



#JRPM

JUNE 2024



QUINTE SPORTS & WELLNESS CENTRE

SUN	MON	TUE	WED	THU	FRI	SAT
Look for 1 of these 2 symbols to indicate a FREE program or class to register and try.			You must register for all programs online or at the front desk at QSWC.		50+ Centre logo represents programs that require a 50+ Membership	1 FREE FAMILY FUTSAL 4:00-6:00 PM FREE TEEN/YOUTH FUTSAL 6:00 PM-8:00 PM
2 FREE OPEN GYM 4:30 PM-6:15 PM	3 FREE YOUTH ROOM 4:00-6:00 PM	4 ACTIVITIES IN THE PARK EVENT ** (FREE FAMILY EVENT) 4-6PM RIVERSIDE PARK FREE SENIOR SWIM 2-3 PM	5 PRESERVING YOUR MOMENTOS SEMINAR 10:30 AM -12:30 PM *50+ members only	6 TECH TALK (SEMINAR) 10:30 AM -12:30 PM *50+ members only	7 CROKINOLE 10:30 AM -12:30 PM *50+ members only	8 FREE FAMILY GYM & OPEN GYM 10:00-11:45 AM
9 FREE FAMILY GYM & OPEN GYM 12:15-2:00 PM	10 FREE FAMILY GYM & OPEN GYM 3:30-5:15 PM	11 FREE PUBLIC SWIM 7:30-8:55 PM	12 STRAWBERRY SOCIAL & BBQ 50+ EVENT 11:30AM-1:00PM *50+ members only	13 FREE BOCCIA (ADAPTIVE SPORT) 5:00-7:00 PM	14 FREE WORKOUT STUDIO 7:00-9:00 AM	15 CITY HALL 150th BIRTHDAY PARTY ** City Hall/Market Square - 10am-2pm
16 FREE BASKETBALL 6:30-8:15 PM	17 FREE YOUTH ROOM 4:00-6:00 PM	18 ART WORKSHOP 9:30-11:30AM FREE TRX CIRCUIT 12:15-12:45 PM	19 SENIOR GENTLE FITNESS 9:30-10:30 AM	20 CHAIR FITNESS/ YOGA COMBO 11:15AM-12:15PM	21 FREE FINANCIAL SEMINAR 12:15-12:45 PM *50+ members only	22 FREE WORKOUT STUDIO 9:00 AM-12:00 PM
23 FREE WORKOUT STUDIO 9:00 AM-12:00 PM	24 BALANCE YOGA: MIND AND BODY 12:30-1:30PM	25 FREE PICKLEBALL BEGINNER 1:15-3:00PM	26 FREE PICKLEBALL INT 10:45-12:30PM FREE PICKLEBALL ADV 1:15-3:00PM	27 FREE SENIOR LANE SWIM 2:00-3:00 PM	28 KINSMEN OUTDOOR POOL FREE PUBLIC SWIM 1:30-2:55PM	29 VISIT THE OUTDOOR ROTARY FITNESS PARK (BAYSHORE TRAIL) AM/PM
30 ENJOY A WALK!						

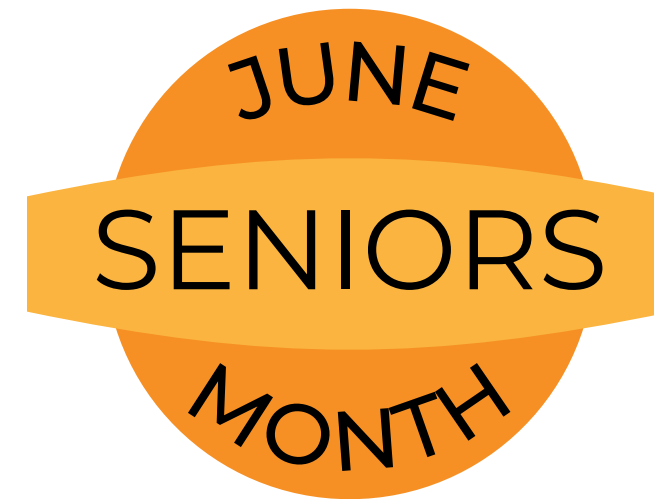
Registration fees vary per program . Visit QSWC.CA or call 613-966-4632

June is Recreation and Parks Month and Seniors Month

Review the calendar for our

FREE programs

Look for these two symbols



Special Events

** June 4 - Activities in the Park - visit QSWC.CA for details

** June 15 - City Hall 150th Birthday Party - visit Belleville.CA



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