

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

YOUTH PROGRAMS 2017 FALL & 2018 WINTER SCHEDULE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Triathlon Training 12:00-1:30pm	Open Gym 4:30-7:00pm (1/2 Gym)	Lunch Hour Open Gym 11am-12pm Open Gym 4-7pm (1/2 Gym)	Youth Open Gym 3:30-5:00pm	Lunch Hour Open Gym 11am-12pm	Open Gym 4-5pm	Open Gym 11:30am-4:30pm
Open Gym 2:30-5pm	Teen Recreation Volleyball (12-17yrs) 7:30-8:30pm	*Art & Photography Appreciation (11-15yrs) 6-7pm	*Homework Club (Grades 6-12) 5-6pm	*Dance Crew (11-17yrs) 7-8pm	Youth Open Gym (1/2 Gym) & Floorball 5-6pm	Futsal (10-15 with adult and 16+yrs alone) 4:30-7:30pm
*Young Chefs 4:30-6:30pm		*Girls Healthy Active Living Night (12-17yrs) 7:45-8:30pm	<i>Check out the Swimming, Skating and PA Day Sections for even more things to do!</i>		*Standard First Aid and CPR 'C' Sep.30th-Oct.1st or Jan.20-21st Sat. & Sun. (9-5:30pm)	*Standard First Aid and CPR 'C' Recertification Sep. 16th or Dec. 16th Sat. (9-5:30pm)
Pick-Up Basketball (16 years+) 7:15-9:15pm	<i>Teens can participate in adult classes: 16+ alone and youth ages 13-15 with a participating adult</i>					

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).**
- A Free Wellness Passport is required for access to all program areas.
- For more information visit our Customer Service Desk, call 613-966-4632, or visit www.qswc.ca

**These programs require pre-registration.

Todd Smith, MPP

Prince Edward - Hastings

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PO Box 575
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K8N 5B2
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www.toddsmithmpp.ca



YOUTH BELLEVILLE AND THE YOUTH ROOM



Follow us on Twitter @YouthBelleville
Like us on Facebook www.facebook.com/youthbelleville



Students in Grade 6-12,
join the Youth Belleville Club!



A youth program run by youth, for youth; designed to make teens feel valued and empower them to help shape their future and the world around them. Become a member and help determine activities and events that will be held for youth both in the youth room and at the Quinte Sports & Wellness Centre. Call for details: 613-966-4632.

How to Register for Youth Belleville

Bring your parent or guardian in to the Customer Service Desk at the Quinte Sports & Wellness Centre to help you sign up for your special Youth Wellness Passport card that will get you into the Youth Room for FREE! Students must be in Grades 6-12 to get a Youth Wellness Passport Card.

Mission Statement

To give youth a positive way to express themselves, meet new people, and find a place where they belong by creating events and activities for youth that are free of prejudice, bullying and violence.

Youth Room

Things to do in the Youth Room;

- Wii
- Xbox Kinect
- Play Station
- Pool Table
- Air Hockey
- Foosball
- Ping Pong
- Free WiFi
- Board Games
- Special Events
- Sitting Areas
- Snacks

Pick-up the Monthly Calendars or Youth Volunteer Application Forms at the QSWC or visit www.youthbelleville.ca

Volunteer Opportunities

- Youth Belleville Recreation Committee
- Youth Room Staff
- Gym/Sports Staff
- Children/Preschool Programs
- Skating Monitor/Skating Teaching Assistant
- Aquatic Department Helper



Become a Volunteer and earn community hours while meeting new people and having fun! You will also be able to help determine activities and events that will be held for youth both in the youth room and for special events. Youth 17 years and older will need a police check before volunteering.

Repel scuff marks, bacon grease, and toddler graffiti.

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RECREATION PROGRAMS

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

TEEN TRIATHLON TRAINING

This program is designed to improve the participant's overall fitness level and to help condition them to compete in triathlons. Training includes swimming, biking and running. Ages 11-15 years

No program on Nov. 26 or Feb. 4 (in addition to program cancellations listed on the first page of this section)

Location: Pool, Track and Workout Studio

Day	Time	Session	Barcode	Cost
Sun.	12:00-1:30pm	Fall (10)	36053	\$90.00
Sun.	12:00-1:30pm	Winter (8)	36054	\$72.00

YOUNG CHEFS

You will learn cooking skills, kitchen safety, proper table etiquette, the importance of nutrition and enjoy eating your creations each Sunday evening. Don't forget to bring a container to each class to bring home any left-over cooking! Ages: 11-15 years.

Materials cost is \$72 (not included in the price below)

Location: 50+ Centre

Day	Time	Session	Barcode	Cost
Sun.	4:30-6:30pm	Fall (8)	36038	\$88.00+\$72=\$160
Sun.	4:30-6:30pm	Winter (8)	36039	\$88.00+\$72=\$160

HOMEWORK CLUB

This drop-in hour is open to kids/teens in Grades 6-12 looking for a quiet place to sit and do their homework and projects with other youth. Our staff member will be there to help out if you have questions or need a helpful eye to check things overs for spelling and grammar. Drop-in's for \$6/child/week may be available, space permitting.

Location: Youth Room

Day	Time	Session	Barcode	Cost
Wed.	5:00-6:00pm	Fall (13)	36057	\$71.50
Wed.	5:00-6:00pm	Winter (10)	36074	\$55.00

TEEN RECREATIONAL VOLLEYBALL

Join us for a 1 hour recreational volleyball session. Bring your friends and drop in for \$3 per visit each week for a fun, social and active time. This is a co-ed program and is ideal for beginners or players who would like a non-competitive game just to have fun and be active. There is a no spiking/attacking rule and aggressive players will be asked to leave. This program is for youth ages 12-17.

Location: Gymnasium

Day	Time	Session	Barcode	Cost
Mon.	7:30-8:30pm	Fall	36049	\$3/visit
Mon.	7:30-8:30pm	Winter	36050	\$3/visit

ART & PHOTOGRAPHY APPRECIATION

Express your inner artist with a variety of art and photography classes. Whether you are a beginner or more experienced artist, these fun and informative classes will reignite your creativity. The 8 week session includes the basics of painting (acrylic & watercolour), intro to photography, drawing, charcoal and pastels. Bring your camera on week #4. Ages: 10-15 years

Supplies (extra): \$15.00

Location: Pool Classroom

Day	Time	Session	Barcode	Cost
Tues.	6:00-7:00PM	Fall (8)	36044	\$44+\$15=\$59
Tues.	6:00-7:00PM	Winter (8)	36045	

GIRLS HEALTHY ACTIVE LIVING NIGHT

Challenge yourself to new & fun fitness activities such as TRX, Yoga, Zumba and more. You will socialize, build your confidence and increase your fitness knowledge by learning about proper positioning while working different muscle groups. Learn about healthy lifestyle choices like good nutrition and self-esteem and body image. This program is for girls' ages 12-17 and ALL fitness levels are welcome!

Location: Yoga Studio or Aerobics Studio

Day	Time	Session	Barcode	Cost
Tues.	7:45-8:30pm	Fall (13)	36047	\$78.00
Tues.	7:45-8:30pm	Winter (10)	36048	\$60.00

YOUTH OPEN GYM

Come out and have fun while getting fit! This co-ed program offers a variety of different sports such as basketball, floor hockey, dodgeball, soccer, volleyball and more! Friday from 5-6pm is shared with Floorball.

Location: Gymnasium

Day	Time	Session	Cost
Wed.	3:30-5:00pm	Fall & Winter	\$3/Visit
Fri.	5:00-6:00pm	Fall & Winter	

DANCE CREW

Come out for an hour of FUN dance time. Learn new moves and socialize with friends. This is a co-ed program is for all levels of dance (including beginners). Ages 11-17 years

Location: Aerobics Studio

Day	Time	Session	Barcode	Cost
Thurs.	7:00-8:00pm	Fall (14)	36068	\$77.00
Thurs.	7:00-8:00pm	Winter (10)	36069	\$55.00

Follow us on Twitter @QSWC

RECREATION PROGRAMS

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RED CROSS BABYSITTING COURSE

This course is designed for youth 11-15 years old to learn first aid and caregiving skills for children in a variety of age groups, and how to prevent and respond to emergencies. Students will receive a manual, and upon successful completion a wallet card and certificate. Students are asked to bring a pen, lunch, beverages and a doll or teddy bear for diapering.

Location: Minor Sports Meeting Room

Day	Time	Session	Barcode	Cost
Sat.	9:00am-5:30pm	Sept. 30	36504	\$54.00
Fri.	9:00am-5:30pm	Oct. 27	36505	\$54.00
Sat.	9:00am-5:30pm	Nov. 25	36506	\$54.00
Sat.	9:00am-5:30pm	Dec. 16	36507	\$54.00
Sun.	9:00am-5:30pm	Jan. 14	36508	\$54.00
Sat.	9:00am-5:30pm	Feb. 3	36509	\$54.00
Mon.	9:00am-5:30pm	Mar. 12	36510	\$54.00
Wed.	9:00am-5:30pm	Mar. 14	36541	\$54.00

FLOORBALL

Floorball is an exciting co-ed indoor hockey but is played with light-weight plastic composite sticks, wiffle 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	36070	\$3/visit
Fri.	5:00-6:00pm	Winter	36071	\$3/visit

FUTSAL

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 emphasis on improvisation, creativity and quickness of play and is played with four players and a goalkeeper per side. This program is for 16 years+ and 10-15 year olds with a participating adult.

Location: Gymnasium

Day	Time	Session	Barcode	Cost
Sat.	4:30-7:30pm	Fall	36072	\$3/visit
Sat.	4:30-7:30pm	Winter	36073	\$3/visit

Extra Notes:

- Also check out the Swimming, Skating and PA Day Sections for even more things to do!
- Teens 16 & over can participate in our Adult Programs.
- Teens 13-15 years, can register for an Adult Program with a participating adult.

PICK-UP ADULT BASKETBALL

Enjoy this unstructured pay as you play activity. Bring your friends, keep fit, stay active, practice your skills and have a blast! Ages 16+ (or 13-15 with an adult).

Location: Gymnasium

Day	Time	Session	Barcode
Sun.	7:15-9:15pm	Fall	36042
Sun.	7:15-9:15pm	Winter	36043



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.



RECREATION PROGRAMS

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

YOUTH LEADERS

Are you interested in becoming a leader for one of our children's programs? Perhaps you have thought about being a Day Camp Leader? These are the steps to take

Youth Leadership Development Course



Complete a volunteer children's program placement



Standard First Aid & CPR 'C'



High Five – Principles of Healthy Child Development Training



Watch for Job postings to apply for positions at <http://belleville.ca/employment>
(Recreation Program Leaders, Day Camp Helpers, Junior Leaders, Senior Leaders)



Red Cross – Youth Leader Certification

STANDARD FIRST AID AND CPR 'C'

Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies. There is a required textbook which is included in the price. *For one day recertifications, please see the Aquatics section.

Prerequisites: Ages 12 to adult

Location: Pool Classroom (QSWC)

Day	Time	Session	Barcode	Cost
Sat & Sun	9:00am-5:30pm	Sep. 30 & Oct.1	36256	\$141.59+HST
Sat & Sun	9:00am-5:30pm	Jan. 20 & 21	36258	\$141.59+HST

HIGH FIVE PRINCIPLES OF HEALTHY CHILD DEVELOPMENT WORKSHOP

This one-day training will help front-line leaders (anyone working with children aged 6 to 12 – i.e. camp counselor, coach, swim instructor) improve the quality of programs. It provides in depth training in the HIGH FIVE@Principles of healthy child development so front-line leaders understand what they need to do to ensure each child's social, emotional and cognitive needs are met. Leaders learn activities and gain knowledge, tips and resources to enhance their programs as well as their relationships with children and other staff members. Participants must be 15 years of age.

Location: Check receipt (TBD)

Day	Time	Session	Barcode	Cost
Thur.	8:30am-4:30pm	Dec. 28	36606	\$110
Fri.	8:30am-4:30pm	Feb. 2	36607	

RED CROSS YOUTH LEADER CERTIFICATION

Youth Leaders support the Red Cross Youth First Aid Program through the delivery of the Stay Safe! and Babysitting courses. With the required prerequisites, candidates enter into this comprehensive Youth Leader Program, to prepare them to teach, facilitate and support dynamic, learner-centered classroom environments. This course consists of online learning modules (5-7 hours) and upon completion of this training, candidates must then successfully complete a teaching experience in a Red Cross Youth First Aid Program.

Prerequisites: 16 years of age and hold a current Standard First Aid & CPR 'C' certificate

Location: Gym Meeting Room (QSWC)

Day	Time	Session	Barcode	Cost
Friday	4:30-5:30pm	Sept. 15	36600	\$80.00
Friday	4:30-5:30pm	Dec. 15	36601	
Friday	4:30-5:30pm	Feb. 2	36602	
Friday	4:30-5:30pm	Mar. 9	36603	

YOUTH LEADERSHIP DEVELOPMENT

This program has a lot to offer - youth participate in 4 days of workshops that focus on:

- Building & enhancing self-esteem, confidence, leadership and initiative skills
- Emergency First Aid & CPR 'B' certification
- Resume, application writing and interview practice
- Program planning for children's activities

Once the 4 day workshops are completed, youth can then practice their newly learned skills at a volunteer children's program placement experience.

Participants receive a T-shirt and upon successful completion of the program, an evaluation, a Youth Leadership Development Certificate as well as recognition of the placement experience toward their Community Service hours.

Location: Brown's Training Room (QSWC)

Time	Session	Barcode	Cost
8:30am-5:00pm	Jan. 2-5, 2018	36604	\$180
8:30am-5:00pm	Mar. 12-15, 2018	36605	\$180

RECREATION PROGRAMS

Workout Studio

FALL & WINTER SCHEDULE:

Monday: 6-9am, 11:30am-2:30pm, 4:30-9:30pm
Tues/Thurs: 6-9am, 11:00am-2:30pm, 4:30-7:00pm, 8:00-9:30pm
Wednesday: 6-9am, 11:30am-2:30pm, 4:30-7:00pm, 8:00-9:30pm
Friday: 6-9am, 9:30am-2:30pm, 4:30-8:00pm
Saturday: 7:30am-2:00pm
Sunday: 8:00am-2:00pm

WOS Schedule is Subject to Change - check www.qswc.ca for updates

Cost: \$3.00 per visit OR buy a multi-pack and save: 10-pack: \$25.00, 20-pack: \$45.00, 40-pack: \$80.00

For Holiday Hours, refer to the Special Activity Schedule (Available online or at the QSWC)

Please note:

- Youth, 13-15 years, wishing to use the workout studio, unattended by an adult, **must first attend two orientation sessions.**
- **ORIENTATION SESSIONS** are offered Mondays from 4:30-5:00pm and Saturdays from 8:45-9:15am for a drop-in fee of \$3.00.



RECREATION DIVISION
2017-2018 Year
Fall Term Registration begins August 14
Classes start September 11, 2017

DANCE FOR AGES 3 and UP

BALLET optional ROYAL ACADEMY OF DANCE program
POINTE
MODERN
JAZZ
HIP HOP
TAP
CONTEMPORARY JAZZ
JUNIOR DANCE
weeDANCE

ADULT PROGRAM
Classes from beginner to intermediate level

Quinte Ballet School of Canada
recreation@quinteballetschool.com
www.quinteballetschool.com
196 Palmer Road, Belleville
613.962.9274 Ext. 23

Personal Training and/or Therapy Sessions

Working with a certified personal trainer has several benefits. Work in the Pool or the Workout Studio for a specially designed workout that fits your needs. A personal trainer will help you set appropriate goals and know the milestones you should expect on the journey to achieve success. Your personal trainer will help you stay motivated, on track and will provide you with all the tools you need to meet your goals.

Purchase your 10-pack at the QSWC Customer Service Desk and then pick-up the personal training information package and contact a personal trainer to schedule your sessions.

FOR PERSONAL TRAINING PRICES, please see the Adult Section of the Playbook.

