

Playbook

FALL 2017/
WINTER
2018



*Bram Courchesne & The Futsal Family
Photo Credit: Levi Courchesne*



REGISTRATION DATES:

Recreation Programs

City Taxpayers: August 21, 2017 • Non-City Taxpayers: August 24, 2017

Aquatic Programs

City Taxpayers: August 28, 2017 • Non-City Taxpayers: August 31, 2017

Your Recreation, Culture & Community Services Guide

265 Cannifton Rd., Belleville, ON K8N 4V8 • 613-966-4632

qswc.ca • prgeneral@city.belleville.on.ca • TTY 613-771-9781

This publication is available in an alternate format upon request

PRESCHOOL PROGRAMS FALL 2017 AND WINTER 2018 SCHEDULE

Schedule below may change, please call ahead before dropping in.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Babies (up to 1 year) & Parent					
Parent & Baby Line Dancing 12:45-1:45pm (Adult section)	Diaper Fit (Pool) 10:00-10:30am	Parent/Baby Fit 10:45-11:30am (Adult section)	Diaper Fit (Pool/Aquatics) 10:00-10:30am	<i>These programs provide a creative, fun, and safe way to introduce your child to new activities & skills while developing friendships.</i>	
	Mom & Baby Yoga 2:15-3:15pm (Adult section)	Diaper Fit (Pool) 1:00-1:30pm			
Toddlers (13 mos. – 36 months)					
Little Shakers Music Makers 9:00-9:45am	Mini Movers 9:15-10:00am	Little Picasso 11:00-11:45am	Child's World (Child Minding, 18mos.+) 5:00-8:00pm	Little Picasso 9:45-10:30am	Mini Movers 9:00-9:45am
	Child's World (Child Minding, 18mos.+) 11:00am-2:00pm	Preschool Playshop 12:00-1:00pm	Mini Movers 5:15-6:00pm	Preschool Playshop 10:30-11:30am	Child's World (Child Minding, 18mos.+) 10:45-12:45pm
	Child's World (Child Minding, 18mos.+) 5:00-8:00pm	Little Shakers & Music Makers 1:00-1:45pm			
Preschoolers (3-5 years)					
Little Shakers Music Makers 9:00-9:45am	Preschoolers in Motion 10:00-11:00am	Little Picasso 11:00-11:45am	Kindergarten Readiness 9:15-11:45am	Little Picasso 9:45-10:30am	Little Toes (3-5 yrs) 9:00-9:45am
Kindergarten Readiness 10:00am-12:30pm	Child's World (Child Minding, 18mos.+) 11:00am-2:00pm	Preschool Playshop 12:00-1:00pm	Child's World (Child Minding, 18mos.+) 5:00-8:00pm	Preschool Playshop 10:30-11:30am	Preschoolers in Motion 10:00-11:00am
Art We Messy 5:30-6:30pm	Child's World (Child Minding, 18mos.+) 5:00-8:00pm	Little Shakers & Music Makers 1:00-1:45pm	Ooey Goopy Science 5:30-6:30pm		Child's World (Child Minding, 18mos.+) 10:45-12:45pm
			Little Sneakers 6:00-7:00pm		

PRESCHOOL PROGRAM NOTES:

- Fall programs begin the week of September 10, 2017
- Winter programs begin the week of January 8, 2018
- **No Programs:** Oct. 7-9, Oct. 31st after 4pm, Nov. 1, 11, Feb. 19, Mar. 9-11
- **Gym closed:** Sept. 28, Oct. 5, 19, 20, Nov. 17, 18, 19, Dec. 2, 3, Jan. 30, Mar. 7-11, Mar. 12-16 until 5pm
- For additional cancellations, please see notes under your specific program description and review the information on your receipt.
- Program Location: Quinte Sports & Wellness Centre, 265 Cannifton Road
- Times, dates, locations and fees are subject to change
- **Receive 25% off on your 2nd and subsequent registration/ person (in the same session) *Excludes Aquatics**
- Drop-in's may be available (\$6/class), space permitting, for some classes, on a first come, first served basis and parents may be required to stay to meet ratio requirements.
- Parents will need a free Wellness Passport for access to all program areas.
- For more information: Visit our Customer Service Desk, call 613-966-4632, or visit us online at www.qswc.ca



RECREATION PROGRAMS FOR PRESCHOOLERS

For start dates, cancellations and special program notes please see the first page of this section.

LITTLE SHAKERS & MUSIC MAKERS

Does your child love to dance, listen to music and be creative? This program includes creative movement, songs games and more!

Ages: 13 months - 5 years

Location: Preschool Room

Day	Time	Session	Barcode	Cost
Mon.	9:00-9:45am	Fall (13)	36106	\$71.50
Wed.	1:00-1:45pm	Fall (13)	36107	\$71.50
Mon.	9:00-9:45am	Winter (9)	36108	\$49.50
Wed.	1:00-1:45pm	Winter (10)	36109	\$55.00

PRESCHOOL PLAYSHOP

A little bit of a song, a dash of drama and a dribble of crafts mean a whole lot of fun in this program! Children will also play sports and learn physical literacy skills.

Ages: 13 months – 5 years.

Location: Preschool Room

Day	Time	Session	Barcode	Cost
Wed.	12:00-1:00pm	Fall (13)	36112	\$71.50
Fri.	10:30-11:30am	Fall (14)	36113	\$77.00
Wed.	12:00-1:00pm	Winter (10)	36114	\$55.00
Fri.	10:30-11:30am	Winter (9)	36115	\$49.50

LITTLE PICASSO

Dress for mess and artistic success! Explore the world around you, make works of art from everyday objects and bring home masterpieces. Ready, set, create!

Ages: 18 months – 5 years

Location: Preschool Room

Day	Time	Session	Barcode	Cost
Wed.	11:00-11:45am	Fall (13)	36117	\$71.50
Fri.	9:45-10:30am	Fall (14)	36116	\$77.00
Wed.	11:00-11:45am	Winter (10)	36119	\$55.00
Fri.	9:45-10:30am	Winter (9)	36118	\$49.50



Book your child's birthday party at the Quinte Sports & Wellness Centre!

Check the Recreation Services section for themes and prices.

MINI MOVERS

This program is designed to introduce gross motor skills through tumbling, climbing, balance, movement and spatial orientation through games, music and fun.

Ages: 13-36 months

Location: Gymnasium

Day	Time	Session	Barcode	Cost
Tues.	9:15-10:00am	Fall (14)	36120	\$77.00
Thurs.	5:15-6:00pm	Fall (14)	36121	\$77.00
Sat.	9:00-9:45am	Fall (10)	36122	\$55.00
Tues.	9:15-10:00am	Winter (10)	36123	\$55.00
Thurs.	5:15-6:00pm	Winter (10)	36124	\$55.00
Sat.	9:00-9:45am	Winter (9)	36125	\$49.50



If you are unsure whether your program is running, or if you are dropping into a program, or DURING INCLEMENT WEATHER, please check www.qswc.ca for cancellations.



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RECREATION PROGRAMS FOR PRESCHOOLERS

For start dates, cancellations and special program notes please see the first page of this section.

ART WE MESSY

Children will explore different art mediums using paint, paper, glitter, glue and more. This program will be a messy fun time for your little artist.

Ages: 3-5 years

Location: Preschool Room

Day	Time	Session	Barcode	Cost
Mon.	5:30-6:30pm	Fall (13)	36127	\$71.50
Mon.	5:30-6:30pm	Winter (9)	36128	\$49.50

LITTLE TOES

Fostering your child's independence, this is an amazingly fun and energetic class designed for little dancers with big energy. This class will enhance co-ordination and cognitive skills. Games and up-beat songs help to create a rich educational environment.

Ages: 3-5 years

Location: Aerobics Studio

Day	Time	Session	Barcode	Cost
Sat	9:00-9:45am	Fall (12)	36129	\$66.00
Sat	9:00-9:45am	Winter (10)	36130	\$55.00

LITTLE SNEAKERS

Energetic preschoolers will experience the thrills of learning basic skills for a variety of sports including soccer, basketball and floor hockey through co-operative games and activities. Children will learn how to work as a team in a non-competitive environment through games and activities related to sports that will help develop their coordination and gross motor skills.

Ages: 3-5 years

Location: Gymnasium

Day	Time	Session	Barcode	Cost
Thur.	6:00-7:00pm	Fall (14)	36131	\$77.00
Thur.	6:00-7:00pm	Winter (10)	36132	\$55.00

PRESCHOOLERS IN MOTION

This program is designed to further develop gross motor skills through song, games, tumbling and using equipment like: balls, hula hoops, parachutes, balance beams and more!

Ages: 3 – 5 years

Location: Gymnasium

Day	Time	Session	Barcode	Cost
Tues.	10:00-11:00am	Fall (14)	36133	\$77.00
Sat.	10:00-11:00am	Fall (10)	36134	\$55.00
Tues.	10:00-11:00am	Winter (10)	36135	\$55.00
Sat.	10:00-11:00am	Winter (10)	36136	\$55.00

OOEY GOOEY SCIENCE

Are you ready to get messy? We are! Experiment with foam, slime, goop and other concoctions. Ever made Elephant toothpaste? Ever wondered what would happen if you mixed glue and shaving cream? Well, put on some old clothes and get ready for a sensory explosion!

Ages: 3 – 5 years

Location: Gym Meeting Room

Day	Time	Session	Barcode	Cost
Thur.	5:30-6:30pm	Fall (14)	36418	\$77.00
Thur.	5:30-6:30pm	Winter (10)	36419	\$55.00

KINDERGARTEN READINESS

This is a skill development based program to teach both gross motor and fine motor skills through physical literacy, art and science.

Age: Four by Dec. 31/18

Location: Preschool Room

Day	Time	Session	Barcode	Cost
Mon.	10:00am-12:30pm	Fall (12)	36544	\$198.00
Thurs	9:15am-11:45am	Fall (12)	36545	\$198.00
Mon.	10:00am-12:30pm	Winter (9)	36546	\$148.50
Thurs	9:15am-11:45am	Winter (9)	36547	\$148.50



PROGRAMS FOR PRESCHOOLERS & CHILDREN

CHILD'S WORLD (CHILD MINDING SERVICES)

This program is for children between 18 months and 8 years old while parents use the Facility. Your child will be able to play with other children, make a craft, read a story and partake in many more exciting activities.


We encourage cooperative play and have developed the following policy to ensure it is a safe and enjoyable experience for everyone:

- The program is on a first-come, first-served basis and has a capacity limit.
- Children must be signed in at each visit and provide a drop-in card, that is purchased at the front desk, as well as a receipt stating the length of time the parent paid for.
- It is recommended that children register for the program, at no fee, ahead of time. This way if there are any cancellations or last minute changes parents can be notified.
- Parents/guardians must remain in the building.
- Children may bring nut-free snacks and drinks.
- Children must wear indoor footwear at all times.

- Positive behaviour is encouraged. Negative behaviour will be discussed with both the child and parent/guardian. Please note, continuing negative behaviour will not be tolerated.

Location: **Preschool Room**

Day	Time	Session	Barcode	Cost
Tues.	11:00am-1:00pm	Fall (14)	36376	\$6.00 per hour per child
Tues.	5:00-8:00pm	Fall (13)	36377	
Thurs.	5:00-8:00pm	Fall (14)	36378	
Sat.	10:45am-12:45pm	Fall (12)	36542	
Tues.	11:00am-1:00pm	Winter (9)	36417	
Tues.	5:00-8:00pm	Winter (9)	36379	
Thurs.	5:00-8:00pm	Winter (8)	36380	
Sat.	10:45am-12:45pm	Winter (10)	36543	



Tips

Children under the age of 10 must have a parent or guardian remain in the facility.




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CHILDREN'S DAY CAMPS



PA DAY CAMPS

Looking for something fun to do on your day off school?

Join us at the Quinte Sports & Wellness Centre for loads of FUN!

Activities Include: • Swimming • Sports • Games • Crafts

- Ages:** 4-13 yrs.
- Camp hours:** 8am – 5pm
- Cost:** \$32.50 per day
Extra hours are available
7-8am and/or 5-6pm
(Additional \$3.50/child
per AM or PM)
- Dates:** September 29, 2017 (36518)
October 27, 2017 (36519)
November 24, 2017 (36520)
February 2, 2018 (36521)
April 13, 2018 (36522)
May 18, 2018 (36523)
June 29, 2018 (36524)



WINTER WONDERLAND HOLIDAY CAMP

Join us for a holiday of fabulous fun! Children will enjoy a day filled with great games, sports, crafts, swimming and many more fantastic activities! Please dress appropriate for the weather as some activities may be conducted outside.

- Ages:** 4-13 years (Junior Kindergarten to Grade 8)
- Camp Hours:** 8:00am-5:00pm
- Cost:** \$32.50 per day
Extra hours are available 7-8am and/or 5-6pm
(Additional \$3.50/child per AM or PM)
- Dates:** Wednesday, December 27, 2017 (36534)
Thursday, December 28, 2017 (36535)
Tuesday, January 2, 2018 (36537)
Wednesday, January 3, 2018 (36538)
Thursday, January 4, 2018 (36539)
Friday, January 5, 2018 (36540)



CHILDREN'S DAY CAMPS

MARCH BREAK MUMBO JUMBO CAMPS

March 12-16, 2018

Spice up your March Break! This camp is full of fun activities including crafts, organized games, special activities and theme days. We hope you are just as excited as we are! We can't wait to see you at the Quinte Sports & Wellness Centre for a week filled of excitement!

Activities Include: • Swimming • Sports • Games • Crafts

Drop-off and pick-up

will be at The Quinte Sports & Wellness Centre

Regular camp hours are 8am – 5pm

Cost: \$147.50/child for the week

Extra hours available: 7-8am (\$16.25/child) and/or 5-6pm (\$16.25/child) per week



Mini Blast Camp – Junior & Senior Kindergarten

Location: Preschool Room

Barcode: 36532

Junior Blast Camp – Grades 1 & 2

Location: Multipurpose Room

Barcode: 36531

Adventure Camp – Grades 3, 4 & 5

Location: Minor Sports Meeting Room

Barcode: 36530

Youth Camp – Grades 6, 7 & 8

Location: Gym Meeting Room

Barcode: 36533

*NEW March Break 1 Day Registration

If you do not need a full week of camp for your children, we are now offering individual registration days.

Camp hours are 8am-5pm. Cost: \$32.50/child per day.

Extra hours: 7-8am (\$3.50/child per day) and/or 5-6pm (\$3.50/child per day)

Monday March 12, 2018

Barcode: 36525

Tuesday March 13, 2018

Barcode: 36526

Wednesday March 14, 2018

Barcode: 36527

Thursday March 15, 2018

Barcode: 36528

Friday March 16, 2018

Barcode: 36529

Other March Break Programs: Home Alone Course, Babysitting Course, Girl's Image Workshop, March Break Public Swimming, Public Skating, and Gymnasium Programs. Schedules can be found at www.qswc.ca

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CHILDREN'S PROGRAMS FALL 2017 & WINTER 2018 SCHEDULE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Children 6-10 years						
Kids of Steel 10:30-12:00pm	Girls Night Out 5:00-6:30pm	Child's World 11:00am-1:00pm	*Acting Up 6:00-7:00pm	*Guys Hang Out 5:00-6:30pm	Floorball 5:00-6:00pm	Gotta Dance (6 & 7 yrs.) 9:45-10:45am
Snack Attack 2:45-4:15pm	Hip Hop 6:30-7:30pm	Sporty Girls & Guys 5:00-6:00pm		Child's World 5:00-8:00pm	Kids in the Kitchen 5:15-7:15pm	Dance, Dance, Dance (8-10 yrs.) 10:45am- 11:45am
	Art Attack 6:30-7:30pm	Child's World 5:00-8:00pm		Gross Out Science 6:30-7:30pm	Child's World 10:45am-12:45pm	
For PA Day/Christmas Holiday/March Break Camps, see previous pgs.			Parents: Join a class or come for a workout and use our Child Minding services Tues. & Thurs. evenings or Saturday mornings. See "Child's World" on the previous page.		Red Cross Stay Safe! 9am-4:00pm (monthly) (Home Alone)	

CHILDREN'S PROGRAM NOTES:

- Fall programs begin the week of September 10, 2017
- Winter programs begin the week of January 8, 2018
- **No Programs:** Oct. 7-9, Oct. 31st after 4pm, Nov. 1, Nov. 11, Feb. 19, Mar. 9-11
- **Gym Closed:** Sept. 28, Oct. 5, 19, 20, Nov. 17, 18, 19, Dec. 2, 3, Jan. 30 from 2-9pm, Mar. 7-11
- For cancellations and/or changes, please review the information on your receipt.
- Times, dates, locations and fees are subject to change
- **Receive 25% off on your 2nd and subsequent registration/ person (in the same session) *Excludes Aquatics**
- Parents & participants over 10 years, will need a Free Wellness Passport for access to all program areas
- For more information: Visit our Customer Service Desk, call 613-966-4632, or visit us online at www.qswc.ca



Visit QSWC.CA for monthly schedules

RECREATION PROGRAMS FOR CHILDREN 6-10 YEARS

For start dates, cancellations and special program notes please see the first page of this section.

ART ATTACK

This arts and crafts program explores the creative interest and imagination of its participants. This is the perfect class for children who enjoy expressing themselves with paint, clay, paper mache and theme projects or just enjoy getting creatively messy.

Ages: 6-9 years

Location: Preschool Room

Day	Time	Session	Barcode	Cost
Mon.	6:30-7:30pm	Fall (13)	36381	\$71.50
Mon.	6:30-7:30pm	Winter (9)	36382	\$49.50

GROSS OUT SCIENCE

If you like an ooey, gooey, slippery, slimy, smell bad, looks disgusting, bacteria growing kind of science that makes people scream with delight, then come join us! Only certified kid grossologists will be able to handle the adventures contained here. Come prepared to get messy and discover a whole new level of "YUCK"!

Ages: 6-10 years

Location: Preschool Room

Day	Time	Session	Barcode	Cost
Thurs	6:30-7:30pm	Fall (14)	36383	\$77.00
Thurs	6:30-7:30pm	Winter (10)	36385	\$55.00

ACTING UP!

This program is designed to teach theatre techniques such as voice projection, character development, stage presence and body language. They will learn how to mime and do improvisation. This program will help increase your child's confidence and public speaking skills. On the last class there will be a performance for parents and friends.

Ages: 7-10

Location: Preschool Room

Day	Time	Session	Barcode	Cost
Wed.	6:00-7:00pm	Fall (13)	36387	\$71.50
Wed.	6:00-7:00pm	Winter (10)	36388	\$55.00

GOTTA DANCE

This dance class is full of lots of fun and laughter, while learning the basics of dance. This class will encourage rhythm, coordination, spatial awareness and confidence.

Ages: 6 & 7 years

Location: Aerobics Studio

Day	Time	Session	Barcode	Cost
Sat.	9:45-10:45	Fall (12)	36389	\$66.00
Sat.	9:45-10:45	Winter (10)	36390	\$55.00

DANCE, DANCE, DANCE

This is a recreational dance program. It will introduce your child to explore movement inspired by music. They will learn fundamental steps, develop rhythm and introduce strength, flexibility and coordination while having fun!

Ages: 8-10 years

Location: Aerobics Studio

Day	Time	Session	Barcode	Cost
Sat.	10:45-11:45am	Fall (12)	36391	\$66.00
Sat.	10:45-11:45am	Winter (10)	36392	\$55.00

SNACK ATTACK

Do you have an aspiring young chef on your hands? Start them out with this introductory class, where they will create yummy snacks and learn kitchen safety.

Material fee is an additional \$40

Ages: 6 & 7 years

Location: Senior's Centre

Day	Time	Session	Barcode	Cost
Sun.	2:45-4:15pm	Fall (8)	36422	\$66.00+\$40=\$106
Sun.	2:45-4:15pm	Winter (8)	36423	\$66.00+\$40=\$106



**Book your child's birthday party at the
Quinte Sports & Wellness Centre!**

*Check the Recreation Services section for
themes and prices.*

Tips

Indoor footwear is required in fitness studios, gymnasium and Family Dental Centre Track

RECREATION PROGRAMS FOR CHILDREN 6-10 YEARS

For start dates, cancellations and special program notes please see the first page of this section.

KIDS IN THE KITCHEN

Parents enjoy a date night while your kids cook with us. Your children will learn cooking skills, kitchen safety, table setting and manners, the importance of nutrition and enjoy eating their creations each Friday evening. Your little chef is sure to enjoy the world of “sticky fingers” and they may even make dinner for you one day! Don't forget to bring a container to each class to bring home some of your cooking!

Material fee is an additional \$72. Ages: 8-10 years

Location: Senior's Centre

Day	Time	Session	Barcode	Cost
Fri.	5:15-7:15pm	Fall (8)	36394	\$88+\$72=\$160
Fri.	5:15-7:15pm	Winter (8)	36395	\$88+\$72=\$160

KIDS OF STEEL

This program is designed to offer kids the opportunity to experience the sport of triathlon in a positive environment. Training includes swimming, biking and running. Children must be able to swim 25m unassisted in a lifejacket (or on their own).

Ages: 6 – 10 years

Location: Workout Studio, Track, and Pool

Day	Time	Session	Barcode	Cost
Sun.	10:30am-12:00pm	Fall (10)	36396	\$90.00
Sun.	10:30am-12:00pm	Winter (8)	36397	\$72.00

SPORTY GIRLS & GUYS

Come have fun learning a variety of sport skills in this active program. A general warm-up, skills session and playing time will be offered each week. This program will introduce kids to volleyball, basketball, soccer and more! Ages: 6 - 10 years

Location: Gymnasium

Day	Time	Session	Barcode	Cost
Tues.	5:00-6:00pm	Fall (13)	36424	\$3/visit
Tues.	5:00-6:00pm	Winter (9)	36626	

FLOORBALL

Floorball is an exciting co-ed indoor hockey game. It resembles floor hockey or ball hockey but is played with light-weight plastic composite sticks, a whiffle ball and rules that promote safety and skill. Participants will warm up and then play as a team in a non-competitive environment.

Ages: 6-10 years

Location: Gymnasium

Day	Time	Session	Barcode	Cost
Fri.	5:00-6:00pm	Fall (12)	36070	\$3.00/Visit
Fri.	5:00-6:00pm	Winter (10)	36071	

GIRLS NIGHT OUT

FOR GIRLS ONLY! To have fun with: Spa nights, movies, fitness, crafts, non-bake cooking and more. Girls Night has it all! Ages: 6 – 10 years

Location: Gym, Pro Shop Meeting Room, Youth Room

Day	Time	Session	Barcode	Cost
Mon.	5:00-6:30pm	Fall (13)	36426	\$107.25
Mon.	5:00-6:30pm	Winter (9)	36427	\$74.25

GUYS HANG OUT

FOR GUYS ONLY! Each week features different sports, games and special events. Come on down and hang out with the boys! Ages: 6 - 10 years

Location: Gym, Pro Shop Meeting Room, Youth Room

Day	Time	Session	Barcode	Cost
Thurs.	5:00-6:30pm	Fall (14)	36428	\$115.50
Thurs.	5:00-6:30pm	Winter (10)	36429	\$82.50

HIP-HOP **NEW!**

This program is the ultimate dance-fitness party for young dance fans ages 7-11, where they can play it loud and rock with friends to their own rules! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching! Ages 7 - 11 years

Location: Gymnasium

Day	Time	Session	Barcode	Cost
Mon.	6:30-7:30pm	Fall (12)	36430	\$72.00
Mon.	6:30-7:30pm	Winter (9)	36431	\$54.00

RED CROSS STAY SAFE! (Formally Home Alone Course)

This one-day program offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent/guardian both at home and in their community. Candidates will receive a workbook and a certificate.

Location: Minor Sports Meeting Room

Day	Time	Session	Barcode	Cost
Fri.	9:00am-4:00pm	Sept. 29	36511	\$46.00
Sat.	9:00am-4:00pm	Oct. 28	36512	\$46.00
Fri.	9:00am-4:00pm	Nov. 24	36513	\$46.00
Sun.	9:00am-4:00pm	Dec. 17	36514	\$46.00
Sat.	9:00am-4:00pm	Jan. 13	36515	\$46.00
Fri.	9:00am-4:00pm	Feb. 2	36516	\$46.00
Tues.	9:00am-4:00pm	Mar. 13	36517	\$46.00