

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

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.



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

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

