

# 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**

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This publication is available in an alternate format upon request

## THERAPEUTIC PROGRAMS

Fall Programs begin the week of September 10th / Winter Programs begin the week of January 8th  
Please see the first page of the Older Adult Section for cancellations and special program notes.

### CHAIR YOGA

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.

**Location: Yoga Studio**

Day	Time	Session	Barcode	Cost
Tues.	11:15am-12:15pm	Fall (14)	36374	\$73.50
Tues	11:15am-12:15pm	Winter (10)	36375	\$52.50

### CARDIAC CARE PROGRAM

This program is designed for individuals who have experienced a cardiac event, have been diagnosed with heart disease, or have high risk factors for heart disease. These classes will include closely monitored cardiovascular training; strengthening and flexibility components designed for cardiac care patients and led by our qualified trainers. **Participants must have a completed PAR-Q form and a signed PARmed-X form by their Family Physician or Cardiologist or be referred by Hotel Dieu Hospital or Quinte Health Care.** These classes include 30 minutes of independent warm-ups and 1 hour of instructional time.

**Location: Workout Studio**

Day	Time	Session	Barcode	Cost
Tues. & Thurs.	2:00-3:30pm	Sept 12-Oct 26	36360	\$84.00
Tues. & Thurs.	2:00-3:30pm	Oct 31-Dec 21	36361	\$96.00
Tues. & Thurs.	2:00-3:30pm	Jan 9-Feb 15	36362	\$72.00
Tues. & Thurs.	2:00-3:30pm	Feb 20-Mar 29	36363	\$72.00

### COPD – RESPIRATORY EXERCISE PROGRAM

This is a program for patients living with COPD and other pulmonary ailments. This program includes physical exercise to optimize their ability to function in daily activities. **Participants must have a completed PAR-Q form and a signed PARmed-X form by their Family Physician or be referred by the Belleville General Hospital (BGH) Respiratory Rehabilitation Program.** These classes include 30 minutes of independent warm-ups and 1 hour of instructional time.

**Location: Workout Studio**

Day	Time	Session	Barcode	Cost
Monday	2:00-3:30pm	Fall (14)	36364	\$84.00
Wednesday	2:00-3:30pm	Fall (14)	36365	\$84.00
Monday	2:00-3:30pm	Winter (12)	36366	\$72.00
Wednesday	2:00-3:30pm	Winter (12)	36367	\$72.00

### DIABETIC EXERCISE PROGRAM

Exercise is an important part of any diabetes treatment plan. Exercise can naturally reduce your blood sugar levels as well as benefit your health overall. If you are afraid to start exercising or it has been a long time since you have, then this program is for you. Please bring your Blood Glucose Monitor to class.

**Location: Workout Studio**

Day	Time	Session	Barcode	Cost
Wednesday	7:00-8:00pm	Fall (13)	36368	\$78.00
Wednesday	7:00-8:00pm	Winter (10)	36369	\$60.00

### STROKE CARE PROGRAM

This program for stroke survivors will be led by our qualified fitness instructors who have received specialized training in stroke exercise adaptations. The Instructors follow the “Guidelines for Community-Based Exercise Programs for People with Stroke (2010)”. This program will have a number of components to improve your gait, coordination, flexibility, balance, strength and cardiovascular endurance. Participants are encouraged to come to 2 classes a week. **Participants must have a completed PAR-Q form and a signed PARmed-X form by their Family Physician or be referred by Quinte Health Care Rehab.** These classes include 30 minutes of independent warm-ups and 1 hour of instructional time. Private therapy sessions available for on-land or in-water stroke care, please call 613-966-4632.

**Location: Workout Studio**

Day	Time	Session	Barcode	Cost
Monday	2:00-3:30pm	Fall (14)	36370	\$84.00
Wednesday	2:00-3:30pm	Fall (14)	36371	\$84.00
Monday	2:00-3:30 pm	Winter (12)	36372	\$72.00
Wednesday	2:00-3:30 pm	Winter (12)	36373	\$72.00

### FIBROMYALGIA, OSTEOPOROSIS & ARTHRITIS AQUA-FITNESS

This specialized aqua-fitness class will cater to those who need extra care in the warm therapeutic pool. Our qualified aqua fitness staff will lead you through a safe, pain-free therapy class designed especially for you. This light class will focus on stretching, strengthening and relaxation to help manage your pain.

**Location: Therapy Pool**

Day	Time	Session	Barcode	Cost
Monday	1:05-1:50 pm	Fall (13)	35009	\$91.00
Wednesday	4:00-4:45 pm	Fall (13)	35018	\$91.00
Monday	1:05-1:50 pm	Winter (11)	35969	\$77.00
Wednesday	4:00-4:45 pm	Winter (13)	35978	\$91.00

Visit [QSWC.CA](http://QSWC.CA) for monthly schedules

# Therapeutic Programs

## THERAPEUTIC PROGRAMS

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### PRIVATE AND SEMI-PRIVATE THERAPY SESSIONS – LAND OR WATER

Don't let your disability or chronic conditions stop you from being healthy and fit. Let one of our certified Fitness Professionals create a program specifically designed to help you. These training sessions will be available at various times in either the Pool or Workout Studio. Call 613-966-4632 for more information.

One-on-one sessions will be available at various times in either the pool or workout studio.

#### *30-Minute Sessions:*

\$22.00/session OR

Purchase 10 sessions for \$198.00

#### *45-Minute Sessions:*

\$32.00/session OR

Purchase 10 sessions for \$288.00

#### *One-hour Sessions:*

\$42.00/session OR

Purchase 10 sessions for \$378.00

### Semi-Private Personal Training Sessions:

Enjoy the benefits of a personal trainer at a lower cost. These semi-private sessions can be booked for two or three people, in your group, or family.

#### *30-Minute Sessions:*

\$13.50/person/session

OR Purchase 10 sessions for \$121.50

#### *45-Minute Sessions:*

\$19.50/person/session

OR Purchase 10 sessions for \$175.50

#### *One-hour Sessions:*

\$25.50/person/session OR

Purchase 10 sessions for \$229.50



**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](http://www.qswc.ca) for cancellations.**

