

## Sunday

Youth Room (Grade 6-12)	9am-1pm (June 17 & 24 only)
Open Gym	2:30-5pm
Adult Volleyball (Intermediate)	5-7pm
Adult Basketball	7:15-9:15pm

## Monday

Youth Room (Grade 6-12)	4-6pm
Open Gym	4:30-7pm
*Hip Hop Fitness (Youth) (Ends June 18)	6:30-7:30pm
Adult Table Tennis	7-9pm
*Teen Recreational Volleyball (Ends June 18)	7:30-8:30pm

## Tuesday

Youth Room (Grade 6-12)	4-8pm
Open Gym	4:15-7pm
Adult Volleyball (Advanced)	7:15-9:15pm

## Wednesday

*Teen Recreational Basketball (Ends June 20 <sup>th</sup> )	3:30-5pm
Adult Pickleball	5-7pm
Adult Badminton	7-9pm

## Thursday

Lunch Hour Open Gym	11am-12pm
Open Gym	4:15-7pm
Youth Room (Grade 6-12)	6-8pm
Adult Volleyball (Novice)	7:15-9:15pm

## Friday

Open Gym	4-5pm
*Floorball / Youth Open Gym	5-6pm
Youth Room (Grade 6-12)	6-8pm

## Saturday

Youth Room (Grade 6-12)	10am-2pm
Open Gym	11:30am-4pm



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## Youth Room Special Events

### Youth Room Movie Night

(Sponsored by Daily Cup/Jumbo Video)  
"Captain Underpants: The First Epic Movie" (2017)  
Rated PG

Friday June 29  
6-8pm

**SPECIAL SCHEDULES: Sat. June 30<sup>th</sup>:**  
**Open Gym Only 10am-12pm & 12:30-2:30pm**

### General Program Notes:

- **Youth Room Cards** are required to enter the Youth Room. Youth must be in Grade 6-12 to use the Youth Room. The Youth Room and Youth Room Cards are free. Register at the Customer Service Desk
- **\*Pre-Registration** required for these programs
- Some Open Gym times may be run in only half of the gym space.
- **Adult Programs** are for 16yrs+ (13-15yrs must be with a participating adult)

**Summer Recreational Programs begin soon.**

**Call 613-966-4632, visit QSWC in person or check out [www.qswc.ca](http://www.qswc.ca) to register.**



Youth Belleville

**The Youth Room is looking for Grade 9-12 students to volunteer to monitor the Youth Room this summer for community hours! Application available at [www.youthbelleville.ca](http://www.youthbelleville.ca)**