



Wednesday, November 1, 2023

Lane Swim

Date and Time: Wednesday, November 1 06:00 am - 6:55 am

Address: 265 Cannifton Rd., 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.

Lane Swim

Date and Time: Wednesday, November 1 07:00 am - 7:55 am

Address: 265 Cannifton Rd., 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.

Rehabilitation Swim

Date and Time: Wednesday, November 1 08:15 am - 9:00 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Pickleball - Intermediate / Advanced

Date and Time: Wednesday, November 1 08:45 am - 10:30 am

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.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Stitches

Date and Time: Wednesday, November 1 09:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join us every Wednesday from 9:00am-12pm to learn and share how to sew, quilt, knit, needlepoint, etc. or just bring your project and visit. Everyone welcome! Please Note: You are required to have a valid 50 Membership (\$5.00/year) to participate

Strong Seniors

Date and Time: Wednesday, November 1 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)

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

Senior Gentle Fitness

Date and Time: Wednesday, November 1 09:30 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This gentle class will help you move better and feel better. Get stronger in resistance training, balance and flexibility exercises. Using a variety of body weight, resistance bands and light weights will be used in the class (Beginner).

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

Aqua Fitness

Date and Time: Wednesday, November 1 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Lane Swim

Date and Time: Wednesday, November 1 10:00 am - 11:00 am

Address: 265 Cannifton Rd., 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.

Chair Yoga

Date and Time: Wednesday, November 1 11:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Our special Chair Yoga classes are for those who no longer wish to be up and down off their mats. It offers modifications to regular yoga to accommodate those who require it. What a great way to incorporate the benefits of Yoga into your day!

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

Lane Swim

Date and Time: Wednesday, November 1 11:15 am - 12:00 pm

Address: 265 Cannifton Rd., 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 (Main Pool Only)

Date and Time: Wednesday, November 1 11:15 am - 12:00 pm

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 - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

Lane Swim

Date and Time: Wednesday, November 1 12:00 pm - 12:45 pm

Address: 265 Cannifton Rd., 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.

Cardio and Core

Date and Time: Wednesday, November 1 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

This 30 minutes class will focus on cardiovascular health, strengthening full-body and flexibility using free weights, body weight, exercise bands and balls and more.

Mah Jongg & Table Top Games

Date and Time: Wednesday, November 1 01:00 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

If you enjoy tabletop games, learning new games, Mah Jongg and meeting new people, then this day is perfect for you! All levels are welcome. Mah Jongg is a rummy-like game played with tiles rather than cards. It is played with four or five players. The object of Mah Jongg is to make the tiles match up with a hand on a Mah Jongg card. Please Note: You must have a valid 50 Membership (\$5.00/year)

Thursday, November 2, 2023

Lane Swim

Date and Time: Thursday, November 2 07:00 am - 7:55 am

Address: 265 Cannifton Rd., 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.

Rehabilitation Swim

Date and Time: Thursday, November 2 08:00 am - 9:00 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Rehabilitation Swim

Date and Time: Thursday, November 2 08:00 am - 8:45 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Learn to Speak French - Beginners "Vacation in Quebec"

Date and Time: Thursday, November 2 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This Beginners Learn French Class consists of basic phrases and proper pronunciation for conversational French with a focus on things you would need to say if you were to travel to Quebec for a vacation. Vous parlerez Français en un rien de temps!

Pickleball - Intermediate

Date and Time: Thursday, November 2 08:45 am - 10:30 am

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.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Older Adult Flow Yoga

Date and Time: Thursday, November 2 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Flow Yoga is an intermediate teacher lead class that flows from one pose to the next without stopping to talk about the finer points of each pose. That way, students come away with a good workout as well as a yoga experience. If you're new to yoga, it is a good idea to take a few classes in a slower style of yoga first to get a feel for the poses. Please note, students should be able to move from standing position to ground work with no mobility issues. (Intermediate/Advanced)

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

Aqua Fitness

Date and Time: Thursday, November 2 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Lane Swim

Date and Time: Thursday, November 2 09:00 am - 9:55 am

Address: 265 Cannifton Rd., 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.

Women's Weight Training

Date and Time: Thursday, November 2 09:15 am - 10:00 am

Address: 265 Cannifton Road, Belleville, ON

All women of all ages are welcome! You will be instructed on how to use a variety of equipment in the Workout Studio along with using free weights, body weight, balls and bands that will focus on building your strength and increasing your flexibility. You will leave feeling stronger and more energized.

Stretch and Strengthen

Date and Time: Thursday, November 2 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This workout is designed to use equipment or your own body weight to improve your balance, keep your bones and joints healthy, and your heart fit and strong. By combining cardiovascular exercise, resistance training, and stretching into one class, you will be able to work towards improving your total body strength, cardiovascular

health, and flexibility (Intermediate).

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

Falls Prevention

Date and Time: Thursday, November 2 10:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Staying active is an important part of staying healthy and independent. VON SMART classes teach seniors how to be safe, keep moving and improve strength and balance at any fitness level. SMART is ideal for clients who find it hard to take part in traditional exercise classes due to low mobility or poor health. SMART Fall Prevention classes also include an educational component, in which the common reasons for falls and intervention strategies are discussed. Please Note: You will require a valid 50+ Membership to participate in this class (\$5.00/year)

Family Swim (Therapy & Preschool Pool Only)

Date and Time: Thursday, November 2 10:15 am - 11:15 am

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

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

This swim is held in the Therapy/Preschool Pools only). All children under 16 must be accompanied by an adult who will remain in the pool with them.

Pickleball - Intermediate / Advanced

Date and Time: Thursday, November 2 10:45 am - 12:30 pm

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.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Therapy Fitness

Date and Time: Thursday, November 2 11:00 am - 11:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf](#).

Older Adult Yoga

Date and Time: Thursday, November 2 11:15 am - 12:15 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

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

Friday, November 3, 2023

BMHA Mid-Season Tilt

Date and Time: Friday, November 3 08:00 am - 10:00 pm

Address: 265 Cannifton Road, Belleville, ON

BMHA Mid-Season Tilt

Rehabilitation Swim

Date and Time: Friday, November 3 08:15 am - 9:00 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Pickleball - Advanced

Date and Time: Friday, November 3 08:45 am - 10:30 am

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 advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Therapy Fitness

Date and Time: Friday, November 3 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Mom & Baby Fit

Date and Time: Friday, November 3 09:15 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

This 30 minute class includes a warm-up, full-body strength & endurance training followed by stretching the muscles worked. Including the baby in exercise during the body weight exercises are encouraged. All fitness levels and all trimesters are welcome.

Older Adult Yoga

Date and Time: Friday, November 3 09:30 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

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

Mix It Up - 10:00 - 11:00 a.m.

Date and Time: Friday, November 3 10:15 am - 11:15 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance (Intermediate).

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

Family Swim (Therapy & Preschool Pool Only)

Date and Time: Friday, November 3 10:15 am - 11:15 am

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

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

This swim is held in the Therapy/Preschool Pools only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Pickleball - Intermediate

Date and Time: Friday, November 3 10:45 am - 12:30 pm

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.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Line Dancing - Beginner

Date and Time: Friday, November 3 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON

Come and learn the steps and routines required to be a great line dancer. You will burn calories, tone muscles and improve coordination. Please note: you are required to sign up for all classes as this is a progressive course.

Public Swim (Main Pool Only)

Date and Time: Friday, November 3 11:30 am - 12:45 pm

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 - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Lane Swim

Date and Time: Friday, November 3 11:30 am - 12:45 pm

Address: 265 Cannifton Rd., 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.

TRX Circuit

Date and Time: Friday, November 3 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

30 minutes of a higher intensity exercise using the TRX suspension trainer, body weight, functional equipment and more. Be ready for a full body workout.

Stretch and Relax

Date and Time: Friday, November 3 12:45 pm - 1:15 pm

Address: 265 Cannifton Road, Belleville, ON

30 minute class focusing on muscle control, and increasing range of motion. Implementing breathing techniques to help calm the nervous system and relax the body.

Bridge (Experienced)

Date and Time: Friday, November 3 01:00 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Are you an avid Bridge player? Then this game is for you! Join other experienced bridge players and enjoy an afternoon of socializing and playing your favorite game. Experienced players only. Please Note: You are required to have a valid 50+ Membership (\$5.00/year) to participate.

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

Saturday, November 4, 2023

Rehabilitation Swim

Date and Time: Saturday, November 4 08:00 am - 9:00 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

BMHA Mid-Season Tilt

Date and Time: Saturday, November 4 08:00 am - 10:00 pm

Address: 265 Cannifton Road, Belleville, ON

BMHA Mid-Season Tilt

Family/Open Gym

Date and Time: Saturday, November 4 10:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

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

Badminton

Date and Time: Saturday, November 4 12:00 pm - 1:45 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Badminton is a sport played using racquets to hit a shuttlecock across a net from player to player. The objective of the game is to hit the shuttlecock back and forth across the net and keep it from hitting the ground. This class will allow you to keep fit, stay active, practice skills while having fun with friends.

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

Public Swim (All Pools)

Date and Time: Saturday, November 4 01:00 pm - 2:00 pm

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 - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

Lane Swim

Date and Time: Saturday, November 4 01:00 pm - 2:00 pm

Address: 265 Cannifton Rd., 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.

Open Gym

Date and Time: Saturday, November 4 02:00 pm - 3:45 pm

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.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Lane Swim

Date and Time: Saturday, November 4 02:15 pm - 3:15 pm

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Saturday, November 4 02:15 pm - 3:15 pm

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 - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Sunday, November 5, 2023

Rehabilitation Swim

Date and Time: Sunday, November 5 08:00 am - 9:00 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Lane Swim

Date and Time: Sunday, November 5 08:00 am - 8:55 am

Address: 265 Cannifton Rd., 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.

BMHA Mid-Season Tilt

Date and Time: Sunday, November 5 08:00 am - 10:00 pm

Address: 265 Cannifton Road, Belleville, ON

BMHA Mid-Season Tilt

Lane Swim

Date and Time: Sunday, November 5 09:00 am - 10:00 am

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Sunday, November 5 09:00 am - 10:15 am

Address: 265 Cannifton Road, Belleville, ON

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

This swim is held in all pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Aqua Cross Training

Date and Time: Sunday, November 5 11:00 am - 11:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Aqua Mind & Body

Date and Time: Sunday, November 5 12:10 pm - 12:55 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Family/Open Gym

Date and Time: Sunday, November 5 12:15 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

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

Lane Swim

Date and Time: Sunday, November 5 01:00 pm - 2:00 pm

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Sunday, November 5 01:00 pm - 2:00 pm

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 - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

Public Swim (All Pools)

Date and Time: Sunday, November 5 02:15 pm - 3:15 pm

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 - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

Lane Swim

Date and Time: Sunday, November 5 02:15 pm - 3:15 pm

Address: 265 Cannifton Rd., 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.

Recreation Pickleball

Date and Time: Sunday, November 5 02:15 pm - 4:00 pm

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](#).

Recreation Pickleball. This time slot is dedicated for all levels of players. Pickleball is an extremely popular sport that combines elements of tennis, badminton, and table tennis. It is played on a court with a hard paddle and a whiffle ball where the goal of the game is to hit the ball back and forth until someone makes a mistake and points are received. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Open Gym

Date and Time: Sunday, November 5 04:30 pm - 6:15 pm

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](#).

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment

will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Basketball

Date and Time: Sunday, November 5 06:30 pm - 8:15 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Basketball is a team sport where two teams oppose each other on a court trying to shoot a ball through the other teams' hoop. This sport will work on your team building skills, your coordination skills, and your fast thinking skills. This class will leave you fit, active, and enhance your skill level.

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

Monday, November 6, 2023

Lane Swim

Date and Time: Monday, November 6 06:00 am - 6:55 am

Address: 265 Cannifton Rd., 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.

Lane Swim

Date and Time: Monday, November 6 07:00 am - 7:55 am

Address: 265 Cannifton Rd., 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.

Rehabilitation Swim

Date and Time: Monday, November 6 08:15 am - 9:00 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Learn to Speak French - Beginners "Restaurant Etiquette"

Date and Time: Monday, November 6 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This beginners Learn French class consists of basic phrases and proper pronunciation for conversational French to feel comfortable ordering food in a French restaurant. Vous parlerez Français en un rien de temps!

Pickleball - Advanced

Date and Time: Monday, November 6 08:45 am - 10:30 am

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 advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Strong Seniors

Date and Time: Monday, November 6 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)

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

Art-Muck & Mess (18 months to 3 Years)

Date and Time: Monday, November 6 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Your child will discover the world of arts and crafts. Your child will socialize with other children all while sparking their imagination.

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

Mini Scientists (18 months to 3 Years)

Date and Time: Monday, November 6 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

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

Older Adult Yoga

Date and Time: Monday, November 6 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

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

Deaf Seniors

Date and Time: Monday, November 6 10:00 am - 1:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy a morning of games and socializing or guest speakers with older adults from our deaf community. Everyone is welcome. Please Note: You must have a valid 50 Membership (\$5.00/year) to attend

Aqua Fitness

Date and Time: Monday, November 6 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Lane Swim

Date and Time: Monday, November 6 10:00 am - 11:00 am

Address: 265 Cannifton Rd., 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.

Gentle Core Strengthening

Date and Time: Monday, November 6 10:15 am - 11:15 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This class will focus first on developing core strength, the back, abdomen and hips. Body weight resistance as well as bands and stability balls are used to gain a better mind/body connection. Through breathing instruction and modifications, you are encouraged to work at your own level to increase strength, flexibility and coordination. (Intermediate)

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

Pickleball - Intermediate / Advanced

Date and Time: Monday, November 6 10:45 am - 12:30 pm

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.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Lane Swim

Date and Time: Monday, November 6 11:00 am - 12:00 pm

Address: 265 Cannifton Rd., 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 7, 2023

Rehabilitation Swim

Date and Time: Tuesday, November 7 07:00 am - 7:45 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Lane Swim

Date and Time: Tuesday, November 7 07:00 am - 7:55 am

Address: 265 Cannifton Rd., 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.

Lane Swim

Date and Time: Tuesday, November 7 08:00 am - 8:45 am

Address: 265 Cannifton Rd., 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.

Therapy Fitness

Date and Time: Tuesday, November 7 08:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Senior Shinny

Date and Time: Tuesday, November 7 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville, ON

Helmets are mandatory for this program.

Artist Collective

Date and Time: Tuesday, November 7 09:00 am - 11:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join this group of artists from beginner to experienced. You will have the opportunity to learn from one another and share your expertise. Please Note: A 50 Centre Membership is required (\$5.00/yr)

Lane Swim

Date and Time: Tuesday, November 7 09:00 am - 9:55 am

Address: 265 Cannifton Rd., 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.

Aqua Fitness

Date and Time: Tuesday, November 7 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Move N' Groove (18 months to 4 Years)

Date and Time: Tuesday, November 7 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Move n' Groove is a fun interactive kinder gym-style program that encourages the development of gross motor skills, all through the magic of music, movement and FUN!

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

Older Adult Yoga

Date and Time: Tuesday, November 7 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

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

Aqua Fitness

Date and Time: Tuesday, November 7 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Family Swim (Main Pool Only)

Date and Time: Tuesday, November 7 10:00 am - 10:45 am

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

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

This swim is held in the Main Pool only (Therapy/Preschool Pools unavailable). All children under 16 must be accompanied by an adult who will remain in the pool with them.

Family Skating

Date and Time: Tuesday, November 7 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville, ON

Helmets are mandatory for all participants in this program.

Rehabilitation Swim

Date and Time: Tuesday, November 7 11:00 am - 11:45 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Sensory Time (18 months to 4 Years)

Date and Time: Tuesday, November 7 11:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Your child will be presented with sensory play activities to get all seven senses thinking and engaged.

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

Wednesday, November 8, 2023

Lane Swim

Date and Time: Wednesday, November 8 06:00 am - 6:55 am

Address: 265 Cannifton Rd., 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.

Lane Swim

Date and Time: Wednesday, November 8 07:00 am - 7:55 am

Address: 265 Cannifton Rd., 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.

Rehabilitation Swim

Date and Time: Wednesday, November 8 08:15 am - 9:00 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Pickleball - Intermediate / Advanced

Date and Time: Wednesday, November 8 08:45 am - 10:30 am

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.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines

elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Strong Seniors

Date and Time: Wednesday, November 8 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)

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

Stitches

Date and Time: Wednesday, November 8 09:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join us every Wednesday from 9:00am-12pm to learn and share how to sew, quilt, knit, needlepoint, etc. or just bring your project and visit. Everyone welcome! Please Note: You are required to have a valid 50 Membership (\$5.00/year) to participate

Senior Gentle Fitness

Date and Time: Wednesday, November 8 09:30 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This gentle class will help you move better and feel better. Get stronger in resistance training, balance and flexibility exercises. Using a variety of body weight, resistance bands and light weights will be used in the class (Beginner).

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

Aqua Fitness

Date and Time: Wednesday, November 8 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Lane Swim

Date and Time: Wednesday, November 8 10:00 am - 11:00 am

Address: 265 Cannifton Rd., 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.

Stretch and Balance Fit

Date and Time: Wednesday, November 8 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This gentle class will help you move better, feel better and become stronger while having fun. Join us for an hour of gentle movements in resistance training, balance and flexibility exercises. Body weights, resistance bands and light weights will be used (Beginner).

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

Chair Yoga

Date and Time: Wednesday, November 8 11:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Our special Chair Yoga classes are for those who no longer wish to be up and down off their mats. It offers modifications to regular yoga to accommodate those who require it. What a great way to incorporate the benefits of Yoga into your day!

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

Lane Swim

Date and Time: Wednesday, November 8 11:15 am - 12:00 pm

Address: 265 Cannifton Rd., 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 (Main Pool Only)

Date and Time: Wednesday, November 8 11:15 am - 12:00 pm

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 - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Lane Swim

Date and Time: Wednesday, November 8 12:00 pm - 12:45 pm

Address: 265 Cannifton Rd., 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.

Cardio and Core

Date and Time: Wednesday, November 8 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

This 30 minutes class will focus on cardiovascular health, strengthening full-body and flexibility using free weights, body weight, exercise bands and balls and more.

Thursday, November 9, 2023

Lane Swim

Date and Time: Thursday, November 9 07:00 am - 7:55 am

Address: 265 Cannifton Rd., 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.

Rehabilitation Swim

Date and Time: Thursday, November 9 08:00 am - 8:45 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Learn to Speak French - Beginners "Vacation in Quebec"

Date and Time: Thursday, November 9 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This Beginners Learn French Class consists of basic phrases and proper annunciation for conversational French with a focus on things you would need to say if you were to travel to Quebec for a vacation. Vous parlerez Français en un rien de temps!

Pickleball - Intermediate

Date and Time: Thursday, November 9 08:45 am - 10:30 am

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.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Older Adult Flow Yoga

Date and Time: Thursday, November 9 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Flow Yoga is an intermediate teacher lead class that flows from one pose to the next without stopping to talk about the finer points of each pose. That way, students come away with a good workout as well as a yoga experience. If you're new to yoga, it is a good idea to take a few classes in a slower style of yoga first to get a feel for the poses. Please note, students should be able to move from standing position to ground work with no mobility issues. (Intermediate/Advanced)

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

Kindergarten Readiness (3 to 5 Years)

Date and Time: Thursday, November 9 09:00 am - 11:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This is a skill development based program to teach both gross motor and fine motor skills through physical literacy, art, science and more in a play based approach. This program is great to prepare your little ones for their first year in school. Please note this is a unparented class. Please bring a

snack and drink to each class.

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

Lane Swim

Date and Time: Thursday, November 9 09:00 am - 9:55 am

Address: 265 Cannifton Rd., 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.

Aqua Fitness

Date and Time: Thursday, November 9 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Women's Weight Training

Date and Time: Thursday, November 9 09:15 am - 10:00 am

Address: 265 Cannifton Road, Belleville, ON

All women of all ages are welcome! You will be instructed on how to use a variety of equipment in the Workout Studio along with using free weights, body weight, balls and bands that will focus on building your strength and increasing your flexibility. You will leave feeling stronger and more energized.

Stretch and Strengthen

Date and Time: Thursday, November 9 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This workout is designed to use equipment or your own body weight to improve your balance, keep your bones and joints healthy, and your heart fit and strong. By combining cardiovascular exercise, resistance training, and stretching into one class, you will be able to work towards improving your total body strength, cardiovascular health, and flexibility (Intermediate).

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

Falls Prevention

Date and Time: Thursday, November 9 10:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Staying active is an important part of staying healthy and independent. VON SMART classes teach seniors how to be safe, keep moving and improve strength and balance at any fitness level. SMART is ideal for clients who find it hard to take part in traditional exercise classes due to low mobility or poor health. SMART Fall Prevention classes also include an educational component, in which the common reasons for falls and intervention strategies are discussed. Please Note: You will require a valid 50+ Membership to participate in this class (\$5.00/year)

Pickleball - Intermediate / Advanced

Date and Time: Thursday, November 9 10:45 am - 12:30 pm

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.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Therapy Fitness

Date and Time: Thursday, November 9 11:00 am - 11:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Older Adult Yoga

Date and Time: Thursday, November 9 11:15 am - 12:15 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

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

Mini Scientists (18 months to 3 Years)

Date and Time: Thursday, November 9 11:45 am - 12:30 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

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

Friday, November 10, 2023

Lane Swim

Date and Time: Friday, November 10 06:00 am - 6:55 am

Address: 265 Cannifton Rd., 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.

Lane Swim

Date and Time: Friday, November 10 07:00 am - 7:55 am

Address: 265 Cannifton Rd., 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.

Rehabilitation Swim

Date and Time: Friday, November 10 08:15 am - 9:00 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Pickleball - Advanced

Date and Time: Friday, November 10 08:45 am - 10:30 am

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 advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Therapy Fitness

Date and Time: Friday, November 10 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

ABC's & 1,2,3's (18 months to 3 Years)

Date and Time: Friday, November 10 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This program is to help children learn and become familiar with the letters of the alphabet and numerals. Each week they will do mini-activities and games centered around letters and numbers.

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

Older Adult Yoga

Date and Time: Friday, November 10 09:30 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

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

Mover's & Shakers (18 months to 3 Years)

Date and Time: Friday, November 10 10:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This program focuses on music and the importance of interaction between children, their peers, and their caregivers. They will be introduced to singing, dancing and musical instruments.

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

Family Swim (Therapy & Preschool Pool Only)

Date and Time: Friday, November 10 10:15 am - 11:15 am

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

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

This swim is held in the Therapy/Preschool Pools only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Pickleball - Intermediate

Date and Time: Friday, November 10 10:45 am - 12:30 pm

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.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Line Dancing - Beginner

Date and Time: Friday, November 10 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON

Come and learn the steps and routines required to be a great line dancer. You will burn calories, tone muscles and improve coordination. Please note: you are required to sign up for all classes as this is a progressive course.

Figure Skating Ticket Ice

Date and Time: Friday, November 10 11:00 am - 11:50 am

Address: 265 Cannifton Road, Belleville, ON

Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Lifts and throws are not permitted. Max of 15 skaters are permitted on the ice at any given time.

Public Swim (Main Pool Only)

Date and Time: Friday, November 10 11:30 am - 12:45 pm

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 - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Lane Swim

Date and Time: Friday, November 10 11:30 am - 12:45 pm

Address: 265 Cannifton Rd., 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.

Figure Skating Ticket Ice

Date and Time: Friday, November 10 12:00 pm - 12:50 pm

Address: 265 Cannifton Road, Belleville, ON

Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Lifts and throws are not permitted. Max of 15 skaters are permitted on the ice at any given time.

Saturday, November 11, 2023

Remembrance Day Special Schedule (no recreation programs, pool programs or city skating lessons)

Date and Time: Saturday, November 11 08:00 am - 10:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Refer to the special schedule - <https://www.quintesportsandwellnesscentre.ca/en/news/remembrance-day-schedule-at-the-qswc-2023.aspx>

Sunday, November 12, 2023

Lane Swim

Date and Time: Sunday, November 12 08:00 am - 8:55 am

Address: 265 Cannifton Rd., 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.

Rehabilitation Swim

Date and Time: Sunday, November 12 08:00 am - 9:00 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Lane Swim

Date and Time: Sunday, November 12 09:00 am - 10:00 am

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Sunday, November 12 09:00 am - 10:15 am

Address: 265 Cannifton Road, Belleville, ON

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

This swim is held in all pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Aqua Cross Training

Date and Time: Sunday, November 12 11:00 am - 11:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Aqua Mind & Body

Date and Time: Sunday, November 12 12:10 pm - 12:55 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Family/Open Gym

Date and Time: Sunday, November 12 12:15 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

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

Lane Swim

Date and Time: Sunday, November 12 01:00 pm - 2:00 pm

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Sunday, November 12 01:00 pm - 2:00 pm

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 - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

Belleville Senators vs. Cleveland Monsters

Date and Time: Sunday, November 12 02:00 pm - 5:00 pm

Address: 265 Cannifton Road, Belleville, ON

Belleville Senators vs. Cleveland Monsters @ CAA Arena

Public Swim (All Pools)

Date and Time: Sunday, November 12 02:15 pm - 3:15 pm

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 - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

Lane Swim

Date and Time: Sunday, November 12 02:15 pm - 3:15 pm

Address: 265 Cannifton Rd., 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.

Recreation Pickleball

Date and Time: Sunday, November 12 02:15 pm - 4:00 pm

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](#).

Recreation Pickleball. This time slot is dedicated for all levels of players. Pickleball is an extremely popular sport that combines elements of tennis, badminton, and table tennis. It is played on a court with a hard paddle and a whiffle ball where the goal of the game is to hit the ball back and forth until someone makes a mistake and points are received. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Public Skating

Date and Time: Sunday, November 12 02:15 pm - 3:05 pm

Address: 265 Cannifton Road, Belleville, ON

Helmets are strongly recommended, no skating aids permitted.

Open Gym

Date and Time: Sunday, November 12 04:30 pm - 6:15 pm

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.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Monday, November 13, 2023

Lane Swim

Date and Time: Monday, November 13 06:00 am - 6:55 am

Address: 265 Cannifton Rd., 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.

Lane Swim

Date and Time: Monday, November 13 07:00 am - 7:55 am

Address: 265 Cannifton Rd., 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.

Rehabilitation Swim

Date and Time: Monday, November 13 08:15 am - 9:00 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Learn to Speak French - Beginners "Restaurant Etiquette"

Date and Time: Monday, November 13 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This beginners Learn French class consists of basic phrases and proper pronunciation for conversational French to feel comfortable ordering food in a French restaurant. Vous parlerez Français en un rien de temps!

Pickleball - Advanced

Date and Time: Monday, November 13 08:45 am - 10:30 am

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 advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Strong Seniors

Date and Time: Monday, November 13 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)

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

Art-Muck & Mess (18 months to 3 Years)

Date and Time: Monday, November 13 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Your child will discover the world of arts and crafts. Your child will socialize with other children all while sparking their imagination.

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

Mini Scientists (18 months to 3 Years)

Date and Time: Monday, November 13 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

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

Older Adult Yoga

Date and Time: Monday, November 13 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

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

Deaf Seniors

Date and Time: Monday, November 13 10:00 am - 1:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy a morning of games and socializing or guest speakers with older adults from our deaf community. Everyone is welcome. Please Note: You must have a valid 50 Membership (\$5.00/year) to attend

Aqua Fitness

Date and Time: Monday, November 13 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Lane Swim

Date and Time: Monday, November 13 10:00 am - 11:00 am

Address: 265 Cannifton Rd., 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.

Gentle Core Strengthening

Date and Time: Monday, November 13 10:15 am - 11:15 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This class will focus first on developing core strength, the back, abdomen and hips. Body weight resistance as well as bands and stability balls are used to gain a better mind/body connection. Through breathing instruction and modifications, you are encouraged to work at your own level to increase strength, flexibility and coordination. (Intermediate)

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

Pickleball - Intermediate / Advanced

Date and Time: Monday, November 13 10:45 am - 12:30 pm

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.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Lane Swim

Date and Time: Monday, November 13 11:00 am - 12:00 pm

Address: 265 Cannifton Rd., 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 14, 2023

Rehabilitation Swim

Date and Time: Tuesday, November 14 07:00 am - 7:45 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Lane Swim

Date and Time: Tuesday, November 14 07:00 am - 7:55 am

Address: 265 Cannifton Rd., 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.

Lane Swim

Date and Time: Tuesday, November 14 08:00 am - 8:45 am

Address: 265 Cannifton Rd., 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.

Therapy Fitness

Date and Time: Tuesday, November 14 08:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Artist Collective

Date and Time: Tuesday, November 14 09:00 am - 11:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join this group of artists from beginner to experienced. You will have the opportunity to learn from one another and share your expertise. Please Note: A 50 Centre Membership is required (\$5.00/yr)

Lane Swim

Date and Time: Tuesday, November 14 09:00 am - 9:55 am

Address: 265 Cannifton Rd., 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.

Aqua Fitness

Date and Time: Tuesday, November 14 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

St Theresa's 3 on 3 Hockey Tournament

Date and Time: Tuesday, November 14 09:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

St. Theresa's 3 on 3 Hockey Tournament – Nov. 14

- FDC and Mackay Arena, 9:00 a.m. – 12:00 p.m.
- For more information, visit: [St. T's Hockey Tournament](#)

Move N' Groove (18 months to 4 Years)

Date and Time: Tuesday, November 14 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Move n' Groove is a fun interactive kinder gym-style program that encourages the development of gross motor skills, all through the magic of music, movement and FUN!

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

Mix It Up - 10:00 - 11:00 a.m.

Date and Time: Tuesday, November 14 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance (Intermediate).

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

Older Adult Yoga

Date and Time: Tuesday, November 14 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

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

Aqua Fitness

Date and Time: Tuesday, November 14 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Family Swim (Main Pool Only)

Date and Time: Tuesday, November 14 10:00 am - 10:45 am

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

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

This swim is held in the Main Pool only (Therapy/Preschool Pools unavailable). All children under 16 must be accompanied by an adult who will remain in the pool with them.

Rehabilitation Swim

Date and Time: Tuesday, November 14 11:00 am - 11:45 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Sensory Time (18 months to 4 Years)

Date and Time: Tuesday, November 14 11:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Your child will be presented with sensory play activities to get all seven senses thinking and engaged.

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

Wednesday, November 15, 2023

Lane Swim

Date and Time: Wednesday, November 15 06:00 am - 6:55 am

Address: 265 Cannifton Rd., 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.

Lane Swim

Date and Time: Wednesday, November 15 07:00 am - 7:55 am

Address: 265 Cannifton Rd., 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.

Rehabilitation Swim

Date and Time: Wednesday, November 15 08:15 am - 9:00 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Pickleball - Intermediate / Advanced

Date and Time: Wednesday, November 15 08:45 am - 10:30 am

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.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Strong Seniors

Date and Time: Wednesday, November 15 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)

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

Stitches

Date and Time: Wednesday, November 15 09:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join us every Wednesday from 9:00am-12pm to learn and share how to sew, quilt, knit, needlepoint, etc. or just bring your project and visit. Everyone welcome! Please Note: You are required to have a valid 50 Membership (\$5.00/year) to participate

Senior Gentle Fitness

Date and Time: Wednesday, November 15 09:30 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This gentle class will help you move better and feel better. Get stronger in resistance training, balance and flexibility exercises. Using a variety of body weight, resistance bands and light weights will be used in the class (Beginner).

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

Aqua Fitness

Date and Time: Wednesday, November 15 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Lane Swim

Date and Time: Wednesday, November 15 10:00 am - 11:00 am

Address: 265 Cannifton Rd., 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.

Stretch and Balance Fit

Date and Time: Wednesday, November 15 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This gentle class will help you move better, feel better and become stronger while having fun. Join us for an hour of gentle movements in resistance training, balance and flexibility exercises. Body weights, resistance bands and light weights will be used (Beginner).

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

Chair Yoga

Date and Time: Wednesday, November 15 11:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Our special Chair Yoga classes are for those who no longer wish to be up and down off their mats. It offers modifications to regular yoga to accommodate those who require it. What a great way to incorporate the benefits of Yoga into your day!

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

Lane Swim

Date and Time: Wednesday, November 15 11:15 am - 12:00 pm

Address: 265 Cannifton Rd., 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 (Main Pool Only)

Date and Time: Wednesday, November 15 11:15 am - 12:00 pm

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 - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Lane Swim

Date and Time: Wednesday, November 15 12:00 pm - 12:45 pm

Address: 265 Cannifton Rd., 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.

Adult Recreational Skating

Date and Time: Wednesday, November 15 12:00 pm - 12:50 pm

Address: 265 Cannifton Road, Belleville, ON

Helmets are strongly recommended.

Thursday, November 16, 2023

Lane Swim

Date and Time: Thursday, November 16 07:00 am - 7:55 am

Address: 265 Cannifton Rd., 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.

Rehabilitation Swim

Date and Time: Thursday, November 16 08:00 am - 8:45 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Learn to Speak French - Beginners "Vacation in Quebec"

Date and Time: Thursday, November 16 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This Beginners Learn French Class consists of basic phrases and proper annunciation for conversational French with a focus on things you would need to say if you were to travel to Quebec for a vacation. Vous parlerez Français en un rien de temps!

Pickleball - Intermediate

Date and Time: Thursday, November 16 08:45 am - 10:30 am

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.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Older Adult Flow Yoga

Date and Time: Thursday, November 16 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Flow Yoga is an intermediate teacher lead class that flows from one pose to the next without stopping to talk about the finer points of each pose. That way, students come away with a good workout as well as a yoga experience. If you're new to yoga, it is a good idea to take a few classes in a slower style of yoga first to get a feel for the poses. Please note, students should be able to move from standing position to ground work with no mobility issues. (Intermediate/Advanced)

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

Kindergarten Readiness (3 to 5 Years)

Date and Time: Thursday, November 16 09:00 am - 11:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This is a skill development based program to teach both gross motor and fine motor skills through physical literacy, art, science and more in a play based approach. This program is great to prepare your little ones for their first year in school. Please note this is a unparented class. Please bring a snack and drink to each class.

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

Lane Swim

Date and Time: Thursday, November 16 09:00 am - 9:55 am

Address: 265 Cannifton Rd., 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.

Aqua Fitness

Date and Time: Thursday, November 16 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Women's Weight Training

Date and Time: Thursday, November 16 09:15 am - 10:00 am

Address: 265 Cannifton Road, Belleville, ON

All women of all ages are welcome! You will be instructed on how to use a variety of equipment in the Workout Studio along with using free weights, body weight, balls and bands that will focus on building your strength and increasing your flexibility. You will leave feeling stronger and more energized.

Stretch and Strengthen

Date and Time: Thursday, November 16 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This workout is designed to use equipment or your own body weight to improve your balance, keep your bones and joints healthy, and your heart fit and strong. By combining cardiovascular exercise, resistance training, and stretching into one class, you will be able work towards improving your total body strength, cardiovascular health, and flexibility (Intermediate).

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

Falls Prevention

Date and Time: Thursday, November 16 10:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Staying active is an important part of staying healthy and independent. VON SMART classes teach seniors how to be safe, keep moving and improve strength and balance at any fitness level. SMART is ideal for clients who find it hard to take part in traditional exercise classes due to low mobility or poor health. SMART Fall Prevention classes also include an educational component, in which the common reasons for falls and intervention strategies are discussed. Please Note: You will require a valid 50+ Membership to participate in this class (\$5.00/year)

Pickleball - Intermediate / Advanced

Date and Time: Thursday, November 16 10:45 am - 12:30 pm

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.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Therapy Fitness

Date and Time: Thursday, November 16 11:00 am - 11:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Older Adult Yoga

Date and Time: Thursday, November 16 11:15 am - 12:15 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

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

Mini Scientists (18 months to 3 Years)

Date and Time: Thursday, November 16 11:45 am - 12:30 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

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

Friday, November 17, 2023

Lane Swim

Date and Time: Friday, November 17 06:00 am - 6:55 am

Address: 265 Cannifton Rd., 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.

Lane Swim

Date and Time: Friday, November 17 07:00 am - 7:55 am

Address: 265 Cannifton Rd., 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.

Rehabilitation Swim

Date and Time: Friday, November 17 08:15 am - 9:00 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Pickleball - Advanced

Date and Time: Friday, November 17 08:45 am - 10:30 am

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 advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Therapy Fitness

Date and Time: Friday, November 17 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

ABC's & 1,2,3's (18 months to 3 Years)

Date and Time: Friday, November 17 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This program is to help children learn and become familiar with the letters of the alphabet and numerals. Each week they will do mini-activities and games centered around letters and numbers.

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

Mom & Baby Fit

Date and Time: Friday, November 17 09:15 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

This 30 minute class includes a warm-up, full-body strength & endurance training followed by stretching the muscles worked. Including the baby in exercise during the body weight exercises are encouraged. All fitness levels and all trimesters are welcome.

Older Adult Yoga

Date and Time: Friday, November 17 09:30 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

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

Mover's & Shakers (18 months to 3 Years)

Date and Time: Friday, November 17 10:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This program focuses on music and the importance of interaction between children, their peers, and their caregivers. They will be introduced to singing, dancing and musical instruments.

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

Mix It Up - 10:00 - 11:00 a.m.

Date and Time: Friday, November 17 10:15 am - 11:15 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance (Intermediate).

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

Family Swim (Therapy & Preschool Pool Only)

Date and Time: Friday, November 17 10:15 am - 11:15 am

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

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

This swim is held in the Therapy/Preschool Pools only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Pickleball - Intermediate

Date and Time: Friday, November 17 10:45 am - 12:30 pm

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.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Line Dancing - Beginner

Date and Time: Friday, November 17 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON

Come and learn the steps and routines required to be a great line dancer. You will burn calories, tone muscles and improve coordination. Please note: you are required to sign up for all classes as this is a progressive course.

Public Swim (Main Pool Only)

Date and Time: Friday, November 17 11:30 am - 12:45 pm

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 - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Lane Swim

Date and Time: Friday, November 17 11:30 am - 12:45 pm

Address: 265 Cannifton Rd., 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.

Saturday, November 18, 2023

Rehabilitation Swim

Date and Time: Saturday, November 18 08:00 am - 9:00 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Family/Open Gym

Date and Time: Saturday, November 18 10:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

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

Badminton

Date and Time: Saturday, November 18 12:00 pm - 1:45 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Badminton is a sport played using racquets to hit a shuttlecock across a net from player to player. The objective of the game is to hit the shuttlecock back and forth across the net and keep it from hitting the ground. This class will allow you to keep fit, stay active, practice skills while having fun with friends.

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

Public Swim (All Pools)

Date and Time: Saturday, November 18 01:00 pm - 2:00 pm

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 - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Lane Swim

Date and Time: Saturday, November 18 01:00 pm - 2:00 pm

Address: 265 Cannifton Rd., 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.

Open Gym

Date and Time: Saturday, November 18 02:00 pm - 3:45 pm

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.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Lane Swim

Date and Time: Saturday, November 18 02:15 pm - 3:15 pm

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Saturday, November 18 02:15 pm - 3:15 pm

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 - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Belleville Senators vs. Lehigh Valley Phantoms

Date and Time: Saturday, November 18 07:00 pm - 10:00 pm

Address: 265 Cannifton Road, Belleville, ON

Sunday, November 19, 2023

Lane Swim

Date and Time: Sunday, November 19 08:00 am - 8:55 am

Address: 265 Cannifton Rd., 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.

Rehabilitation Swim

Date and Time: Sunday, November 19 08:00 am - 9:00 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Quinte Blades Speed Skating Provincials Competition

Date and Time: Sunday, November 19 08:00 am - 6:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Quinte Blades Speed Skating Provincials Competition – Nov. 19

- Mackay Arena, happening all day
- For more information, visit: [Quinte Blades Speed Skating](#)

Lane Swim

Date and Time: Sunday, November 19 09:00 am - 10:00 am

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Sunday, November 19 09:00 am - 10:15 am

Address: 265 Cannifton Road, Belleville, ON

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

This swim is held in all pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Family Skating

Date and Time: Sunday, November 19 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville, ON

Helmets are mandatory for all participants in this program.

Quinte Figure Skating Club Test Day

Date and Time: Sunday, November 19 10:30 am - 1:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Quinte Figure Skating Club Test Day – Nov. 19

- Wally Dever Arena, 10:30 a.m. – 1:00 p.m.
- For more information, visit: [QFSC Test Day](#)

Aqua Cross Training

Date and Time: Sunday, November 19 11:00 am - 11:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Aqua Mind & Body

Date and Time: Sunday, November 19 12:10 pm - 12:55 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf](#).

Family/Open Gym

Date and Time: Sunday, November 19 12:15 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

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

Lane Swim

Date and Time: Sunday, November 19 01:00 pm - 2:00 pm

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Sunday, November 19 01:00 pm - 2:00 pm

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 - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

Public Swim (All Pools)

Date and Time: Sunday, November 19 02:15 pm - 3:15 pm

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 - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

Lane Swim

Date and Time: Sunday, November 19 02:15 pm - 3:15 pm

Address: 265 Cannifton Rd., 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.

Recreation Pickleball

Date and Time: Sunday, November 19 02:15 pm - 4:00 pm

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.](#)

Recreation Pickleball. This time slot is dedicated for all levels of players. Pickleball is an extremely popular sport that combines elements of tennis, badminton, and table tennis. It is played on a court with a hard paddle and a whiffle ball where the goal of the game is to hit the ball back and forth until someone makes a mistake and points are received. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Monday, November 20, 2023

Lane Swim

Date and Time: Monday, November 20 06:00 am - 6:55 am

Address: 265 Cannifton Rd., 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.

Lane Swim

Date and Time: Monday, November 20 07:00 am - 7:55 am

Address: 265 Cannifton Rd., 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.

Rehabilitation Swim

Date and Time: Monday, November 20 08:15 am - 9:00 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Learn to Speak French - Beginners "Restaurant Etiquette"

Date and Time: Monday, November 20 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This beginners Learn French class consists of basic phrases and proper pronunciation for conversational French to feel comfortable ordering food in a French restaurant. Vous parlerez Français en un rien de temps!

Pickleball - Advanced

Date and Time: Monday, November 20 08:45 am - 10:30 am

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 advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Strong Seniors

Date and Time: Monday, November 20 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)

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

Art-Muck & Mess (18 months to 3 Years)

Date and Time: Monday, November 20 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Your child will discover the world of arts and crafts. Your child will socialize with other children all while sparking their imagination.

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

Mini Scientists (18 months to 3 Years)

Date and Time: Monday, November 20 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

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

Older Adult Yoga

Date and Time: Monday, November 20 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

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

Deaf Seniors

Date and Time: Monday, November 20 10:00 am - 1:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy a morning of games and socializing or guest speakers with older adults from our deaf community. Everyone is welcome. Please Note: You must have a valid 50 Membership (\$5.00/year) to attend

Aqua Fitness

Date and Time: Monday, November 20 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Lane Swim

Date and Time: Monday, November 20 10:00 am - 11:00 am

Address: 265 Cannifton Rd., 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.

Gentle Core Strengthening

Date and Time: Monday, November 20 10:15 am - 11:15 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This class will focus first on developing core strength, the back, abdomen and hips. Body weight resistance as well as bands and stability balls are used to gain a better mind/body connection. Through breathing instruction and modifications, you are encouraged to work at your own level to increase strength, flexibility and coordination. (Intermediate)

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

Pickleball - Intermediate / Advanced

Date and Time: Monday, November 20 10:45 am - 12:30 pm

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.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Lane Swim

Date and Time: Monday, November 20 11:00 am - 12:00 pm

Address: 265 Cannifton Rd., 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 21, 2023

Rehabilitation Swim

Date and Time: Tuesday, November 21 07:00 am - 7:45 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Lane Swim

Date and Time: Tuesday, November 21 07:00 am - 7:55 am

Address: 265 Cannifton Rd., 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.

Lane Swim

Date and Time: Tuesday, November 21 08:00 am - 8:45 am

Address: 265 Cannifton Rd., 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.

Therapy Fitness

Date and Time: Tuesday, November 21 08:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Senior Shinyy

Date and Time: Tuesday, November 21 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville, ON

Helmets are mandatory for this program.

Artist Collective

Date and Time: Tuesday, November 21 09:00 am - 11:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join this group of artists from beginner to experienced. You will have the opportunity to learn from one another and share your expertise. Please Note: A 50 Centre Membership is required (\$5.00/yr)

Lane Swim

Date and Time: Tuesday, November 21 09:00 am - 9:55 am

Address: 265 Cannifton Rd., 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.

Aqua Fitness

Date and Time: Tuesday, November 21 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Move N' Groove (18 months to 4 Years)

Date and Time: Tuesday, November 21 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Move n' Groove is a fun interactive kinder gym-style program that encourages the development of gross motor skills, all through the magic of music, movement and FUN!

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

Mix It Up - 10:00 - 11:00 a.m.

Date and Time: Tuesday, November 21 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance (Intermediate).

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

Older Adult Yoga

Date and Time: Tuesday, November 21 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

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

Aqua Fitness

Date and Time: Tuesday, November 21 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Family Swim (Main Pool Only)

Date and Time: Tuesday, November 21 10:00 am - 10:45 am

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

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

This swim is held in the Main Pool only (Therapy/Preschool Pools unavailable). All children under 16 must be accompanied by an adult who will remain in the pool with them.

Family Skating

Date and Time: Tuesday, November 21 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville, ON

Helmets are mandatory for all participants in this program.

Rehabilitation Swim

Date and Time: Tuesday, November 21 11:00 am - 11:45 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Wednesday, November 22, 2023

Lane Swim

Date and Time: Wednesday, November 22 06:00 am - 6:55 am

Address: 265 Cannifton Rd., 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.

Lane Swim

Date and Time: Wednesday, November 22 07:00 am - 7:55 am

Address: 265 Cannifton Rd., 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.

Rehabilitation Swim

Date and Time: Wednesday, November 22 08:15 am - 9:00 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Pickleball - Intermediate / Advanced

Date and Time: Wednesday, November 22 08:45 am - 10:30 am

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.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Strong Seniors

Date and Time: Wednesday, November 22 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)

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

Stitches

Date and Time: Wednesday, November 22 09:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join us every Wednesday from 9:00am-12pm to learn and share how to sew, quilt, knit, needlepoint, etc. or just bring your project and visit. Everyone welcome! Please Note: You are required to have a valid 50 Membership (\$5.00/year) to participate

Senior Gentle Fitness

Date and Time: Wednesday, November 22 09:30 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This gentle class will help you move better and feel better. Get stronger in resistance training, balance and flexibility exercises. Using a variety of body weight, resistance bands and light weights will be used in the class (Beginner).

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

Aqua Fitness

Date and Time: Wednesday, November 22 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Lane Swim

Date and Time: Wednesday, November 22 10:00 am - 11:00 am

Address: 265 Cannifton Rd., 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.

Stretch and Balance Fit

Date and Time: Wednesday, November 22 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This gentle class will help you move better, feel better and become stronger while having fun. Join us for an hour of gentle movements in resistance training, balance and flexibility exercises. Body weights, resistance bands and light weights will be used (Beginner).

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

Chair Yoga

Date and Time: Wednesday, November 22 11:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Our special Chair Yoga classes are for those who no longer wish to be up and down off their mats. It offers modifications to regular yoga to accommodate those who require it. What a great way to incorporate the benefits of Yoga into your day!

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

Lane Swim

Date and Time: Wednesday, November 22 11:15 am - 12:00 pm

Address: 265 Cannifton Rd., 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 (Main Pool Only)

Date and Time: Wednesday, November 22 11:15 am - 12:00 pm

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 - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Lane Swim

Date and Time: Wednesday, November 22 12:00 pm - 12:45 pm

Address: 265 Cannifton Rd., 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.

Adult Recreational Skating

Date and Time: Wednesday, November 22 12:00 pm - 12:50 pm

Address: 265 Cannifton Road, Belleville, ON

Helmets are strongly recommended.

Thursday, November 23, 2023

Lane Swim

Date and Time: Thursday, November 23 07:00 am - 7:55 am

Address: 265 Cannifton Rd., 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.

Rehabilitation Swim

Date and Time: Thursday, November 23 08:00 am - 8:45 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Learn to Speak French - Beginners "Vacation in Quebec"

Date and Time: Thursday, November 23 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This Beginners Learn French Class consists of basic phrases and proper annunciation for conversational French with a focus on things you would need to say if you were to travel to Quebec for a vacation. Vous parlerez Français en un rien de temps!

Pickleball - Intermediate

Date and Time: Thursday, November 23 08:45 am - 10:30 am

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.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Older Adult Flow Yoga

Date and Time: Thursday, November 23 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Flow Yoga is an intermediate teacher lead class that flows from one pose to the next without stopping to talk about the finer points of each pose. That way, students come away with a good workout as well as a yoga experience. If you're new to yoga, it is a good idea to take a few classes in a slower style of yoga first to get a feel for the poses. Please note, students should be able to move from standing position to ground work with no mobility issues. (Intermediate/Advanced)

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

Kindergarten Readiness (3 to 5 Years)

Date and Time: Thursday, November 23 09:00 am - 11:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This is a skill development based program to teach both gross motor and fine motor skills through physical literacy, art, science and more in a play based approach. This program is great to prepare your little ones for their first year in school. Please note this is a unparented class. Please bring a snack and drink to each class.

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

Lane Swim

Date and Time: Thursday, November 23 09:00 am - 9:55 am

Address: 265 Cannifton Rd., 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.

Aqua Fitness

Date and Time: Thursday, November 23 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Women's Weight Training

Date and Time: Thursday, November 23 09:15 am - 10:00 am

Address: 265 Cannifton Road, Belleville, ON

All women of all ages are welcome! You will be instructed on how to use a variety of equipment in the Workout Studio along with using free weights, body weight, balls and bands that will focus on building your strength and increasing your flexibility. You will leave feeling stronger and more energized.

Stretch and Strengthen

Date and Time: Thursday, November 23 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This workout is designed to use equipment or your own body weight to improve your balance, keep your bones and joints healthy, and your heart fit and strong. By combining cardiovascular exercise, resistance training, and stretching into one class, you will be able work towards improving your total body strength, cardiovascular health, and flexibility (Intermediate).

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

Falls Prevention

Date and Time: Thursday, November 23 10:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Staying active is an important part of staying healthy and independent. VON SMART classes teach seniors how to be safe, keep moving and improve strength and balance at any fitness level. SMART is ideal for clients who find it hard to take part in traditional exercise classes due to low mobility or poor health. SMART Fall Prevention classes also include an educational component, in which the common reasons for falls and intervention strategies are discussed. Please Note: You will require a valid 50+ Membership to participate in this class (\$5.00/year)

Pickleball - Intermediate / Advanced

Date and Time: Thursday, November 23 10:45 am - 12:30 pm

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.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Therapy Fitness

Date and Time: Thursday, November 23 11:00 am - 11:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Older Adult Yoga

Date and Time: Thursday, November 23 11:15 am - 12:15 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

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

Mini Scientists (18 months to 3 Years)

Date and Time: Thursday, November 23 11:45 am - 12:30 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

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

Friday, November 24, 2023

Lane Swim

Date and Time: Friday, November 24 06:00 am - 6:55 am

Address: 265 Cannifton Rd., 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.

Lane Swim

Date and Time: Friday, November 24 07:00 am - 7:55 am

Address: 265 Cannifton Rd., 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.

Rehabilitation Swim

Date and Time: Friday, November 24 08:15 am - 9:00 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Pickleball - Advanced

Date and Time: Friday, November 24 08:45 am - 10:30 am

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 advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Therapy Fitness

Date and Time: Friday, November 24 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

ABC's & 1,2,3's (18 months to 3 Years)

Date and Time: Friday, November 24 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This program is to help children learn and become familiar with the letters of the alphabet and numerals. Each week they will do mini-activities and games centered around letters and numbers.

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

Mom & Baby Fit

Date and Time: Friday, November 24 09:15 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

This 30 minute class includes a warm-up, full-body strength & endurance training followed by stretching the muscles worked. Including the baby in exercise during the body weight exercises are encouraged. All fitness levels and all trimesters are welcome.

Older Adult Yoga

Date and Time: Friday, November 24 09:30 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

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

Mover's & Shakers (18 months to 3 Years)

Date and Time: Friday, November 24 10:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This program focuses on music and the importance of interaction between children, their peers, and their caregivers. They will be introduced to singing, dancing and musical instruments.

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

Mix It Up - 10:00 - 11:00 a.m.

Date and Time: Friday, November 24 10:15 am - 11:15 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance (Intermediate).

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

Family Swim (Therapy & Preschool Pool Only)

Date and Time: Friday, November 24 10:15 am - 11:15 am

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

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

This swim is held in the Therapy/Preschool Pools only. All children under 16 must be accompanied by an adult

who will remain in the pool with them.

Pickleball - Intermediate

Date and Time: Friday, November 24 10:45 am - 12:30 pm

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.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Line Dancing - Beginner

Date and Time: Friday, November 24 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON

Come and learn the steps and routines required to be a great line dancer. You will burn calories, tone muscles and improve coordination. Please note: you are required to sign up for all classes as this is a progressive course.

Public Swim (Main Pool Only)

Date and Time: Friday, November 24 11:30 am - 12:45 pm

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 - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Lane Swim

Date and Time: Friday, November 24 11:30 am - 12:45 pm

Address: 265 Cannifton Rd., 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.

Saturday, November 25, 2023

Templeman Aquatic Centre Closed for Swim Meet (no pool programs, rec swims or lessons)

Date and Time: Saturday, November 25 07:00 am - 9:00 pm

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

Family/Open Gym

Date and Time: Saturday, November 25 10:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

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

Badminton

Date and Time: Saturday, November 25 12:00 pm - 1:45 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Badminton is a sport played using racquets to hit a shuttlecock across a net from player to player. The objective of the game is to hit the shuttlecock back and forth across the net and keep it from hitting the ground. This class will allow you to keep fit, stay active, practice skills while having fun with friends.

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

Open Gym

Date and Time: Saturday, November 25 02:00 pm - 3:45 pm

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.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Family/Youth Futsal

Date and Time: Saturday, November 25 04:00 pm - 6:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Futsal is a variation of indoor soccer that is played with a smaller ball with less bounce than a regular ball. Played with boundaries like the outdoor game but has more of an emphasis on improvisation, creativity, and quickness of play. Shorter timed games are played in team of 4 plus a goalkeeper per side and all games will have a referee. Family Futsal encourages all age groups with children playing with siblings, parents, and other similar ages.

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

Adult Futsal

Date and Time: Saturday, November 25 06:00 pm - 8:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Futsal is a variation of indoor soccer that is played with a smaller ball with less bounce than a regular ball. Played with boundaries like the outdoor game but has more of an emphasis on improvisation, creativity, and quickness of play. Shorter timed games are played in team of 4 plus a goalkeeper per side and all games will have a referee. Family Futsal encourages all age groups with children playing with siblings, parents, and other similar ages.

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

Public Skating

Date and Time: Saturday, November 25 06:45 pm - 7:35 pm

Address: 265 Cannifton Road, Belleville, ON

Helmets are strongly recommended, no skating aids permitted.

Sunday, November 26, 2023

Templeman Aquatic Centre Closed for Swim Meet (no pool programs, rec swims or lessons)

Date and Time: Sunday, November 26 07:00 am - 9:00 pm

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

Family/Open Gym

Date and Time: Sunday, November 26 12:15 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for

participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

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

Recreation Pickleball

Date and Time: Sunday, November 26 02:15 pm - 4:00 pm

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.](#)

Recreation Pickleball. This time slot is dedicated for all levels of players. Pickleball is an extremely popular sport that combines elements of tennis, badminton, and table tennis. It is played on a court with a hard paddle and a whiffle ball where the goal of the game is to hit the ball back and forth until someone makes a mistake and points are received. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Open Gym

Date and Time: Sunday, November 26 04:30 pm - 6:15 pm

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.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Basketball

Date and Time: Sunday, November 26 06:30 pm - 8:15 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Basketball is a team sport where two teams oppose each other on a court trying to shoot a ball through the other teams' hoop. This sport will work on your team building skills, your coordination skills, and your fast thinking skills. This class will leave you fit, active, and enhance your skill level.

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

Monday, November 27, 2023

Lane Swim

Date and Time: Monday, November 27 06:00 am - 6:55 am

Address: 265 Cannifton Rd., 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.

Lane Swim

Date and Time: Monday, November 27 07:00 am - 7:55 am

Address: 265 Cannifton Rd., 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.

Rehabilitation Swim

Date and Time: Monday, November 27 08:15 am - 9:00 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Learn to Speak French - Beginners "Restaurant Etiquette"

Date and Time: Monday, November 27 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This beginners Learn French class consists of basic phrases and proper annunciation for conversational French to feel comfortable ordering food in a French restaurant. Vous parlerez Français en un rien de temps!

Pickleball - Advanced

Date and Time: Monday, November 27 08:45 am - 10:30 am

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 advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Strong Seniors

Date and Time: Monday, November 27 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)

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

Art-Muck & Mess (18 months to 3 Years)

Date and Time: Monday, November 27 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Your child will discover the world of arts and crafts. Your child will socialize with other children all while sparking their imagination.

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

Mini Scientists (18 months to 3 Years)

Date and Time: Monday, November 27 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

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

Older Adult Yoga

Date and Time: Monday, November 27 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

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

Deaf Seniors

Date and Time: Monday, November 27 10:00 am - 1:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy a morning of games and socializing or guest speakers with older adults from our deaf community. Everyone is welcome. Please Note: You must have a valid 50 Membership (\$5.00/year) to attend

Aqua Fitness

Date and Time: Monday, November 27 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Lane Swim

Date and Time: Monday, November 27 10:00 am - 11:00 am

Address: 265 Cannifton Rd., 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.

Gentle Core Strengthening

Date and Time: Monday, November 27 10:15 am - 11:15 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This class will focus first on developing core strength, the back, abdomen and hips. Body weight resistance as well as bands and stability balls are used to gain a better mind/body connection. Through breathing instruction and modifications, you are encouraged to work at your own level to increase strength, flexibility and coordination. (Intermediate)

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

Pickleball - Intermediate / Advanced

Date and Time: Monday, November 27 10:45 am - 12:30 pm

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.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Lane Swim

Date and Time: Monday, November 27 11:00 am - 12:00 pm

Address: 265 Cannifton Rd., 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 28, 2023

Rehabilitation Swim

Date and Time: Tuesday, November 28 07:00 am - 7:45 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Lane Swim

Date and Time: Tuesday, November 28 07:00 am - 7:55 am

Address: 265 Cannifton Rd., 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.

Lane Swim

Date and Time: Tuesday, November 28 08:00 am - 8:45 am

Address: 265 Cannifton Rd., 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.

Therapy Fitness

Date and Time: Tuesday, November 28 08:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Senior Shinny

Date and Time: Tuesday, November 28 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville, ON

Helmets are mandatory for this program.

Artist Collective

Date and Time: Tuesday, November 28 09:00 am - 11:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join this group of artists from beginner to experienced. You will have the opportunity to learn from one another and share your expertise. Please Note: A 50 Centre Membership is required (\$5.00/yr)

Lane Swim

Date and Time: Tuesday, November 28 09:00 am - 9:55 am

Address: 265 Cannifton Rd., 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.

Aqua Fitness

Date and Time: Tuesday, November 28 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Move N' Groove (18 months to 4 Years)

Date and Time: Tuesday, November 28 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Move n' Groove is a fun interactive kinder gym-style program that encourages the development of gross motor skills, all through the magic of music, movement and FUN!

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

Mix It Up - 10:00 - 11:00 a.m.

Date and Time: Tuesday, November 28 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance (Intermediate).

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

Older Adult Yoga

Date and Time: Tuesday, November 28 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

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

Aqua Fitness

Date and Time: Tuesday, November 28 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf](#).

Family Swim (Main Pool Only)

Date and Time: Tuesday, November 28 10:00 am - 10:45 am

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

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

This swim is held in the Main Pool only (Therapy/Preschool Pools unavailable). All children under 16 must be accompanied by an adult who will remain in the pool with them.

Family Skating

Date and Time: Tuesday, November 28 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville, ON

Helmets are mandatory for all participants in this program.

Rehabilitation Swim

Date and Time: Tuesday, November 28 11:00 am - 11:45 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Wednesday, November 29, 2023

Lane Swim

Date and Time: Wednesday, November 29 06:00 am - 6:55 am

Address: 265 Cannifton Rd., 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.

Lane Swim

Date and Time: Wednesday, November 29 07:00 am - 7:55 am

Address: 265 Cannifton Rd., 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.

Rehabilitation Swim

Date and Time: Wednesday, November 29 08:15 am - 9:00 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Pickleball - Intermediate / Advanced

Date and Time: Wednesday, November 29 08:45 am - 10:30 am

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.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Strong Seniors

Date and Time: Wednesday, November 29 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)

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

Stitches

Date and Time: Wednesday, November 29 09:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join us every Wednesday from 9:00am-12pm to learn and share how to sew, quilt, knit, needlepoint, etc. or just bring your project and visit. Everyone welcome! Please Note: You are required to have a valid 50 Membership (\$5.00/year) to participate

Senior Gentle Fitness

Date and Time: Wednesday, November 29 09:30 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This gentle class will help you move better and feel better. Get stronger in resistance training, balance and flexibility exercises. Using a variety of body weight, resistance bands and light weights will be used in the class (Beginner).

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

Aqua Fitness

Date and Time: Wednesday, November 29 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Lane Swim

Date and Time: Wednesday, November 29 10:00 am - 11:00 am

Address: 265 Cannifton Rd., 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.

Stretch and Balance Fit

Date and Time: Wednesday, November 29 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This gentle class will help you move better, feel better and become stronger while having fun. Join us for an hour of gentle movements in resistance training, balance and flexibility exercises. Body weights, resistance bands and light weights will be used (Beginner).

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

Chair Yoga

Date and Time: Wednesday, November 29 11:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Our special Chair Yoga classes are for those who no longer wish to be up and down off their mats. It offers modifications to regular yoga to accommodate those who require it. What a great way to incorporate the benefits of Yoga into your day!

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

Lane Swim

Date and Time: Wednesday, November 29 11:15 am - 12:00 pm

Address: 265 Cannifton Rd., 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 (Main Pool Only)

Date and Time: Wednesday, November 29 11:15 am - 12:00 pm

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 - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Lane Swim

Date and Time: Wednesday, November 29 12:00 pm - 12:45 pm

Address: 265 Cannifton Rd., 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.

Adult Recreational Skating

Date and Time: Wednesday, November 29 12:00 pm - 12:50 pm

Address: 265 Cannifton Road, Belleville, ON

Helmets are strongly recommended.

Thursday, November 30, 2023

Lane Swim

Date and Time: Thursday, November 30 07:00 am - 7:55 am

Address: 265 Cannifton Rd., 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.

Rehabilitation Swim

Date and Time: Thursday, November 30 08:00 am - 8:45 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

Learn to Speak French - Beginners "Vacation in Quebec"

Date and Time: Thursday, November 30 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This Beginners Learn French Class consists of basic phrases and proper annunciation for conversational French with a focus on things you would need to say if you were to travel to Quebec for a vacation. Vous parlerez Français en un rien de temps!

Pickleball - Intermediate

Date and Time: Thursday, November 30 08:45 am - 10:30 am

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.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Older Adult Flow Yoga

Date and Time: Thursday, November 30 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Flow Yoga is an intermediate teacher lead class that flows from one pose to the next without stopping to talk about the finer points of each pose. That way, students come away with a good workout as well as a yoga experience. If you're new to yoga, it is a good idea to take a few classes in a slower style of yoga first to get a feel for the poses. Please note, students should be able to move from standing position to ground work with no mobility issues. (Intermediate/Advanced)

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

Kindergarten Readiness (3 to 5 Years)

Date and Time: Thursday, November 30 09:00 am - 11:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This is a skill development based program to teach both gross motor and fine motor skills through physical literacy, art, science and more in a play based approach. This program is great to prepare your little ones for their first year in school. Please note this is a unparented class. Please bring a snack and drink to each class.

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

Lane Swim

Date and Time: Thursday, November 30 09:00 am - 9:55 am

Address: 265 Cannifton Rd., 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.

Aqua Fitness

Date and Time: Thursday, November 30 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Women's Weight Training

Date and Time: Thursday, November 30 09:15 am - 10:00 am

Address: 265 Cannifton Road, Belleville, ON

All women of all ages are welcome! You will be instructed on how to use a variety of equipment in the Workout Studio along with using free weights, body weight, balls and bands that will focus on building your strength and increasing your flexibility. You will leave feeling stronger and more energized.

Stretch and Strengthen

Date and Time: Thursday, November 30 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This workout is designed to use equipment or your own body weight to improve your balance, keep your bones and joints healthy, and your heart fit and strong. By combining cardiovascular exercise, resistance training, and stretching into one class, you will be able to work towards improving your total body strength, cardiovascular health, and flexibility (Intermediate).

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

Falls Prevention

Date and Time: Thursday, November 30 10:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Staying active is an important part of staying healthy and independent. VON SMART classes teach seniors how to be safe, keep moving and improve strength and balance at any fitness level. SMART is ideal for clients who find it hard to take part in traditional exercise classes due to low mobility or poor health. SMART Fall Prevention classes also include an educational component, in which the common reasons for falls and intervention strategies are discussed. Please Note: You will require a valid 50+ Membership to participate in this class (\$5.00/year)

Pickleball - Intermediate / Advanced

Date and Time: Thursday, November 30 10:45 am - 12:30 pm

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.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines

elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Therapy Fitness

Date and Time: Thursday, November 30 11:00 am - 11:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

Older Adult Yoga

Date and Time: Thursday, November 30 11:15 am - 12:15 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

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

Mini Scientists (18 months to 3 Years)

Date and Time: Thursday, November 30 11:45 am - 12:30 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

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

<https://calendar.quintesportsandwellnesscentre.ca>