time: Sunday, November 27 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Youth Room (Various Dates/Times)

Date and Time: Sunday, November 27 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Belleville Beast Swim Team Fall Invitational

Date and Time: Sunday, November 27 08:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Visit [BEAST](#) Swim Team website for more information.

Monday, November 28, 2022

Pickleball - Various Levels/Dates/Times

Date and Time: Monday, November 28 06:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Workout Studio (Various Dates/Times)

Date and Time: Monday, November 28 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Youth Room (Various Dates/Times)

Date and Time: Monday, November 28 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Senior's Swim (Various Dates/Times)

Date and Time: Monday, November 28 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Monday, November 28 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Adult Health & Wellness Programs (Various Programs)

Date and Time: Monday, November 28 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Open Gym (Various Dates/Times)

Date and Time: Monday, November 28 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Recreational Skating (Various Dates/Times)

Date and Time: Monday, November 28 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a schedule and to register for our recreational swims, [click here.](#)

\$3.00 per person for all public skates. \$5.50 for shinny hockey and figure skating ticket ice.

Public Skating - Helmets are strongly recommended, no skating aids permitted.

Family Skating - Helmets are mandatory for all participants in this program.

Figure Skating Ticket Ice - Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Coaches must register at customer service desk. Lifts and throws are not permitted. A maximum of 15 skaters are permitted on the ice at any given time. Pre-registration is required.

Adult Recreational Skating - Helmets are strongly recommended

Adult Shinny - Helmets are mandatory for this program

Senior Shinny - Helmets are mandatory for this program

Family Swim (Various Dates/Times)

Date and Time: Monday, November 28 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Children's Programs (Various Programs)

Date and Time: Monday, November 28 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Monday, November 28 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacment Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Gymnasium, Sports & Games (Various Programs)

Date and Time: Monday, November 28 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Youth Programs (Various Programs)

Date and Time: Monday, November 28 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Preschool Programs (Various Programs/Date/Time)

Date and Time: Monday, November 28 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Lane Swim (Various Dates/Times)

Date and Time: Monday, November 28 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Tuesday, November 29, 2022

Skating Programs (Learn to Skate/Power Skating/Private Lessons - Various Dates/Times)

Date and Time: Tuesday, November 29 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For the schedule and to register, [visit here](#).

Public Swim (Various Dates/Times)

Date and Time: Tuesday, November 29 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water and swim within arm's reach at all times.

Rehabilitation Swim (Various Dates/Times)

Date and Time: Tuesday, November 29 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Lane Swim (Various Dates/Times)

Date and Time: Tuesday, November 29 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Preschool Programs (Various Programs/Date/Time)

Date and Time: Tuesday, November 29 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Youth Programs (Various Programs)

Date and Time: Tuesday, November 29 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Gymnasium, Sports & Games (Various Programs)

Date and Time: Tuesday, November 29 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Tuesday, November 29 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacment Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Children's Programs (Various Programs)

Date and Time: Tuesday, November 29 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Family Swim (Various Dates/Times)

Date and Time: Tuesday, November 29 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Recreational Skating (Various Dates/Times)

Date and Time: Tuesday, November 29 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a schedule and to register for our recreational swims, [click here](#).

\$3.00 per person for all public skates. \$5.50 for shinny hockey and figure skating ticket ice.

Public Skating - Helmets are strongly recommended, no skating aids permitted.

Family Skating - Helmets are mandatory for all participants in this program.

Figure Skating Ticket Ice - Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Coaches must register at customer service desk. Lifts and throws are not permitted. A maximum of 15 skaters are permitted on the ice at any given time. Pre-registration is required.

Adult Recreational Skating - Helmets are strongly recommended

Adult Shinny - Helmets are mandatory for this program

Senior Shinny - Helmets are mandatory for this program

Open Gym (Various Dates/Times)

Date and Time: Tuesday, November 29 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Adult Health & Wellness Programs (Various Programs)

Date and Time: Tuesday, November 29 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Tuesday, November 29 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Parent & Tot (Various Dates/Times)

Date and Time: Tuesday, November 29 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Parent & Tot - Parent/guardians and children ages 4 and under.

Wednesday, November 30, 2022

Rehabilitation Swim (Various Dates/Times)

Date and Time: Wednesday, November 30 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Public Swim (Various Dates/Times)

Date and Time: Wednesday, November 30 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water and swim within arm's reach at all times.

Gymnasium, Sports & Games (Various Programs)

Date and Time: Wednesday, November 30 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Youth Programs (Various Programs)

Date and Time: Wednesday, November 30 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Preschool Programs (Various Programs/Date/Time)

Date and Time: Wednesday, November 30 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Lane Swim (Various Dates/Times)

Date and Time: Wednesday, November 30 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Older Adult Health & Wellness Programs (Various Programs)

Date and Time: Wednesday, November 30 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Adult Health & Wellness Programs (Various Programs)

Date and Time: Wednesday, November 30 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Family Swim (Various Dates/Times)

Date and Time: Wednesday, November 30 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

Children's Programs (Various Programs)

Date and Time: Wednesday, November 30 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here](#).

For program descriptions, visit the [QSWC website](#).

Aqua Fitness (Various Programs/Dates/Times)

Date and Time: Wednesday, November 30 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Aquafitness, Deep Water Aqua Fitness, Therapy Fitness, Joint Replacement Rehab, Arthritis & Fibromyalgia Fitness, Diaper Fitness, Parkinson's Aquatic Therapy Fitness, Aqua Cross Training, Aqua Mind & Body

Pickleball - Various Levels/Dates/Times

Date and Time: Wednesday, November 30 06:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Workout Studio (Various Dates/Times)

Date and Time: Wednesday, November 30 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Youth Room (Various Dates/Times)

Date and Time: Wednesday, November 30 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. For a list of all programs available and to register, [click here.](#)

For program descriptions, visit the [QSWC website.](#)

Senior's Swim (Various Dates/Times)

Date and Time: Wednesday, November 30 06:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

<https://calendar.quintesportsandwellnesscentre.ca>