

# ACTIVITY GUIDE

## FALL 2024

CITY OF BELLEVILLE  
COMMUNITY SERVICES DEPARTMENT

### Registration Begins:

#### Land Programs

August 26 for City Residents/Taxpayers  
August 29 for Non-City Residents/Taxpayers

#### Aquatic Programs

September 3 for City Residents/Taxpayers  
September 6 for Non-City Residents/Taxpayers



265 Cannifton Road,  
Belleville ON

Updated: Oct 4, 2024

This publication is available in  
alternate formats upon request.



**QUINTE**  
SPORTS & WELLNESS CENTRE



613-966-4632



QSWC.CA



# Registration Dates

## 2024 Fall Registration

### Land Based Programs (including Skating Lessons)

- August 26 for City Residents/Taxpayers
- August 29 for Non-City Residents/Taxpayers
- Session runs September 16 to December 16

### Skating Lessons

- August 26 for City Residents/Taxpayers
- August 29 for Non-City Residents/Taxpayers
- Session runs September 16 to December 16


### Recreational Swims & Aqua Fitness Programs

- September 3 for City Residents/Taxpayers
- September 6 for Non-City Residents/Taxpayers
- Session runs September 16 to December 15

### Swimming Lessons and Advanced Aquatic Leadership Programs

- September 3 for City Residents/Taxpayers
- September 6 for Non-City Residents/Taxpayers
- Session runs September 23 to December 16

hello  
FALL



**Activity Guide available  
August 16 (8:30 am)  
online and at the  
customer service desk.**

**Please note there will be no classes or a special schedule on the following dates:**

- Special Schedule: **October 12-13**
- No programs: **September 30, October 14, October 31 (after 4:00pm), November 11**

**Pre-registration is required for all programs.**



# Notes



Scan the QR codes throughout the Activity Guide to visit specific website pages on QSWC.ca



## How To Register:

1. Online at [QSWC.CA](http://QSWC.CA)
2. In-person at the QSWC
3. Call 613-966-4632\*

\*During the opening week of registration, please use this method only if you have no other choice. Registration opens at 8:30 a.m. on specified registration dates.

## Start Dates and Cancellation Dates:

- The Fall session runs from September 16 to December 16. Please check your receipt or registration confirmation for program start and end times.
- Aqua Fitness starts: September 16
- Swimming lessons start: September 23
- Power Skating & Lessons start: September 17
- Special Schedule: October 12-13
- No programs: September 30, October 14, October 31 (after 4:00pm), November 11
- **Check your registration confirmation for the location of your program and any additional cancellation dates specific to your course.**

## Age Requirements:

- Adult classes are for 16+ years of age.
- Youth ages 13-15 can attend adult classes with a participating adult.
- Older Adult programs are for 50+ clients.
- For recreational programs (gym/swim/skate) adults are age 16+ and children are under 16.

## Refunds and Withdrawals

Visit the QSWC website for details on our [refund and withdrawal policy](#).

## Program Fees

(subject to change - includes HST where applicable)

**Gym/Swim/Skate:** \$4.00/child, \$5.00/adult

**Workout Studio:** \$4.00/youth, \$5.00/adult

**Workout Studio Session Pass:** \$162.50

**Premium Sports:** \$6.00

(badminton, basketball, pickleball, volleyball)

**Shinny Hockey/Figure Skating:** \$6.00

**Aqua Fitness:** \$10.50

**Aqua Fitness Session Pass:** \$338.00

**Program/Fitness Classes (45-60 min class):** \$8.50

**Program/Fitness Classes (30 min class):** \$5.25

**Specialty/Yoga Classes:** \$9.50

**Older Adult Yoga:** \$7.35

**Lunch Express Session Pass:** \$170.65

**Children/Youth Programs:** \$6.50-\$216.00

**Swimming Lessons:** \$90.00-\$250.00

**Skating Lessons:** \$80.00-\$130.00

**Power Skating Lessons:** \$188.50-\$208.00

**Birthday Parties:** \$110.74 - \$223.74 (plus tax)

**PA Day Camps:** \$36.75/day

**Belleville 50+ Centre Annual Membership:** \$10.00

Refer to the online registration system for current pricing or contact Customer Service.



**Pre-registration is required for all programs. If you choose to show up just before the class, you may find it is full and won't be able to participate.**

**Be sure to register early to avoid your class being cancelled. If minimum numbers are not met, that program/class may not run.**



# Fitness Programs

To assist you in choosing a fitness class that best suits your needs, we have included these helpful icons below:

Cardio (heart)  Strength-based  Older Adult Friendly **OA**  
Low Intensity  Medium Intensity  High Intensity 

## Balance Yoga: Mind & Body

This class is open to all levels. The poses and movements will be done on the mat and standing. The focus will be on moving the body to strengthen the connections between the right and left side of the brain using cross lateral movements and yoga poses.

## Cardio Core **OA**

This 30 minutes class will elevate your fitness game blending heart-pumping cardio exercises with targeted core-strengthening movements. Designed to burn calories, improve endurance, and sculpt a strong core, Cardio Core delivers a high-energy workout that will leave you feeling invigorated and accomplished.

## 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.

## Dancing for Adults - Beginner or Intermediate **OA**

Learn to dance to great music with Marek. The beginner dance class is for people with little or no dance experience. Get ready to show your dancing skills at the next wedding or social gathering. Improve your dance technique by learning different styles of dance. Waltz, foxtrot, tango, jive/rock, merengue, salsa, rumba, cha-cha, and more. Great way to be active and come in a pair or as a single.

## Dancing For Fitness **OA**

This beginner class will help you gently move your body with a mixture of basic dance moves. This class will help you move and feel better while enjoying yourself to some music. Get healthier in cardio, balance, coordination, and mental health exercises. Using a variety of body weight, resistance bands and light weights will be used in the class. (Beginner)

## Dance Fusion for Adults **OA**

Unleash your inner dancer with our Dance Fusion for Adults class! Whether you're revisiting moves from your childhood or exploring styles you missed out on, this class is perfect for anyone eager to learn, laugh, and groove with friends. We'll cover a variety of dance styles, from classic jazz and hip-hop to contemporary and musical theatre, providing a fun and engaging way to get moving. No prior experience is necessary—just a passion for dancing and a willingness to have a great time!

## Fit & Firm

60 minutes of cardiovascular and resistance training followed by a full body stretch. You will focus on your form, technique, and breathing. We will use a variety of equipment to maximize your workouts. All fitness levels are welcome.

## Gentle Core Strengthening **OA**

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)





# Fitness Programs

## Gentle Flow Yoga

The nature of this class is a slower pace with a softer gentler practice of the poses. The practice is still active while maintaining a peaceful approach with less strain on the mind and body.

## Intro to Strength Training

Welcome to Strength Training 101, the perfect starting point for anyone new to the world of strength training! This class is designed to introduce you to the fundamental principles and exercises that will help you build strength, improve muscle tone, and boost your overall fitness. Whether your goal is to increase muscle mass, improve your metabolism, or simply feel stronger and more confident in your body, this class will provide you with the knowledge and skills to start your strength training journey safely and effectively. All fitness levels are welcome, and no prior experience is necessary. Come ready to learn, sweat, and have fun as you take the first step toward a stronger you!

## Intro to Yoga

If you have thought "I could never do Yoga!" then this class is for you. This foundational class introduces the very basics of the yoga practice, where movements are broken down individually. Participants will learn the basic alignment of postures, mindfulness and breathing techniques.

## Intro to Yoga: Continuing The Journey

This foundational yoga class will build on the basics of yoga. If you have taken an introductory yoga class, this is the next step for your yoga journey.

## Line Dancing – Beginner

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.

## Mix It Up

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. (Advanced)

## Line Dancing – Experienced

With choreographed movement done repeated in a sequence of steps in a line or a row, you will feel energized, burn many calories, tone muscles, improve balance, and stimulate brain cells.

## Older Adult Chair Fitness / Chair Yoga Combo

This is a beginner exercise class that will be done in the stability of a chair. You will build strength, flexibility, and range of motion in your body through the use of resistance bands, body weight and balance exercises.

## Older Adult Flow Yoga

Flowing from one pose to the next without stopping to talk about the finer points of each pose will allow you to come away with a good workout and a great yoga experience.

## Older Adult Gentle Exercise & Fitness

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).



# Fitness Programs

## Older Adult Yoga 🔄🧘🏻 CA

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Modifications always offered to accommodate those who require it.

## Stretch & Balance Fit 🔄🧘🏻 CA

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.

## Stretch & Strengthen 🔄💪🧘🏻 CA

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)

## Strong Seniors 🔄🧘🏻 CA

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. (Beginner/Intermediate)

## StrongER Seniors 🔄💪🧘🏻 CA

StrongER Seniors class is a continuation of progression from Strong Seniors and for those with some knowledge of resistance training. Not for beginners. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Intermediate/Advanced)

## Total Body Strength 🔄💪🧘🏻

30 minutes of strength and anaerobic training; focusing on compound moves using free weights and body weight. With intervals of aerobic burst this class will leave you feeling strong and energized. Different every week!

## Women's Weight Training 🔄🧘🏻 CA

This class is for all women of all levels/age groups to focus the most appropriate and efficient exercises for women with all goals. This class will be in the Workout studio, learning how to use the different machines, free weights, body weights, bands and aerobic exercise.

## Zumba 🔄💪🧘🏻

The joy of Latin dance meets the power of fitness in this fun, feel-good workout with great music and amazing results. Improve your cardiovascular strength, balance, flexibility and coordination in an interval-style class that will leave you feeling fabulous. Learning choreography patterns is great for the brain too! No dance experience required.

## Zumba Gold 🔄💪🧘🏻 CA

This class brings you all the great music, energy and fun of a dance-based Zumba class in a lower intensity, easy-to-follow version ideal for beginners and older adults.



# Fitness Programs

## Fitness Programs Schedule (Subject to Change)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Strong Seniors</b> 9:00-9:45am  <b>Zumba</b> 9:30-10:30am  <b>StrongER Seniors</b> 10:00-10:45am  <b>Older Adult Yoga</b> 10:00-11:00am  <b>Gentle Core Strengthening</b> 10:15-11:15am  <b>Intro to Yoga</b> 11:15-12:15pm  <b>Line Dancing (Experienced)</b> 11:30am-12:30pm  <b>Cardio Core</b> 12:15-12:45pm  <b>Balance Yoga: Mind &amp; Body</b> 12:30-1:30pm  <b>Older Adult Gentle Exercise &amp; Fitness</b> 1:30-2:30pm  <b>Gentle Flow Yoga</b> 5:00-6:00pm  <b>Zumba</b> 5:00-6:00pm  <b>Fit &amp; Firm</b> 5:30-6:30pm	<b>Older Adult Yoga</b> 8:45-9:45am  <b>Older Adult Yoga</b> 10:00-11:00am  <b>Mix It Up</b> 10:15-11:15am  <b>Circuit Training</b> 12:15-12:45pm  <b>Intro to Strength Training</b> 5:00-5:45pm  <b>Dancing for Adults (Beginner)</b> 5:45-6:45pm  <b>Dancing for Adults (Intermediate)</b> 7:00-8:00pm	<b>Dancing For Fitness</b> 9:00-10:00am  <b>Intro to Yoga: Continuing The Journey</b> 9:00-10:00am  <b>Strong Seniors</b> 9:00-9:45am  <b>StrongER Seniors</b> 10:00-10:45am  <b>Stretch &amp; Balance Fit</b> 10:15-11:15am  <b>Chair Yoga</b> 11:00-11:45am  <b>Cardio Core</b> 12:15-12:45pm  <b>Zumba Gold</b> 1:30-2:30pm  <b>Line Dancing (Beginner)</b> 5:15-6:15pm  <b>Line Dancing (Experienced)</b> 6:30-7:30pm  <b>Dance Fusion for Adults</b> 6:30-7:30pm	<b>Older Adult Flow Yoga</b> 8:45-9:45am  <b>Women's Weight Training</b> 9:00-9:45am  <b>Falls Prevention</b> 9:30-11:30am  <b>Older Adult Yoga</b> 10:00-11:00am  <b>Stretch &amp; Strengthen</b> 10:15-11:15am  <b>Older Adult Chair Fitness / Chair Yoga Combo (Level 2)</b> 11:15am-12:15pm  <b>Older Adult Chair Fitness/Chair Yoga Combo (Level 1)</b> 12:30-1:15pm  <b>Circuit Training</b> 12:15-12:45pm  <b>Intro to Strength Training</b> 5:00-5:45pm  <b>Zumba</b> 5:45-6:45 pm	<b>Older Adult Yoga</b> 9:30-10:30am  <b>Mix It Up</b> 10:15-11:15am  <b>Line Dancing (Beginner)</b> 10:45-11:45am  <b>Line Dancing (Beginner)</b> 12:00-1:00pm  <b>Total Body Strength</b> 12:15-12:45pm	

### Lunch Express Pass

If you're attending more than two lunch time classes per week, consider purchasing a session pass for \$170.65. You can attend any of the lunch time fitness classes.

**Pre-registration is required for all fitness classes, even those with a session pass.**

### Program Fees

**Fitness Classes**  
30 min - \$5.25  
45-60 min - \$8.50

**Older Adult Yoga Classes - \$7.35**

**Specialty/Adult Yoga Classes - \$9.50**

**Pre-registration is required for all programs.**



# 50+ Centre Activities



## Belleville's 50+ Centre

Open to everyone 50 years and over  
Monday – Friday, 9:00am – 4:00pm



Join us each day for fun and interesting activities. There are opportunities for you to play cards, sew, create art, meet new friends and reconnect with old ones.

A 50+ Centre Membership is required for all programs unless noted.

The membership cost is only \$10.00 per year, valid from the date of purchase.

### Artists Collective

Do you need a friendly place to get creative with other artists? Join this group of artists from beginner to experienced. You will have the opportunity to learn from one another and share your expertise.

### Art Workshops

- **Acrylic Painting with Natalia** (October 18) - Join Natalia in this acrylic painting class as she walks you through painting a scenic picture of a field in the Fall. All supplies included.
- **Calligraphy Card Workshop** (November 15) - Calligraphy is a beautiful art form, and in this class, you'll get to learn how to write elegantly using our pens. By the end, you'll create your own stunning greeting card with your new skills.

### Bid Euchre

Bid Euchre is similar to Euchre, but it introduces an element of bidding in which the trump suit is decided by which player bids to take the most tricks. The primary differences are the number of cards dealt (8 instead of 5), absence of any undealt cards, the bidding and scoring process, and the addition of a no trump declaration. It is a partnership game for four players and is played with two decks of 24 cards each. Beginners are welcome.

### Bridge (Experienced)

Are you an avid Bridge player? Then this program is for you! Join other experienced Bridge players and enjoy an afternoon of socializing and playing your favourite game.

### CARP

The mission of C.A.R.P. is to advocate for better healthcare, financial security, and freedom from ageism. Members engage in polls and petitions, email their elected representatives, connect with local chapters and share stories and opinions on urgent issues. Public and members are invited to join monthly meetings at the QSWC. Meet new people and enjoy the speakers, discussions and engagements that follow.

### Cooking with Chef Jesse (Zoom)

Join us for this Zoom class and learn new cooking or baking techniques with Quinte Gardens Retirement Residence's Chef Jesse. He will demonstrate how to make a new creation and then you can make it later to enjoy. All supplies are provided by Quinte Gardens and will be available for pick up the Wednesday prior to the class.

### Crokinole

Crokinole is a popular table top game with elements of shuffleboard and curling. Join in this popular game, meet new people and enjoy some friendly competition.

### Deaf Seniors

This is a great opportunity to enjoy a morning of games and socializing with older adults from our deaf community.

### Falls Prevention - offered by VON (Victorian Order of Nurses)

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.



**50+ MEMBERSHIP  
\$10/YEAR**

# 50+ Centre Activities



## Learn to Speak French - The Basics

This course will teach you to be able to communicate in the past, present and future using the French language.

## Learn To Speak French - Communicate in a French Restaurant

This course will teach you French to be able to communicate French in a restaurant. There will be a visit to an actual local French restaurant upon completion of the course to put what we learned in the class to use!

## Mah Jongg

Mah Jongg is a rummy-like game played with tiles rather than cards and 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. Beginners are welcome.

## Movie Nights NEW!

Older Adult Movie Nights are back! Join us on the 4th Thursday of each month for an evening of classic cinema and free popcorn (courtesy of the Richmond Retirement Residence)! Don't miss out on this great opportunity to enjoy timeless movies and great company!

## Parkinson's Keep Moving Program

The Parkinson's Keep Moving program is for members to experience 30 minutes of continuous moving with large range of movement techniques and gentle strength training.

## Parkinson's Social

After the Parkinson's Keep Moving exercise program, participants and caregivers are welcome to the 50+ Centre to enjoy refreshments, socializing and sometimes a guest speaker.

## Road Safety Seminars

- **Driver's License Renewal For 80+** (September 27) - Learn more about the 80+ Driver License renewal process. Why does it exist? What do I need to do? What to expect at a group session. Who must pass a driving test?
- **Winter Driving Preparation** (October 25) - Learn more about how to prepare our vehicle, how to prepare ourselves for winter driving, safe winter driving practices to keep in control of our vehicle, and what to expect from winter road maintenance.
- **Vulnerable Road Users** (November 29) - Learn more about understanding the perceptions of a vulnerable road user such as pedestrians, cyclists and motorcyclists. How to protect them as a driver, as well as how to protect yourself as a vulnerable road user. Review how to navigate the roads safely around buses, commercial vehicles, farm equipment, wildlife and more.

## Scrapbooking

Come to work on your own photo pages or cards while visiting and learning from others. There are some supplies available for you to try scrapbooking or card making before purchasing your own materials. All levels are welcome.

## Sketch and Swim NEW!

Take on an artistic outlook and develop fine motor skills through a variety of art mediums, enjoy a snack (our treat courtesy of Chartwell Bayview), and then join us in the pool for a warm water fitness class focused on balance, core, flexibility, and co-ordination.

## Stitches

This time is dedicated for crafty people to work on their knitting, crocheting, quilting, sewing embroidery, cross stitch, etc., projects while visiting and learning from others. There are 2 sewing machines, some pattern books, a few knitting needles and some yarn. All levels are welcome.

## Tech Talks and Tech Support with Jordan

The first part of "Tech Talks" is designed to be an inspirational, educational and motivational learning resource about technology for non-techies. After the "talk", there will be time dedicated to supporting your specific needs and questions with your devices. Bring your device and your questions with you. Pretty soon you'll be an expert with your phone and tablet.

**50+ MEMBERSHIP  
\$10/YEAR**



# 50+ Centre Activities



## Belleville's 50+ Centre

Open to everyone 50 years and over  
Monday – Friday, 9:00am – 4:00pm



### 50+ Centre Schedule (Subject to Change)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Learn to Speak French - Communicate in a French Restaurant</b> 8:45-9:45am</p> <p><b>Deaf Seniors</b> 10:00am-12:45pm</p> <p><b>Bid Euchre</b> 1:15-4:00pm</p>	<p><b>Sketch and Swim</b> 9:00am-1:00pm</p> <p><b>Artist Collective</b> 9:30-11:30am</p> <p><b>Parkinson's Keep Moving</b> 11:15-11:45am</p> <p><b>Parkinson's Social</b> 11:45am-1:00pm</p> <p><b>Bridge (Experienced)</b> 1:00-4:00pm</p> <p><b>CARP</b> 2:00-4:00pm 2nd Tuesday of Month</p>	<p><b>Stitches</b> 9:00am-12:00pm</p> <p><b>Mah Jongg</b> 1:00-4:00pm</p>	<p><b>Learn to speak French - Basics</b> 8:45-9:45am</p> <p><b>Falls Prevention</b> 9:30-11:30pm Location: Pool Classroom</p> <p><b>Tech Talks and Tech Support with Jordan</b> 10:00am-12:00pm</p> <p><b>Carpet Bowling</b> 1:00-3:30pm</p> <p><b>Scrapbooking</b> 1:00-4:00pm</p> <p><b>Cooking with Chef Jesse</b> 1:00-1:30pm 3rd Thursday of the Month</p> <p><b>Movie Nights</b> 6:30-8:30pm 4th Thursday of the Month</p>	<p><b>Monthly Art Workshops</b> 9:30-11:30am</p> <p><b>Monthly Educational Seminars</b> 9:30-11:30am</p> <p><b>Crokinole</b> 10:30am-12:30pm</p> <p><b>Bridge (Experienced)</b> 1:00-3:30pm</p>

#### Free Art Workshops (9:30-11:30am)

**October 18** - Acrylic Painting with Natalia  
**November 15** - Calligraphy Card Workshop

#### Free Road Safety Seminars (9:30-11:30am)

**September 27** - Driver's License Renewal For 80+  
**October 25** - Winter Driving Preparation  
**November 29** - Vulnerable Road Users

**Christmas Social**  
Saturday, November 30  
2:00-4:00pm  
Location: 50+ Centre  
Pre-registration is required.

## Guitar Lessons

Learn to play the acoustic guitar in a small group setting. Students must bring their own acoustic guitar.  
Register now!



**50+ MEMBERSHIP**  
**\$10/YEAR**

Pre-registration is required for all programs.



# Preschool, Children and Youth

## Preschool

### **Art - Muck & Mess (18 months to 3 years)**

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

### **Mini Scientists (18 months to 3 years)**

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.

### **Movers & Shakers (18 months to 3 years)**

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.

### **Preschool Gym/Swim (18 months to 4 years)**

This program is a drop-in style program for your little one to explore and play with others. Think of this program like an open gym but for preschool kids only. Our instructor will put out equipment/circuits to enjoy and you and your kids can free play as you wish. After your gym time you will head to the changeroom to get ready for your swim time in the Preschool Pool.

### **Preschool Play Zone (18 months to 5 years)**

This program is a drop-in program for your little one to explore and play with others. Think of this program like an open gym but for preschool kids only. Our instructor will put out equipment/circuits to enjoy and you and your kids can free play as you wish.





# Preschool, Children and Youth

## Children

### Artful Antics (4 to 8 years)

Get those creative juices flowing each week while you learn and create a new masterpiece! No previous art experience needed.

### Soccer Skills & Drills (4 to 8 years)

Join us each week for a fun recreational soccer class. Each week we will work on our conditioning, skill development and game play. No soccer experience is needed. All levels are welcome.

### Science Explorers (4 to 8 years)

Explore a variety of scientific topics each week in this hands-on learning environment!

### Kids Pop-Up Events (4 to 9 years)

- September 27: Popsicle Stick Scarecrow
- October 25: Pumpkin Carving
- November 29: Felt Peach Keychain
- December 13: Pom-pom Holiday Tree Ornament

### Sporty Kids (6 to 9 years)

This program focuses on getting kids active in a variety of ways including camp-style games, sports and skill development. Each week you will practice sport-specific skills, fitness and gameplay with the help of our instructor.

### Kitchen Crew (8 to 10 years)

You will learn a variety of basic cooking skills, kitchen safety and enjoy eating your creations. Don't forget to bring a container to each class for any leftovers.



### Program Fees

Preschool, Children and Youth Programs

\$6.50-\$216.00

(depending on the number of weeks for instructor led programs)



# Preschool, Children and Youth



## Youth

### Soccer Skills & Drills (9 to 13 years)

Join us each week for a fun recreational soccer class. Each week we will work on our conditioning, skill development and game play. No soccer experience is needed. All levels are welcome.

### Artist Hub (9+ years)

Youth will learn about a variety of visual art mediums each week and take home their masterpieces! Topics include but are not limited to clay, acrylic painting, watercolour and more. No previous visual art experience needed.

### Home Alone Course (10 to 13 years)

**Course offered: Saturday, November 16 from 9:00am-2:00pm**

This one-day program offers basic first aid and safety skills for youth 10-13 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 at the start of the course and a certificate upon successful completion. Students are asked to bring a pen/pencil, snacks/beverages and a lunch.

### Teen Recreational Volleyball (10+ years)

This is a co-ed program 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.

### Youth Pop-Up Events (10+ years)

- September 27: Paper Feather Wall Hanging
- October 25: Pumpkin Carving
- November 29: Felt Poptart
- December 13: Snowman Ornament

### Young Chefs (11 to 15 years)

You will learn a variety of basic cooking skills, kitchen safety and enjoy eating your creations. Don't forget to bring a container to each class for any leftovers.

### Babysitting Course (12 to 15 years)

**Course offered: Saturday, October 19 & Saturday, October 26 from 9:00am-2:00pm**

This course is designed for youth 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 of the course, a certificate. Students are asked to bring a pen, lunch, beverages and a doll or teddy bear for diapering.

Sign up for a free  
Youth Room  
timeslot and join  
the fun!  
(Grades 6-12)



# Preschool, Children & Youth

## Preschool, Children & Youth Schedule (Subject to Change)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Art - Muck &amp; Mess</b> 9:00-9:45am  <b>Mini Scientists</b> 10:00-10:45am  <b>Artful Antics</b> 5:00-6:00pm  <b>Soccer Skills &amp; Drills (4-8 years)</b> 5:15-6:00pm  <b>Science Explorers</b> 6:15-7:15pm  <b>Teen Volleyball</b> 6:15-7:15pm	<b>Artist Hub</b> 5:00-6:00pm  <b>Preschool Play Zone</b> 5:30-6:00pm  <b>Sporty Kids</b> 6:15-7:15pm  <b>Kitchen Crew</b> 5:00-7:00pm	<b>Young Chefs</b> 5:00-7:00pm  <b>Science Explorers</b> 5:15-6:15pm	<b>Mini Scientists</b> 9:00-9:45am  <b>Soccer Skills &amp; Drills (9-13 years)</b> 5:15-6:15pm  <b>Soccer Skills &amp; Drills (4-8 years)</b> 6:30-7:15pm	<b>Movers &amp; Shakers</b> 10:00-10:45am	<b>Preschool Play Zone</b> 9:00-9:45am  <b>Preschool Gym/Swim</b> 9:45am-11:00am

Check age restrictions in our program descriptions.

## Kids and Youth Pop-Up Events

Kids Pop-Up (4 to 9 years) 5:00-6:00pm	Youth Pop-Up (10 to 17 years) 6:15-7:15pm
<b>September 27:</b> Popsicle Stick Scarecrow <b>October 25:</b> Pumpkin Carving <b>November 29:</b> Felt Peach Keychain <b>December 13:</b> Pom-pom Holiday Tree Ornament	<b>September 27:</b> Paper Feather Wall Hanging <b>October 25:</b> Pumpkin Carving <b>November 29:</b> Felt Poptart <b>December 13:</b> Snowman Ornament

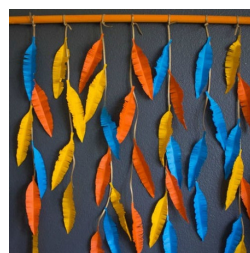
**Pop-Ups  
\$6.50/class**

### Program Fees

Preschool, Children and Youth Programs

\$6.50-\$216.00

(depending on the number of weeks for instructor led programs)



Pre-registration is required for all programs.

# Camps

## PA Day & Winter Wonderland Camps

We have camps available for JK to Grade 2 and Grades 3 to 8. Campers will have a full day of crafts, games, sports and swimming. Campers may go outside to play at St. Theresa's Field or Riverside Park, so please also wear weather appropriate outdoor clothing.

### Program Fees

**Camps**  
\$36.75 per day

PA Day Camps (8:00am-5:00pm)	Winter Wonderland Camps (8:00am-5:00pm)
Friday, October 11 Friday, November 22	Monday, December 23 Friday, December 27 Monday, December 30 Thursday, January 2 Friday, January 3



Visit our website to learn what you should bring for each day at camp!



# Facility Rentals

## How To Book a Facility

We have facilities in the City of Belleville that you can rent for your meetings, private party, sporting event, family picnic or special event. Find a complete listing of our facilities and pricing online at [QSWC.ca](http://QSWC.ca).

If you are interested in booking a facility, please fill out the [facility request form online](#) and we will get back to you on availability as soon as we can. If you have questions about facilities, please email us at [rentals@belleville.ca](mailto:rentals@belleville.ca) or call 613-966-4632.

Scan the QR code to learn more about the facilities we have to offer!





# Skating Programs

## Preschool and Children's Skate Lessons

Lessons are by general age and level. Preschool Lessons are for ages 3-5. Children's Skate lessons are for ages 6 years and up. Levels for Preschool and Children's Skating are from Star 1 to Star 4. Preschool lessons are also broken down by parented (A) and un-parented classes (B). Private (1:1) and semi-private (1:2 or 1:3) lessons are also available.



### Program Fees

#### Skating Lessons

\$80.00-\$130.00

#### Private or Semi-Private

\$118.00-\$325.00

(depends on the number of weeks for instructor led programs)

Star 1 (Beginners)
<ul style="list-style-type: none"> <li>Balance on two feet</li> <li>Falling down, getting up</li> <li>March on the spot</li> <li>Walking and jumping</li> <li>Forward glide</li> <li>Stopping</li> </ul>
Star 2
<ul style="list-style-type: none"> <li>Must be able to do all Star 1 skills</li> <li>Skate backwards</li> <li>Forward and backwards glides</li> <li>Turnings</li> <li>Snowplow stop</li> <li>Crossovers</li> </ul>
Star 3
<ul style="list-style-type: none"> <li>Must be able to do all Star 2 skills</li> <li>Forward slalom</li> <li>Backward glide</li> <li>Jumping</li> <li>Front glide on curve</li> <li>Forward circle thrusts on curve</li> <li>Crossover in figure eight</li> </ul>
Star 4
<ul style="list-style-type: none"> <li>Must be able to do all Star 3 skills</li> <li>Backward jumps</li> <li>Back glide on curve</li> <li>Backward slalom</li> <li>One foot spins</li> <li>Backward circle thrusts</li> <li>Backward crossovers</li> </ul>

Preschool and Children's Skating Lessons Schedule			
Tuesday		Saturday	
		9:00-9:25am	Star 1A (PS) Star 1B (PS) Star 2
		9:30-9:55am	Star 1A (PS) Star 1B (PS) Star 1 Star 2
5:00-5:25pm	Private or Semi-Private Star 1A (PS) Star 1 Star 2	10:00-10:25am	Star 1A (PS) Star 1B (PS) Star 1 Star 3/4
5:30-5:55pm	Star 1A (PS) Star 1B (PS) Star 2 Star 3/4	10:30-10:55am	Star 1A (PS) Star 1B (PS) Star 1 Star 2 Star 3
6:00-6:25pm	Star 1 Star 2 (PS) Star 2	11:00-11:25am	Star 1B (PS) Star 1 Star 2 (PS) Star 2
<b>(PS) = Preschool</b>		11:30-11:55am	Private or Semi-Private Star 1A (PS) Star 1 Star 2
<b>Tuesday Classes</b> Sept 17 - Dec 10		11:55am-12:20pm	Private or Semi-Private Star 1 Star 2
<b>Saturday Classes</b> Sept 21 - Dec 14 (No classes: Sept 28, Oct 12, Oct 19, Nov 2, Dec 7)			



Please remember skates, helmet, mittens and/or gloves are mandatory. Parents on ice must also wear helmets, skates and gloves.



# Skating Programs



## Program Fees

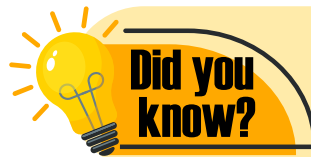
**Power Skating  
Beginner**  
\$188.50

**Power Skating  
Int/Adv**  
\$208.00

## Power Skating Lessons

Power skating lessons are available for Beginner and Intermediate/Advanced hockey players on Tuesday evenings.

Power Skating Schedule	
Beginner Tuesday 5:15-6:00pm	Intermediate/Advanced Tuesday 6:05-7:05pm
<ul style="list-style-type: none"> <li>• Improve speed, balance, stopping, stride, and posture (This is not a learn to skate program)</li> <li>• Up to U9 (Under 9) level hockey players</li> <li>• Full hockey gear is required</li> <li>• Sticks and helmets are mandatory</li> </ul>	<ul style="list-style-type: none"> <li>• We recommend that you complete two sessions of beginner before joining intermediate/advanced</li> <li>• Full hockey gear is required</li> <li>• Sticks and helmets are mandatory</li> </ul>
Classes run September 17 to December 10	



You can check your up-to-date program schedules at anytime online! Email it to yourself or print a copy to stay organized!

## Recreational Skating

Recreational skates include: family, public and adult skates  
\$4.00/child or \$5.00/adult

Shinny Hockey/Figure Skating Ticket ice - \$6.00

Note: Availability depends on ice times available and staff availability. Please check the monthly schedules online or visit the Customer Service Desk for a hard-copy.



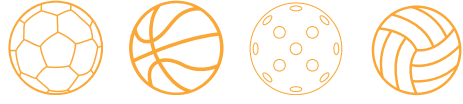
**Pre-registration is required for all programs.**



# Gymnasium, Sports & Activities

## Gymnasium, Sports & Activities Schedule

Fall Schedule runs September 16 to December 16



### Badminton

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.

### Basketball

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.

### Carpet Bowling

Enjoy playing outdoor bowling or new to the game, carpet bowling is just the thing you are looking for. Carpet Bowling is a variation of outdoor bowling, the difference being a smaller bowl, smaller jack and much smaller playing surface. Join in a fun and friendly game, meet new people and stay active.

### Family Gym/Open Gym

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.

### Guitar Lessons NEW!

Learn to play the acoustic guitar in a small group setting. This course starts with the basics and builds each week on what you have previously learned. Students must bring their own acoustic guitar.

### Learn to Play Pickleball NEW!

Are you new to Pickleball? This introductory course is designed for beginners who want to learn the fundamentals of this fast-growing sport. Become familiar with the rules, scoring system, court layout, serving and basic strategies of the game. By the end of the course, you'll have an understanding of Pickleball and be ready for match play!

### Pickleball

Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. This smaller area combined with the slower moving ball makes pickleball easier to play than tennis. There are various levels, however, this is recreational pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

### Shuffleboard

Shuffleboard is a game where players take turns sliding one's weights alternately against those of an opponent to reach the highest scoring area. Join other Shuffleboard enthusiasts for a morning of friendly competition.

### Table Tennis

Fun for all ages! Join the Quinte Table Tennis Club to burn calories and improve your health while learning this fun sport or further developing your skills.

### Teen 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 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.

### Volleyball

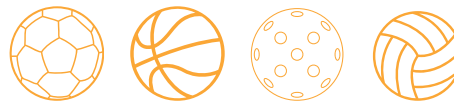
Volleyball is a team sport of two teams with six players each, where each team tries to score points by grounding a ball on the other teams' court under organized rules. Players use their hands to bat a ball back and forth over a high net trying to make the ball hit the ground of the other teams' court. This class will let you be competitive in a fun and open environment. Teen Volleyball is also available for those ages 10 to 17 years.



# Gymnasium, Sports & Games

## Gymnasium, Sports & Games Schedule

Fall Schedule runs September 16 to December 16



If you have pre-registered and cannot attend, please call to cancel your booking and a credit will be put on your account. Please note that 24 hours notice is required to receive a credit on your account.

### Gymnasium Closed:

**September 18, September 30, October 14,  
October 31 (after 4:00pm), November 1, November 11**

Please check QSWC.ca for up to date cancellations and gym closures due to special events.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>Pickleball* Beginner</b> 8:45-10:30am			
			<b>Shuffleboard</b> 9:30am-12:00pm Multipurpose Room			
<b>Pickleball* Beginner</b> 10:45am-12:30pm	<b>Guitar Lessons</b> 1:30-3:00pm Pool Classroom	<b>Pickleball* Intermediate</b> 8:45-10:30am	<b>Pickleball* Advanced</b> 10:45-12:30pm		<b>Preschool Play Zone</b> 9:00-9:45am	
<b>Pickleball* Intermediate</b> 1:15-3:00pm	<b>Open Gym</b> 3:15-5:00pm	<b>Pickleball* Advanced</b> 1:15-3:00pm	<b>Carpet Bowling</b> 1:00-3:30 Multipurpose Room	<b>Pickleball* Intermediate</b> 8:45-10:30am	<b>Preschool Gym/Swim</b> 9:45-11:00am	<b>Family/Open Gym</b> 12:15-2:00pm
<b>Open Gym</b> 3:15-5:00pm	<b>Preschool Play Zone</b> 5:30-6:00pm	<b>Family/Open Gym</b> 3:15-5:00pm	<b>Pickleball* Intermediate</b> 1:15-3:00pm	<b>Learn to Play Pickleball</b> 11:00am-12:00pm	<b>Family/Open Gym</b> 10:15am-12:00pm	<b>Pickleball* Recreational (ALL Levels)</b> 2:15-4:00pm
<b>Soccer Skills &amp; Drills (4-8 years)</b> 5:15-6:00pm	<b>Sporty Kids</b> 6:15-7:15pm	<b>Pickleball* Recreational (ALL Levels)</b> 5:15-7:00pm	<b>Open Gym</b> 3:15-5:00pm	<b>Pickleball* Beginner</b> 1:15-3:00pm	<b>Badminton*</b> 12:00-1:45pm	<b>Open Gym</b> 4:30-6:15pm
<b>Teen Recreational Volleyball</b> 6:15-7:15pm	<b>Volleyball* Int/Adv</b> 7:30-9:15pm	<b>Badminton*</b> 7:15-9:00pm	<b>Soccer Skills &amp; Drills (9-13 years)</b> 5:15-6:15pm	<b>Open Gym</b> 3:15-5:00pm	<b>Open Gym</b> 2:00-3:45pm	<b>Basketball</b> 6:30-8:15pm
<b>Teen Futsal</b> 7:30-9:00pm	<b>Table Tennis</b> 7:30-9:15pm Multipurpose Room		<b>Soccer Skills &amp; Drills (4-8 years)</b> 6:30-7:15pm		<b>Futsal</b> 4:00-6:00pm	
			<b>Volleyball* Rec/Beg</b> 7:30-9:15pm			

### Gymnasium Programs

\$4.00/child  
\$5.00/adult

### Premium Sports\*

\$6.00/visit  
(except for some instructor led programs)

Children under 10 years old must have a parent or guardian remain in the facility and never be left alone.

Pre-registration is required for all programs.



# Workout Studio

## Workout Studio

The Workout Studio is open to ages 16+ years and is \$5.00/visit.

There are 60 minute sessions available. The workout studio has a variety of equipment such as treadmills, bikes, recumbent climbers, weights, and more. Youth, ages 13-15, can attend with a parent/guardian or to attend alone, must take two orientations sessions for \$4.00/visit.

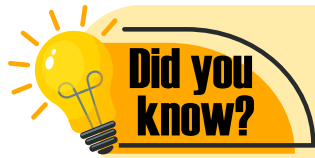


Try our Workout Studio Fall Session Pass for \$162.50 (tax included).

Workout unlimited times between Sept 16 - Dec 16.

If you visit the Workout Studio three or more times a week, this might be for you!

Pre-registration is available, even for those with a session pass.



The FDC Indoor Walking track is FREE and open for anyone to walk or run their way to a healthy lifestyle! The track is located above the FDC Arena.



**WOS Fall Pass**  
\$162.50  
(Sept-Dec)  
OR \$5.00/visit

## Workout Studio Fall Hours September 3 - December 20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am	7:00-8:00am	8:00-9:00am	7:00-8:00am	8:00-9:00am		
11:00-12:00pm	8:00-9:00am	11:00-12:00pm	8:00-9:00am	11:00-12:00pm		
12:00-1:00pm	11:00-12:00pm	12:00-1:00pm	11:00-12:00pm	12:00-1:00pm		
1:00-2:00pm	12:00-1:00pm	1:00-2:00pm	12:00-1:00pm	1:00-2:00pm	9:00-10:00am	9:00-10:00am
2:00-3:00pm	1:00-2:00pm	2:00-3:00pm	1:00-2:00pm	2:00-3:00pm	10:00-11:00am	10:00-11:00am
3:00-4:00pm	2:00-3:00pm	3:00-4:00pm	2:00-3:00pm	3:00-4:00pm	11:00-12:00pm	11:00-12:00pm
4:00-5:00pm	3:00-4:00pm	4:00-5:00pm	3:00-4:00pm	4:00-5:00pm		
5:00-6:00pm	4:00-5:00pm	5:00-6:00pm	4:00-5:00pm	5:00-6:00pm		
6:00-7:00pm	5:00-6:00pm	6:00-7:00pm	5:00-6:00pm	6:00-7:00pm		
7:00-8:00pm	6:00-7:00pm	7:00-8:00pm	6:00-7:00pm	7:00-8:00pm		
	7:00-8:00pm		7:00-8:00pm			
<b>WOS Closed September 30, October 14, October 31 (after 4:00pm), November 11</b>						

# Birthday Parties

Book your child's birthday party at the QSWC!  
Pre-registration is required at least two weeks in advance.



## Land Birthday Parties



### **Adventure Package (6+ years)**

Package Available: Saturday 10:00am-12:00pm with two hours in the 50+ Centre with a Party Host leading party activities for the first hour, then assisting with food and other activities in the second hour. Maximum 24 guests, including adults.

Package A: Minute-To-Win-It Challenges B: Survivor Challenges C: Craftastic Fun & Games D: Superhero Extravaganza

### **Preschool Package (1 to 6 years)**

Package available: Saturday 12:30-2:30pm with two hours in the Preschool Room with a Party Host leading games and crafts for the first hour, then assisting with food and other activities in the second hour. Maximum 24 guests, including adults.

Package A: Pirates & Princesses B: Super Hero Kids C: Paw Patrol D: Peppa Pig

### **Sports Package (4+ years)**

Package available: Sunday 11:00am-1:00pm with two hours in the Gym Meeting Room with a Party Host leading sports activities in the gymnasium 11:00am-12:00pm. Maximum 24 guests, including adults.

Package A: Basketball B: Soccer C: Floorball D: General Games (camp style)

## Pool Birthday Parties



### **Private Pool Package (All Ages)**

Package available: 1.5 hours in the Pool Classroom and 1 hour in either the main pool, the therapy pool, or the preschool pool (additional pool(s), staff or equipment may be added for an additional fee). Maximum of 24 swimmers.

Saturday/Sunday 2:00-4:30 (Meeting Room: 2:00-3:30, Swim: 3:30 - 4:30)

## Ice Birthday Parties



For ice birthday parties, contact us at 613-966-4632 or fill out a facility request form at [QSWC.ca](http://QSWC.ca).

**Party Package**  
prices range from  
\$192.95 - \$223.74  
(plus tax)





# Aquatic Programs

## Swimming Lessons

Please see the charts below to help you decide which swim level your child needs to be in. If you are uncertain of the level, you can attend a public swim for \$4.00/child (\$5.00/adult) and have your child assessed.

View the [swimming lesson schedule online](#), contact our customer service staff at 613-966-4632 or visit the customer service desk.



## Lifesaving Society Swim Registration Chart:

If your child is 4 months to 3 years old	Lifesaving Society Level	Time	Ratio
4 to 12 months: Ready to learn to swim and enjoy the water with a parent	Parent & Tot 1	30m	1:8
12 to 24 months: Ready to learn to swim and enjoy the water with a parent	Parent & Tot 2	30m	1:8
24 to 36 months: Ready to learn to swim and enjoy the water with a parent	Parent & Tot 3	30m	1:8
If your child is 3 to 5 years	Lifesaving Society Level	Time	Ratio
Is just starting out on their own.	Preschool 1	30m	1:4
Can get in and out alone; jump into chest-deep water assisted; float and glide in a PFD on front and back, blow bubbles and get face wet.	Preschool 2	30m	1:5
Can get in and out alone; jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec.	Preschool 3	30m	1:5
Can jump into deep water wearing a PFD; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back.	Preschool 4	30m	1:5
Can do solo jumps into deep water and get out by themselves; swim front crawl 5m wearing a PFD; flutter kick on front, back and side.	Preschool 5	30m	1:5

Pre-registration is required for all programs.

# Aquatic Programs

## Lifesaving Society Swim Registration Chart:

If your child is 5 to 13 years	Lifesaving Society Level	Time	Ratio
Is new to lessons and just starting out OR requires assistance to float.	Swimmer 1	30m	1:5
Can jump into chest-deep water by themselves and into deep water wearing a PFD; open eyes; kick, hold breath and exhale underwater; get objects off the bottom; float & glide on front and back.	Swimmer 2	30m	1:6
Can jump into deep water; fall sideways into water wearing a PFD; support self at the surface without an aid for 15 sec; whip kick in vertical position & swim 10 m on front and back.	Swimmer 3	30m	1:6
Can tread water for 30 sec; do kneeling dives and front somersault; 10 m whip kick on back; and swim 15 m front crawl and back crawl.	Swimmer 4	30m	1:6
Can complete the Canadian Swim to Survive Standard - Roll - Tread (1 min), Swim (50 m), Dive; Swim underwater; 15 m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25 m.	Swimmer 5	45m	1:8
Can do shallow dives; eggbeater and scissor kick; swim 50 m front and back crawl; breaststroke for 25 m; sprint 25 m; interval training 4 x 50 m.	Swimmer 6	45m	1:8
Can do compact jumps; eggbeater kick for 1 min; head-up front crawl or breaststroke over 25m; 100m front crawl, back crawl, & breaststroke; & endurance swims 200-300m.	Swimmer 7: Rookie Patrol	60m	1:10
Can do compact jumps; eggbeater kick for 1 min; head-up front crawl or breaststroke over 25m; 100m front crawl, back crawl, & breaststroke; & endurance swims 200-300m.	Swimmer 8: Ranger Patrol	60m	1:10
Can do compact jumps; eggbeater kick for 1 min; head-up front crawl or breaststroke over 25m; 100m front crawl, back crawl, & breaststroke; & endurance swims 200-300m.	Swimmer 9: Star Patrol	60m	1:10

For 14 years and older...	Lifesaving Society Level	Time	Ratio
Whether you're just starting out or just want help with your strokes, our Teen & Adult swim is the program for you! Set your own goals – learn to swim, or improve your current swimming ability and water fitness. You'll develop water confidence and smooth recognizable strokes. We incorporate Lifesaving Society Water Smart Education.	Teen & Adult 1, 2, 3	45m	1:6

Pre-registration is required for all programs.



# Aquatic Programs

## Recreational Swimming

We have a number of recreational swims available for you to choose from. Scan the QR code to register online.



Please be aware of our pool admissions policy and pool rules before registering children for recreational swims.

## Pool Admissions Policy

**CHILDREN 6 YEARS OF AGE\* OR YOUNGER & CHILDREN 7-9 YRS UNABLE TO PASS FACILITY SWIM TEST**

**16+**

1 ADULT FOR EVERY 2 CHILDREN

**OR**

**16+**

1 ADULT FOR UP TO 8 CHILDREN WEARING PFDs

\*May swim in deep end if swim test is passed, and parent is within arms reach

**CHILD REQUESTS A FACILITY SWIM TEST: 2 WIDTHS OF MAIN POOL (approx. 40m)**

7-9 YEARS  
✓ TEST-SWIM ALONE  
PARENT MUST REMAIN IN POOL AREA → GREEN BAND

7-9 YEARS  
X TEST-SWIM WITH ADULT  
→ RED BAND

**CHILDREN 10 OR OLDER MAY SWIM ALONE**

10+ ✓

**YOUTH 10-15 YEARS**

- To swim in the deep end, you must pass the facility swim test, as per the yellow band.
- Swimmers of any age may be swim tested at the lifeguard's discretion.

**Recreational Swim Fees**  
\$4.00 per child  
\$5.00 per adult



## Pool Rules:

- Follow all directions provided by lifeguards
- All clients must shower before entering the pool
- Non-swimmers must stay in shallow water;
- Swim Testing may be administered to all swimmers;
- Flotation devices must remain in shallow water;
- All children under the age of ten are required to have a guardian in the pool facility;
- Caregivers, have emergency contact information for the children in your care;
- Proper, clean bathing attire is required;
- Please tie back long hair;
- Remove outdoor footwear when on the pool deck;
- Cell phones and pictures are not allowed; and
- Swimmers are required to wear a coloured wristband.

## Swim Test:

- Swim 25m uninterrupted
- Body position on front, with feet at surface
- Ability to regularly put face in the water



Pre-registration is required for all programs.

# Templeman Aquatic Centre Recreational Swim Schedule

Sept 16 to Dec 20, 2024

265 Cannifton Rd, Belleville, ON

Pre-registration is required for all recreational swims.



**Recreational Swim Fees:**  
\$4.00 per child, \$5.00 per adult

## Lane Swim

## Main Pool

The number of lanes may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am	7:00-7:55am		7:00-7:55am			
7:00-8:00am	8:00-8:45am (1/2 pool)	6:00-7:00am	8:00-8:45am (1/2 pool)	6:00-7:00am		
8:00-8:45am	9:00-9:55am	7:00-8:00am	9:00-9:55am	7:00-8:00am		8:00-8:55am
11:15am-12:15pm (1/2 pool)	10:00-11:00am (1/2 pool)	8:00-8:45am	10:00-11:00am (1/2 pool)	8:00-8:45am	2:00-3:00pm (1/2 pool)	9:00-10:00am (1/2 pool)
3:00-4:00pm	11:15am-12:15pm (1/2 pool)	11:15-12:15pm (1/2 pool)	11:15-12:15pm (1/2 pool)	11:15-12:15pm (1/2 pool)		2:00-3:00pm (1/2 pool)
8:00-8:45pm (1/2 pool)	3:00-4:00pm	3:00-4:00pm	3:00-4:00pm	3:00-4:00pm		
	8:00-8:45pm (1/2 pool)		8:00-8:45pm (1/2 pool)			

### Special Schedules:

October 12 & 13

#### Public Swims

12:30-1:45pm

2:00-3:15pm

#### Lane Swims

11:15am-12:15pm

12:30-1:30pm

2:00-3:00pm

### Pool Closed:

Monday, September 30

Monday, October 14

Thursday, October 31 (after 4:00pm)

Monday, November 11

Friday November 22 (after 3:00pm) - Sunday November 24

## Family Swim

## Main Pool or Therapy/Preschool Pool

All children under the age of 16 must be with an adult who remains in the pool with them.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:15am (Main/Therapy)	10:00-11:00am (Main Pool Only)	9:00-10:15am (Main/Therapy)	10:00-11:00am (Main Pool Only)	9:00-10:15am (Main/Therapy)		9:00-10:15am

## Parent & Tot Swim

## Therapy/Preschool Pool

Parents/guardians and children ages 4 and under.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	3:00-4:00pm		3:00-4:00pm			



Pre-registration is required for all recreational swims.



## Public Swim

## Main Pool or Therapy Pool/Preschool Pool

For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must always have an adult in the water swim within arm's reach.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:15am-12:30pm	11:15am-12:30pm 7:30-8:45pm	11:15am-12:30pm	11:15am-12:30pm	11:15am-12:30pm	2:00-3:15pm	2:00-3:15pm

## Rehabilitation Swim

## Therapy Pool

Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:30am 3:00-4:00pm 8:00-8:45pm	7:30-8:30am	7:30-8:30am 3:00-4:00pm	7:30-8:30am 8:00-8:45pm	7:30-8:30am 3:00-4:00pm	8:00-9:00am	8:00-9:00am

## Senior Swim

## Main Pool or Therapy Pool

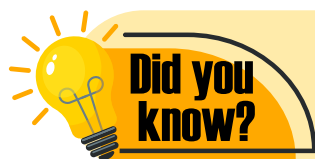
For ages 50+.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2:00-3:00pm (Main Pool Only)	2:00-3:00pm	2:00-3:00pm	2:00-3:00pm	2:00-3:00pm		

### Notice:

- For all Family Swims, Public Swims and Senior's Swims, you will be booking into the main pool or therapy/preschool pool. Moving to a different pool is based off availability and is not guaranteed.
- Lane swims will permit up to 4 people per lane.
- Please make sure you're aware of the entrance guidelines and pool admissions policy.
- Pre-registration is required for all recreational swims.
- Support workers and children under 2 swim free. Children of all ages, including 2 and under need to be registered. Support workers are supporting persons with disabilities.

**Recreational  
Swim Fees**  
\$4.00 per child  
\$5.00 per adult



You can register (and withdraw) yourself and account members from recreational swims, skates and workout studio sessions - available 24/7 at QSWC.ca.

# Aqua Fitness Programs

**Aqua Fitness Programs**  
September 16 to December 15, 2024



Quinte Sports and Wellness Centre  
265 Cannifton Rd., Belleville, ON



We offer a variety of Aqua Fitness classes to choose from!

## **Aqua Cross Training**

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles, steps, gloves, fins and dumbbells may be used. You must be comfortable in deep water to register for this program.

## **Aqua Fitness**

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

## **Aqua Mind and Body**

This class taught in the Therapy Pool will explore movements taken from the disciplines of Tai Chi, Yoga or Pilates to help control breathing, increase flexibility, core stability, coordination, and muscular endurance. Enhance your posture using the relaxing and healing properties of water.

## **Diaper Fitness**

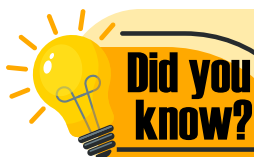
This class is for moms who want to bring their babies while they work out to stay fit. In this 30 minute class, your babies will get to enjoy their time in our floating dolphin boats while you work out in our Therapy Pool with them.

## **Parkinson's Aquatic Therapy Fitness**

This therapeutic class is for anyone with neuromuscular movement disorders such as MS, Stroke, Huntington's Disease or Parkinson's. This class will work on slow movements, increasing balance and will utilize a variety of equipment to assist you during the class. We suggest participants bring someone who can assist them in the pool, free of charge.

## **Therapy Fitness**

This therapeutic class is for people who want the benefits from the warm water temperatures while doing a water walking and stretch class. This class will work on slow movements, increasing balance and will utilize a variety of equipment to assist you during the class. Stretches will be active, focusing on therapeutic muscles moves.



Check on program availability in real-time online at [QSWC.ca](http://QSWC.ca) or add yourself to class waitlists (where applicable) so you don't miss out on your favourite classes!



**Aqua Fitness  
Classes**

\$10.50/class

**or Session Pass**

\$338.00

**Pre-registration is required for all recreational swims.**



# Aqua Fitness Programs



**Aqua Fitness Programs**  
September 16 to December 15, 2024



Quinte Sports and Wellness Centre  
265 Cannifton Rd., Belleville, ON

**Registration opens:**  
September 3 for City Residents/Taxpayers  
September 6 for Non-City Residents/Taxpayers

**Aqua Fitness  
Classes**  
\$10.50/class  
**or Session Pass**  
\$338.00

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Aqua Fitness</b> 9:00-9:50am	<b>Aqua Fitness</b> 8:00-8:50am	<b>Aqua Fitness</b> 9:00-9:50am	<b>Aqua Fitness</b> 8:00-8:50am	
<b>Aqua Cross Training</b> 11:00-11:50am	<b>Aqua Fitness</b> 10:00-10:50am	<b>Therapy Fitness</b> 9:00-9:50am	<b>Aqua Fitness</b> 10:00-10:50am	<b>Therapy Fitness</b> 9:00-9:50am	<b>Aqua Fitness</b> 9:00-9:50am
<b>Aqua Mind &amp; Body</b> 12:10-12:55pm	<b>Therapy Fitness</b> 2:00-2:50pm	<b>Therapy Fitness</b> 10:00-10:50am	<b>Parkinson's Aquatic Therapy Fitness*</b> 1:30-2:00pm <small>*(not included in Aqua fitness pass)</small>	<b>Therapy Fitness</b> 10:00-10:50am	<b>Aqua Fitness</b> 10:00-10:50am
		<b>Aqua Fitness</b> 6:00-6:50pm		<b>Aqua Fitness</b> 7:00-7:50pm	
<b>No classes:</b> September 30, October 12 - October 14, October 31 (after 4:00pm), November 11, November 24					

## Aqua Fitness Session Pass

If you're attending more than three aqua fit classes per week, consider purchasing a session pass for \$338.00.

Pre-registration is required for all aqua fitness classes, even those with a session pass.

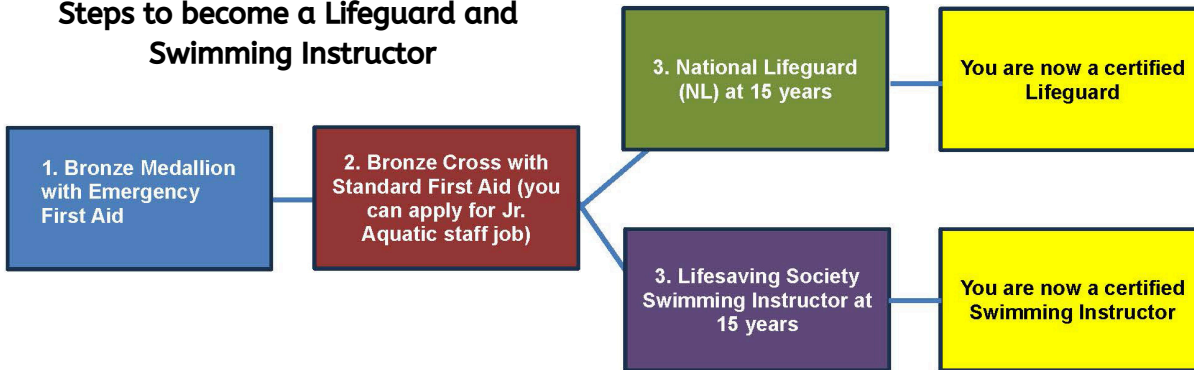
# Aquatic Programs

## Advanced Leadership Courses

Visit our website at [QSWC.ca](http://QSWC.ca), scan the QR code, or contact the Customer Service Desk to find full course descriptions, pricing and more information about our advanced leadership courses.



### Steps to become a Lifeguard and Swimming Instructor



### Bronze Medallion and Emergency First Aid (13+ years)

September 27 to September 29

Fri: 4:00-8:00pm, Sat/Sun: 9:00-5:30pm

Prerequisite: Minimum 13 years of age or Bronze Star certification.

### Bronze Cross and Standard First Aid (13+ years)

October 25- October 27

Fri: 4:00-8:00pm, Sat/Sun: 9:00am-6:00pm

Prerequisite: Bronze Medallion and Lifesaving Society Emergency First Aid or Standard First Aid, or EFA or SFA from a training agency approved by the Ontario government.

### Lifesaving Society Swim Instructor (15+ years)

November 29 - December 1

Fri: 4:00-8:00pm, Sat/Sun: 8:30am-6:00pm

Prerequisite: Minimum 15 years of age and Bronze Cross.

### Lifesaving Society Lifesaving Instructor (15+ years)

December 6 - December 8

Fri: 4:00-8:00pm, Sat/Sun: 8:30am-6:00pm

Prerequisite: Minimum 15 years of age and Bronze Cross.

### Examiner Course (16+ years)

Saturday October 5 from 9:00-4:00pm

Prerequisite: Minimum 16 years of age and Lifesaving Society Lifesaving Instructor.

Once certified, apply for a job to work with us!

[cityofbelleville.applytojob.com](http://cityofbelleville.applytojob.com)



# Easy Ways To Register

- 1** Register online at [QSWC.CA](http://QSWC.CA) or visit:  
[www.cityofbelleville.perfectmind.com](http://www.cityofbelleville.perfectmind.com)
- 2** In-person at the Quinte Sports & Wellness Centre  
265 Cannifton Road, Belleville ON
- 3** Call 613-966-4632  
(during opening of registration, we recommend you only use this option if you have no other choice)



## We're Hiring

Visit [belleville.ca](http://belleville.ca) for current job postings or scan the QR code.



**Come join a great team with the Community Services Department!**

Interested in being a volunteer?  
We always have volunteer opportunities available! Applications are available online or you can pick up a copy of the [volunteer form](#) at the customer service desk (across from Mackay Arena).





# Naming Rights and Advertising

## Naming Rights

Thank you to our existing naming sponsors for their generous support:

- Templeman Aquatic Centre,
- Family Dental Centre Arena and Family Dental Centre Indoor Track,
- Mackay Insurance Arena

To find out more about our naming rights program and how you can become a naming sponsor, email us at [csdgeneral@belleville.ca](mailto:csdgeneral@belleville.ca) or call 613-966-4632.



Family Dental Centre



TEMPLEMAN

## Advertising at the QSWC

We offer reasonable rates with maximum exposure.

Email us at [csdgeneral@belleville.ca](mailto:csdgeneral@belleville.ca) or call 613-966-4632 for information.

## Culture

### Community Archives of Belleville and Hastings County

254 Pinnacle Street, Belleville ON  
(2nd floor of Belleville Public Library)  
[cabhc.ca](http://cabhc.ca)



### Glanmore National Historic Site

257 Bridge Street E, Belleville ON  
[glanmore.ca](http://glanmore.ca)



### Belleville Public Library

254 Pinnacle Street, Belleville, ON  
[bellevillelibrary.ca](http://bellevillelibrary.ca)



### John M. Parrot Art Gallery (3rd floor of Public Library)

254 Pinnacle Street, Belleville, ON  
[bellevillelibrary.ca/johnmparrottartgallerys9](http://bellevillelibrary.ca/johnmparrottartgallerys9)

Belleville  
Public Library