



SUMMER 2024 ACTIVITY GUIDE

CITY OF BELLEVILLE COMMUNITY SERVICES DEPARTMENT

Registration Begins:

Land Programs

June 10 for City Residents/Taxpayers

June 13 for Non-City Residents/Taxpayers

Aquatic Programs

June 17 for City Residents/Taxpayers

June 20 for Non-City Residents/Taxpayers



613-966-4632



QSWC.CA

265 Cannifton Road, Belleville ON

Updated: July 15, 2024

This publication is available in alternate formats upon request.



Registration Dates

2024 Summer Registration

HELL
Summer



Land Based Programs

- June 10 for City Residents/Taxpayers
- June 13 for Non-City Residents/Taxpayers
- Activity Guide out June 7 (8:30 am) online and at the customer service desk
- Session runs July 2 to August 30

Power Skating

- June 10 for City Residents/Taxpayers
- June 13 for Non-City Residents/Taxpayers
- Activity Guide out June 7 (8:30 am) online and at the customer service desk
- Session runs July 7 to August 25 (no classes August 4)

Aquatic Programs (Swimming Lessons and Advanced Aquatic Leadership Programs)

- June 17 for City Residents/Taxpayers
- June 20 for Non-City Residents/Taxpayers
- Activity Guide out June 7 (8:30 am) online and at the customer service desk
- Session runs July 2 to August 23

Aqua Fitness and Recreational Swims

- June 17 for both City Residents/Taxpayers and Non-City Residents/Taxpayers
- Schedule out June 7 (8:30 am) online and at the customer service desk
- Session runs July 2 to August 28

Pre-registration is required for all programs.



Notes

How To Register

1. Online at 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.

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: \$135.00

Premium Sports: \$6.00

(badminton, basketball, pickleball, volleyball)

Shinny Hockey/Figure Skating: \$6.00

Aqua Fitness: \$10.50

Aqua Fitness Session Pass: \$208.00

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: \$141.75

Children/Youth Programs: \$36.00-\$112.00

Swimming Lessons: \$90.00-\$250.00

Power Skating Lessons: \$101.50-\$112.00

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

PA Day Camps: \$36.75/day

Summer Camps: \$190.00/week

Belleville 50+ Centre Annual Membership: \$10.00

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



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



Start Dates and Cancellation Dates

- The Summer session runs from July 2 to August 30. Please check your receipt/registration confirmation for program start and end times.
- Aqua Fitness starts: July 2
- Swimming lessons start: July 2
- Power Skating starts: July 7
- Special Schedules: June 29-30, August 3-4 & August 31-September 1
- No programs: July 1, August 5 & September 2
- **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](#).



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.

*"Nothing will work unless you do."
~ Maya Angelou*

Adult 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 (dumbbells) 

Cardio Core

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.

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 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.

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.

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.

Mom & Baby Fit

This 30 minute class includes a warm-up, full-body strength & endurance training followed by stretching the muscles worked. Including the baby in exercise during the body weight exercises are encouraged. All fitness levels and all trimesters are welcome.

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!

TRX Circuit

30 minutes of a higher intensity exercise using the TRX suspension trainer, body weight, functional equipment and more. Be ready for a full body workout.



"Exercise is the most potent and yet underutilized antidepressant."
-Bill Phillips

Adult Fitness Programs

Women's Weight Training

Women of all ages are welcome! You will be instructed on how to use a variety of equipment in the Workout Studio along with using free weights, body weight, balls and bands that will focus on building your strength and increasing your flexibility. You will leave feeling stronger and more energized.

Yoga Fit

Yoga Fit is designed to explore the body's potential in all asanas, also known as postures. As you move through the different asanas there will be an emphasis on proper skeletal alignment and breathe control while also working on your strength and balance. This class will leave you will new self-awareness.

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.

Adult Fitness Schedule (Subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
Cardio Core 12:15-12:45pm Gentle Flow Yoga 5:00-6:00pm	TRX Circuit 12:15-12:45pm	Cardio Core 12:15-12:45pm Line Dancing (Beginner) 5:15-6:15pm Line Dancing (Experienced) 6:30-7:30pm	Women's Weight Training 9:00-9:45am TRX Circuit 12:15-12:45pm Zumba 5-6 pm	Line Dancing (Beginner) 10:45-11:45am Mom & Baby Fit 9:15-9:45am Total Body Strength 12:15-12:45pm

For additional fitness programs, see the Older Adult Fitness section.

See the Gymnasium, Sports & Games Section for information on other options, including the workout studio and personal training.

Lunch Express Pass

If you're attending more than two lunch time classes per week, consider purchasing a session pass for \$141.75. 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/Fitness Classes

30 min - \$5.25

45-60 min - \$8.50

Specialty/Yoga Classes

\$9.50

Pre-registration is required for all programs.



Older Adult 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 (dumbbells) 

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.

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.

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

Staying active is an important part of staying healthy and independent. 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.

Gentle Core Strengthening

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.

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.

Line Dancing - Beginner

Come and learn the steps and routines required to be a great line dancer. You will burn calories, tones muscles and improve coordination. Please note, this is a progressive course.

Line Dancing - Experienced

Line dancing not only burns calories, it also tones muscles, improves balance, relieves stress and stimulates brain cells in a way that traditional exercise can't. It requires the coordination of brain and body, which strengthens neural pathways and improves cognitive health.

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.

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 Fitness Programs

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 Yoga

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

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.

Strong Seniors

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).

Women's Weight Training

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 Gold

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.

Older Adult Fitness Schedule (Subject to Change)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Strong Seniors 9:00-9:45am</p> <p>Older Adult Yoga 10:00-11:00am</p> <p>Gentle Core Strengthening 10:15-11:15am</p> <p>Balance Yoga: Mind & Body 12:30-1:30pm</p>	<p>Older Adult Yoga 8:45-9:45am</p> <p>Older Adult Yoga 10:00-11:00am</p> <p>Mix It Up 10:15-11:15am</p>	<p>Strong Seniors 9:00-9:45am</p> <p>Stretch & Balance Fit 10:45-11:45am</p> <p>Chair Yoga 11:00-11:45am</p> <p>Zumba Gold 1:30-2:30pm</p>	<p>Older Adult Flow Yoga 8:45-9:45am</p> <p>Women's Weight Training 9:00-9:45am</p> <p>Older Adult Yoga 10:00-11:00am</p> <p>Chair Fitness/Chair Yoga Combo 11:15am-12:15pm</p>	<p>Older Adult Yoga 9:30-10:30am</p> <p>Line Dancing (Beginner) 10:45-11:45am</p> <p>Zumba Gold 1:30-2:30pm</p>

For additional fitness programs, see the Adult Fitness section.

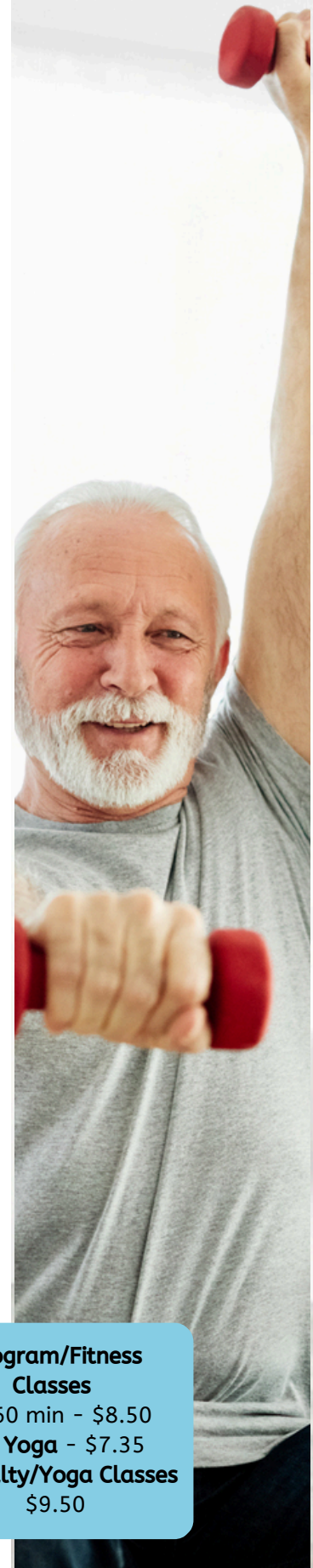
See the Gymnasium, Sports & Games Section for information on other options, including the workout studio and personal training.

Program/Fitness Classes

45-60 min - \$8.50

OA Yoga - \$7.35

Specialty/Yoga Classes
\$9.50



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. Pre-registration is required for all programs.

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.

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.

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.



50+ Centre Activities

Painting with Natalia

Enjoy a free Acrylic Painting workshop with Natalia on Friday, July 19. All supplies included. Pre-registration is required.

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.

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+ Centre Schedule (Subject to Change)

Monday	Tuesday	Wednesday	Thursday	Friday
Deaf Seniors 10:00am-1:00pm Bid Euchre 1:00-4:00pm Falls Prevention 2:00-4:00pm Location: Yoga Studio	Artists Collective 9:00-11:30am Bridge (Experienced) 1:00-4:00pm CARP 2:00-4:00pm 2nd Tuesday of Month	Stitches 9:00am-12:00pm Mah Jongg 1:00-4:00pm	Tech Talks and Tech Support with Jordan 10:00am-12:00pm Scrapbooking 1:00-4:00pm Cooking with Chef Jesse 1:00-2:00pm Location: ZOOM 3rd Thursday of the Month	Painting with Natalia 9:30-10:30am (July 19) Crokinole 10:30am-12:30pm Bridge (Experienced) 1:00-4:00pm



Pre-registration is required for all programs.



Preschool, Children and Youth

Preschool

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.

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.

Kids Pop-Up Events (4 to 9 years)

- **Bird Friend** - Create a bird friend using a variety of craft materials.
- **Lemon Painting on Canvas** - Create a painting of lemons on a canvas.

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.

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.

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)

- **Perler Bead Earring Holder** - Create a one-of-a-kind perler bead earring holder.
- **Miniature Pinata** - Create a miniature pinata.

Youth Weight Training

This class is instructed by a certified personal trainer to help youth reach their sports and fitness goals. This class will be in the workout studio, learning how to use the different machines along with using free weights, cables, and body weight exercises. A great class for anyone looking to enhance their dryland training, enhance their speed and strength programs, or just to build some confidence in the gym.

Pre-registration is required for all programs.



Preschool, Children & Youth

Preschool, Children & Youth Schedule (Subject to Change)

Monday	Tuesday	Friday	Saturday	Sunday
<p>Artful Antics 5:30-6:30pm</p> <p>Teen Volleyball 6:45-7:45pm</p>	<p>Preschool Play Zone 5:30-6:00pm</p> <p>Sporty Kids 6:15-7:15pm</p>	<p>Soccer Skills & Drills (4-8 years) 5:15-6:00pm</p>	<p>Open Gym 10:00-11:45am</p>	<p>Family/Open Gym 12:15-2:00pm</p>

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
<p>July 26 - Bird Friends</p> <p>August 23 - Lemon Painting on Canvas</p>	<p>July 26 - Perler Bead Earring Holder</p> <p>August 23 - Miniature Pinata</p>

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



Preschool, Children and Youth programs:
\$28.00-\$112.00
(depending on the number of weeks for instructor led programs)

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



Pre-registration is required for all programs.

Camps

Summer Camps

Our summer camps are back again this year!
We have limited spots available in some camps.

Check camp availability online or with the Customer Service Desk (in-person or by calling 613-966-4632).

Camp weeks run from July 2 to August 30, 2024.

For ages 4 to 17.

Camp Hours are 8:00 a.m. - 5:00 p.m.

Extra hours available (QSWC camps only) at an additional cost of \$5.00/hour. Morning (7:00-8:00 a.m.) and Evening (5:00-6:00 p.m.) times available.



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



Camps available:

(limited spots remaining)

- Kinder Camp (ages 4-6)
- Summer Spectacular Camp (grade 1-2)
- Extravaganza Camp (grade 3-5)
- Youth Camp (grade 6-8)
- Theatre Camp (ages 7-14)
- Sports Camp (JR ages 6-8 / SR ages 9-13)
- Certified Youth Camp (ages 11-13)
- Youth Leadership Development (ages 14-17)
- Wacky Water Camp (ages 7-14)

Cost varies between \$152.00-\$190.00 per week.

We're Hiring!

Visit 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).



Skating Programs

Recreational Skating

For the Summer session (July and August), we will NOT have recreational skating due to limited ice availability.

Watch our website for pop-up skates that may become available. Regular recreational skating will resume for the Fall session, which starts in September.



Preschool and Children's Skate Lessons

Due to limited ice availability in the Summer, we do not have any Learn to Skate lessons or private skating lessons this session. There will be Learn to Skate lessons offered in the Fall. For Summer, we have Power Skating lessons, available for Beginner and for Intermediate/Advanced.

Power Skating Lessons

Beg. \$101.50
Int/Adv. \$112.00

Power Skating Schedule

Beginner Sunday 5:00-5:45 p.m.

- Improve speed, balance, stopping, stride, and posture. (This is not a learn to skate program).
- Up to U9 (Under 9) level hockey players
- Full hockey gear is required
- Sticks and helmets are mandatory

Intermediate/Advanced Sunday 5:50-6:50 p.m.

- We recommend that you complete two sessions of beginner before joining intermediate/advanced.
- Full hockey gear is required
- Sticks and helmets are mandatory

Classes run July 7 to August 25 (no class August 4)



Pre-registration is required for all programs.

Gymnasium, Sports & Games

Gymnasium, Sports & Games Schedule

Summer Schedule runs July 2 to September 1



Gymnasium Closed: July 1, August 3-5, August 31-September 2

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teen Recreational Volleyball 6:45-7:45pm	Preschool Play Zone 5:30-6:00pm Sporty Kids 6:15-7:15pm Volleyball* Int/Adv 7:30-9:15pm	Pickleball* Recreational (All Levels) 5:15-7:00pm Badminton* 7:15-9:00pm	Pickleball* Recreational (All Levels) 5:15-7:00pm	Soccer Skills & Drills (4-8 years) 5:15-6:00pm	Open Gym 10:00-11:45am Badminton* 12:00-1:45pm	Family/Open Gym 12:15-2:00pm Pickleball* Recreational (All Levels) 2:15-4:00pm

Pre-registration is required for all programs.

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.

Family/Open Gym

Family/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.

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.

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. See the Teen Volleyball description on the Preschool, Children and Youth page.

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

Gymnasium Programs
\$4.00/child, \$5.00/adult
Premium Sports*
\$6.00/visit
(Except for some instructor led Preschool, Children & Youth Programs)

Gymnasium, Sports & Games

Gymnasium, Sports & Games Schedule

If you have pre-registered and cannot attend, please call to cancel your booking and a credit will be put on your account. This frees up the space for someone else to join. Please note that 24 hours notice is required to receive a credit on your account.



Other Options To Consider

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 Summer Session Pass for \$135.00 (tax included).
Workout unlimited times between July 2 - Sept 1.



Personal Training

Personal Training is a one to one session with you and a personal trainer who will personalize a workout to your needs, abilities, skills, and knowledge. Availability is limited and is based on each instructor's schedules and availability.

Private (1:1) and semi-private (1:2 or 1:3) sessions are available. Pricing ranges from \$26.00-\$51.00 for private or \$15.00-\$26.00 per person for semi-private.

You must book one hour for your first visit so the trainer can go through your goals and build a program that best suits your needs. We want you to succeed!

Workout Studio Summer Hours

June 18-September 1

WOS Closed July 1, August 3-5, August 31-September 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am 11:00-12:00pm 12:00-1:00pm 1:00-2:00pm 2:00-3:00pm 3:00-4:00pm 4:00-5:00pm 5:00-6:00pm 6:00-7:00pm	8:00-9:00am 11:00-12:00pm 12:00-1:00pm 1:00-2:00pm 2:00-3:00pm 3:00-4:00pm 4:00-5:00pm 5:00-6:00pm 6:00-7:00pm	8:00-9:00am 11:00-12:00pm 12:00-1:00pm 1:00-2:00pm 2:00-3:00pm 3:00-4:00pm 4:00-5:00pm 5:00-6:00pm 6:00-7:00pm	8:00-9:00am 11:00-12:00pm 12:00-1:00pm 1:00-2:00pm 2:00-3:00pm 3:00-4:00pm 4:00-5:00pm 5:00-6:00pm 6:00-7:00pm	8:00-9:00am 11:00-12:00pm 12:00-1:00pm 1:00-2:00pm 2:00-3:00pm 3:00-4:00pm 4:00-5:00pm	9:00-10:00am 10:00-11:00am 11:00-12:00pm	9:00-10:00am 10:00-11:00am 11:00-12:00pm

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



Birthday Parties

Pre-registration is required at least two weeks in advance for birthday parties.
Limited packages are available for July and August.
Pool parties will all be held at the Kinsmen Outdoor Pool.

Land Birthday Parties

Adventure Package (6+ years)

Package Available: Saturday 10:00am-12:00pm with 2 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 (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 (gym time from 11:00am-12:00pm with a Party Host leading sports activities in the gymnasium / meeting room 11:00am-1:00pm).
Maximum 24 guests, including adults.

Pool Birthday Parties

Private Swim Pool Package (All Ages) - Kinsmen Outdoor Pool

Package available: 1.5 hours in the Kinsmen classroom and 1 hour in the Kinsmen Outdoor Pool for a private swim. Maximum of 24 swimmers.

Saturday 3:00-5:30pm (meeting room from 3:00-4:30pm / swimming from 4:30-5:30pm)

Ice Birthday Parties

For ice birthday parties, contact us at 613-966-4632 or fill out a request form at <https://forms.quintesportsandwellnesscentre.ca/Facility-Rental>



Pre-registration is required for all programs.



Aquatic Programs

Swimming Lessons

We have moved to the Lifesaving Society Swim Program (previously offered Red Cross). Please see the charts below to help you decide the 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.

The Templeman Aquatic Centre at QSWC is open Monday to Friday in July and August. The Kinsmen Community Outdoor Pool is open seven days a week, beginning June 28.



Pool Admissions Policy

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



OR



*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)



CHILDREN 10 OR OLDER
MAY SWIM ALONE



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
Swimming Prices
\$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

July 2 to Aug 23, 2024
265 Cannifton Rd, Belleville, ON

Lane Swim

Pre-registration is required for all recreational swims.

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
6:00-7:00am	7:00-7:55am	6:00-7:00am	7:00-7:55am	
7:00-8:00am	8:00-9:00am (1/2 pool)	7:00-8:00am	8:00-9:00am (1/2 pool)	6:00-7:00am
8:00-8:45am	9:00-10:00am	8:00-8:45am	9:00-10:00am	7:00-8:00am
12:00-1:00pm (1/2 pool)	12:00-1:00pm (1/2 pool)	12:00-1:00pm (1/2 pool)	12:00-1:00pm (1/2 pool)	8:00-8:45am
1:00-2:00pm (1/2 pool)	1:00-2:00pm (1/2 pool)	1:00-2:00pm (1/2 pool)	1:00-2:00pm (1/2 pool)	12:00-1:00pm (1/2 pool)
3:00-4:00pm (1/2 pool)	3:00-4:00pm (1/2 pool)	3:00-4:00pm (1/2 pool)	3:00-4:00pm (1/2 pool)	1:00-2:00pm (1/2 pool)
7:00-8:00pm	7:15-8:15pm (1/2 pool)	7:00-8:00pm	7:15-8:15pm (1/2 pool)	3:00-4:00pm

Family Swim

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
9:00-10:00am		9:00-10:00am		9:00-10:00am

Public Swim

Main Pool or Therapy/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
3:15-4:15pm	3:15-4:15pm 7:15-8:15pm	3:15-4:15pm	3:15-4:15pm 7:15-8:15pm	

Rehabilitation Swim

Therapy Pool

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

Monday	Tuesday	Wednesday	Thursday	Friday
7:00-8:45am	7:00-8:45am	7:00-8:45am	7:00-8:45am	7:00-8:45am 3:00-4:00pm

Senior Swim

Main Pool or Therapy Pool

For ages 50+

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

Pool Closed: July 1, August 5 and weekends in the summer
Annual QSWC Shutdown: August 24 to September 15 (inclusive)



Kinsmen Outdoor Pool Recreational Swim Schedule

June 28 to Sept 2, 2024

151 Dundas St. East, Belleville, ON

Lane Swim

Pre-registration is required for all recreational swims.

Outdoor 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
7:30-9:00am 12:00-1:25pm 4:30-5:30pm (1/2 pool)	7:30-9:00am 12:00-1:25pm 4:30-5:30pm (1/2 pool)	7:30-9:00am 12:00-1:25pm (1/2 pool) 4:30-5:30pm (1/2 pool)	7:30-9:00am 12:00-1:25pm 4:30-5:30pm (1/2 pool)	7:30-9:00am 12:00-1:25pm 4:30-5:30pm (1/2 pool)	8:30-10:00am	8:30-10:00am

Family Swim

Outdoor 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
9:00-11:00am		9:00-11:00am		9:00-11:00am		

Public Swim

Outdoor 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
1:30-2:55pm (1/2 Pool) 3:00-4:25pm (1/2 Pool) 5:30-7:30pm	1:30-2:55pm (1/2 Pool) 3:00-4:25pm (1/2 Pool) 5:30-7:30pm	1:30-2:55pm (1/2 Pool) 3:00-4:25pm (1/2 Pool) 5:30-7:30pm	1:30-2:55pm (1/2 Pool) 3:00-4:25pm (1/2 Pool) 5:30-7:30pm	1:30-2:55pm (1/2 Pool) 3:00-4:25pm (1/2 Pool) 5:30-7:30pm	10:00-11:25pm 11:30-1:00pm 1:30-2:55pm 3:00-4:25pm	10:00-11:25pm 11:30-1:00pm 1:30-2:55pm 3:00-4:25pm

Notice:

- For all Family Swims, Public Swims and Senior's Swims at the Quinte Sports & Wellness Centre, you will be booking into the main 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/child, \$5.00/adult

Modified Pool Schedule:

July 1 - Lane: 12:00-1:30pm, Public: 1:30-2:55pm, 3:00-4:25pm

August 5 - Lane: 12:00-1:30pm, Public: 1:30-2:55pm, 3:00-4:25pm

September 2 - Lane: 12:00-1:30pm, Public: 1:30-2:55pm, 3:00-4:25pm



Aquatic Programs

Aqua Fitness Programs

July 2 to August 28, 2024

We have many classes to suit your needs. All classes are at the Templeman Aquatic Centre at QSWC, unless otherwise noted.

Registration opens June 17, 2024



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

Kinsmen Community Outdoor Pool
151 Dundas St., Belleville, ON



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.

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.

Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Fitness 9:00-9:50am				
Aqua Fitness (Kinsmen Pool) 12:00-12:50pm	Aqua Fitness 8:00-8:50am	Aqua Fitness 9:00-9:50am	Aqua Fitness 8:00-8:50am	
Therapy Fitness 2:00-2:50pm	Therapy Fitness 9:00-9:50am	Aqua Fitness (Kinsmen Pool) 12:00-12:50pm	Therapy Fitness 9:00-9:50am	Aqua Fitness 9:00-9:50am
			Aqua Fitness 6:00-6:50pm	

Reminder:
Please shower
before entering
the pool.

Help us keep our
pool chemistry in
check.

Aqua Fitness Programs

\$10.50/class

or **Session Pass**

\$208.00

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



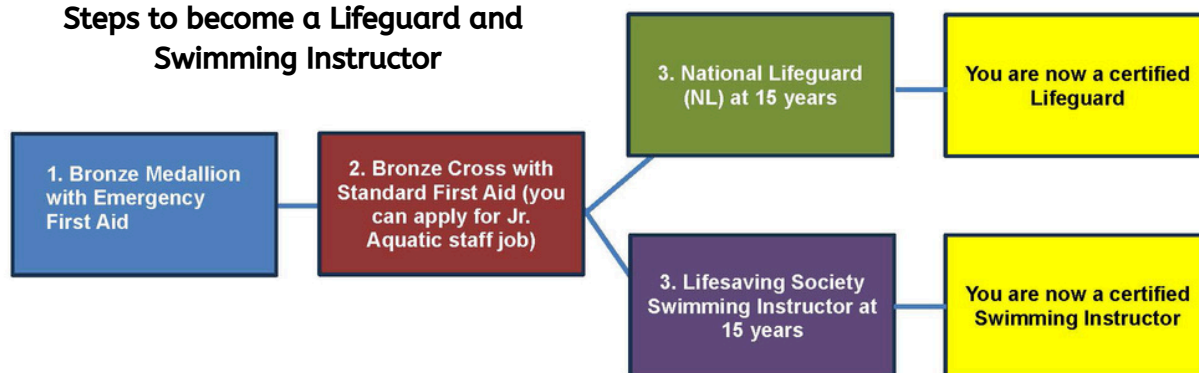
Aquatic Programs

Advanced Leadership Courses

Visit our website at QSWC.ca, 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 Star (10 to 13 years)

July 2 to July 5 from 3:00-5:30pm

Prerequisite: Must be able to swim 300m (Swim Patrol experience recommended).

Bronze Medallion and Emergency First Aid (13+ years)

July 8 to July 12 from 9:00am-3:30pm

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

Bronze Cross and Standard First Aid (13+ years)

July 15 to July 19 from 9:00am-4:30pm

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.

Bronze Medallion, Bronze Cross and Standard First Aid (13+ years)

August 12 to August 16 from 8:30am-5:30pm

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

National Lifeguard Course (15+ years)

July 22 to July 26 from 8:30am-5:30pm

August 26 to August 30 from 8:30am-5:30pm

Prerequisite: Minimum 15 years of age, Bronze Cross, and Lifesaving Society Standard First Aid or SFA from a training agency approved by the Ontario government (WSIB).

Lifesaving Society Assistant and Swim Instructor (15+ years)

July 29 to August 2 from 8:30am-5:30pm

Prerequisite: Minimum 15 years of age, Bronze Cross, and Lifesaving Society Standard First Aid or SFA from a training agency approved by the Ontario government (WSIB).

Lifesaving Instructor and Examiner Course (16+ years)

August 19 to August 22 from 9:30am-5:00pm

Prerequisite: Bronze Cross, minimum 16 years of age.



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

cityofbelleville.applytojob.com



Easy Ways To Register

1

Register online at QSWC.CA or visit:
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)



Accessing Your Online Account



Register for programs online, find all receipts and payments on your account, pay invoices, and so much more!



Check your up-to-date program schedule at anytime! Email it to yourself or print a copy to stay organized!



Withdraw yourself and family members from recreational swims, skates and workout studio sessions - available 24/7!



Check on program availability in real-time or add yourself to class waitlists (where applicable) so you don't miss out on your favourite classes!

Visit the Customer Service Desk or call 613-966-4632 to make sure your online account is active. If you have any questions, Customer Service can help!

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 or call 613-966-4632.



Family Dental Centre



T E M P L E M A N

Advertising at the QSWC

We offer reasonable rates with maximum exposure.

Email us at 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



Glanmore National Historic Site

257 Bridge Street E, Belleville ON
glanmore.ca



Belleville Public Library & John M. Parrot Art Gallery

254 Pinnacle Street, Belleville, ON
bellevillelibrary.ca

