

Recreation, Culture & Community Services

Activity Guide

2020 Fall Session 'B'
October 25 - December 19

FALL 'B'
2020



Registration begins:
October 13 (City taxpayer)
October 16 (Non-City taxpayer)

2020 Fall Session 'B' Offering:

Virtual and Indoor Recreation Programs,
Recreational Swims, Aquafit Programs,
Learn & Create Programs, Speaker Series
& Culture Programs.

Available in alternate format by request.



613-966-4632



QSWC.CA

Welcome Back!



As we gradually reopen our services and facilities at the Quinte Sports and Wellness Centre, the health and safety of our clients, public and staff remains our priority today and every day. Staff will continue to work with Hastings, Prince Edward Public Health and other organizations to follow the [COVID-19 guidelines](#).

Additional Measures We Are Taking

- Increasing our cleaning and disinfection protocols, especially in high touch areas
- Placing signage with public health reminders
- Encouraging contactless payment methods (use of debit or credit, instead of cash)
- Complying with all public health guidelines and updating our procedures as changes are made
- Ensuring staff is wearing the necessary personal protective equipment related to COVID-19
- Changing workstations/facility areas to ensure physical distancing of at least 6 feet/2 metres is being respected.

What you can expect for programs this Fall

Given the uncertainty over what facilities would be opening and respecting that many of you are facing many challenges, including financial, we have created two Fall mini sessions.

- ✓ **Fall B Session:** October 25 to December 19, 2020. Registration begins the week of October 13.
- ✓ **Aquafit Session:** October 13 to December 17, 2020. Registration opened August 27. Spaces are still available.
- ✓ **Recreational Swims:** October 13 to December 19, 2020. **Pre-registration required.** You will be able to register for swims in one week increments.

You will be able to register online and by phone. **Registration in person is not available** at this time as the Customer Service Desk remains closed to in person traffic, except by appointment only.

Face coverings are required in all areas indoors and may be taken off during your exercise or swim activity only. (Subject to exemptions).

We thank you for your patience as we continue to navigate our way through these changes.

For updates on reopening dates, COVID-19 guidelines and our services, visit the [QSWC Website](#).



We are pleased to offer the second mini-session for the Fall.

We have something for all ages, stages and abilities.

Fall Session 'B' begins:

October 25 to December 19.

- Registration begins the week of October 13.

Aquafit Session begins:

October 13 to December 17.

- Registration opened August 27.
- Spaces are still available.

Recreational swims begin:

September 28 to December 19.

- Pre-registration is open for recreational swims. You will be able to register in ONE week increments, each WEDNESDAY at 8:30am.
- Registration must be done 24 HOURS in advance for next day swims.

Pickleball begins:

October 26 to December 19.

- Pre-registration is open for pickleball starting OCTOBER 20. You will be able to register in ONE week increments, each TUESDAY at 8:30am.
- Registration must be done 24 HOURS in advance for next day swims.

Activities offered may be scaled up or down based on demand and public safety. A **2020 COVID-19 waiver** must be completed.

Pre-registration is required for all programs and can be done online or by phone. In person registration is not available at this time.

Stay Safe! Have Fun! See you at the QSWC!

Stay updated at [QSWC.CA](https://www.qswc.ca)

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General Information



As part of a staged approach, we are gradually reopening facilities at the Quinte Sports & Wellness Centre. On September 14, Wally Dever Arena opened, followed by the Templeman Aquatic Centre and the Family Dental Centre Arena on September 28. We are targeting October 25 for the reopening of the Mackay Arena floor, gymnasium and Parkdale Community Centre.

Follow [QSWC.CA](https://qswc.ca) for facility reopening videos, plans and safety protocol updates.



Tel.: 613-966-4632



TTY: 613-771-9781



Email: rccsgeneral@belleville.ca

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Belleville, Ontario K8N 4V8

 [quintesportsandwellnesscentre](https://www.facebook.com/quintesportsandwellnesscentre)

 [Twitter@QSWC](https://twitter.com/QSWC)

 qswc.ca



Customer Service Desk

Mon. to Fri. 8:30am - 4:30pm

Customer service will be available by phone, email or appointment only until further notice.

Our Mission Statement

The Recreation, Culture & Community Services Department of the City of Belleville is dedicated to improving the quality of life for the citizens of our community through the provision of services that are inclusive, responsive, innovative and efficient, while striving for excellence.

COVID-19 Protocols

Clients will be pre-screened before entering the facility. Entry will be permitted 15 minutes prior to the start of the programs. Due to COVID-19 many safety measures and precautions are in place. Visit [QSWC.CA](https://qswc.ca) for additional information.

Fees, Charges & Class Time Disclaimer

We do our best to run the programs as outlined, but a course instructor, date, time, location or fee may change. Please call 613-966-4632 for up to date course information.

Cancellation Policy refund & Withdrawals

Please refer to our website at [QSWC.CA](https://qswc.ca) for details on [cancellations, refunds and withdrawals](#).

Recreation Fee Assistance

If you live in Belleville, you can apply for recreation subsidies and fee assistance. We have subsidies available for 25% to 75% off the cost of the program based on income. For more information, see [Subsidy and Fee Assistance](#) on our website.

Fall Session B Registration

Fall Session 'B' Program Registration

Aquatics & Recreation Registration Begins:



October 13th at 8:30am (City Taxpayer)

October 16th at 8:30am (Non-City Taxpayer)



Notice regarding COVID-19 impacts:

Registration for Fall 'B' recreation programs is slated to begin October 13, 2020 for Belleville City taxpayers and October 16, 2020 for Non-City taxpayers.

In-person registration will not be available.

Residents must register online (beginning at 8:30am) or on the phone, 613-966-4632.

Sign Me Up

- ✓ Virtual Recreation Programs
- ✓ Indoor Recreation Programs
- ✓ Recreational Swims

- ✓ Aquafit Programs
- ✓ Learn & Create
- ✓ Speaker Series

OPTION
01



Register Online

Simple Steps to Register online

Go to [Account Login](#). Please ensure you have set up your **online account** prior to the start of registration. To **create an account** click on **Create New Account**.

If you already have an account, but do not have online access, call 613-966-4632 or e-mail rccsgeneral@belleville.ca

* **Payment with credit card is required.**

Please note: When using vouchers for recreational swims, pickleball or badminton you will need to speak with a customer service representative directly in order to register. See below.

OPTION
02



Register by Phone

Call the Recreation, Culture & Community Services Department

Tel: 613-966-4632 TTY: 613-771-9781

Please note: Phone lines will be extremely busy. Registration information cannot be left on voice mail, it must be done in speaking with a customer service representative. We appreciate your patience.

* **Payment with credit card is required.**

Watch for upcoming information on our winter registration dates at QSWC.CA and on Facebook.



NEW! Pre-registration is required for all activities. This includes all recreational swims & pickleball.

Health & Wellness Programs

Adult & Older Adult (50+) Fitness Programs



October 25th - December 19th
October 13th - Registration Begins

Reminder: No programs November 11, 2020

**QUICK
TIPS!**

Indoor and Virtual ZOOM Classes



Health & Wellness Program Notes:

- Instructors are subject to change.
- **All participants are required to bring their own mat.**
- Weights and resistance bands will be provided by the instructor. You are welcome to bring your own weights and bands.
- **ZOOM Classes** – all participants will be emailed the link to attend their classes. For fitness classes if you do not have weights, please use water bottles, bags of rice, flour etc.
- **Cancellations** – due to inclement weather you will be notified.
- A [2020 Waiver Form](#) must be completed



All programs listed in this section will be offered through virtual and indoor programming at the Quinte Sports and Wellness Centre or at the Parkdale Community Centre for this session.

Pickleball (16+) is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played in a court with the same dimensions as a doubles badminton court and is played with a hard paddle and a whiffle ball. This smaller area combined with the slower moving ball makes pickleball easier to play than tennis.



Pickleball Note:

Due to COVID-19 regulations there will only be single players with a maximum of 12 players per class (6 playing and 6 waiting). Pre-registration is required and you will be able to register in one week increments.

Registration for the following week will open each Tuesday at 8:30am starting October 20th.

Registration must be done 24 HOURS in advance for next day classes.



Pickleball Schedule

NEW! Pre-registration required

Monday	Tuesday	Wednesday	Thursday	Friday
Pickleball Int./Adv. 8:45-10:45am	Pickleball Beginner 1:30-3:30pm	Pickleball Advanced 8:45-10:45am	Pickleball Beg./Int. 1:30-3:30pm	All Levels 8:45-10:45am

**Tips to
help you
Register
Online**

Register for a Program

1. At [Account Login](#) **Enter** your Email Address and Password **Click** the Login button.
2. **Select** 'Search for Courses'.
3. Under Advanced Search **enter** Pickleball as **Program Name**. **Click** Search.
4. **Click** on desired timeslot. **Click** Register.
6. **Enter** your name in 'Select a Participant'. **Click** Next.
7. **Select** Pay in full and follow prompts.

Health & Wellness Programs

Adult & Older Adult (50+) Class Schedule



NEW! Pre-registration is required. Go to gswc.ca or call **613-966-4632** for more information or to register.

Classes below are listed showing their level of intensity.
All (50+) class intensities are geared towards the older adult population.

🧘 Low/Beginner Intensity 🧘🧘 Medium Intensity 🧘🧘🧘 High Intensity

Visit [Health & Wellness](#) for class descriptions.

Reminder:
No programs
November 11,
2020



Monday

Effective October 26th - December 14th, 2020

Program	Time	Cost	Barcode	Instructor	Location
Gentle Pilates (50+) 🧘🧘	10:00-11:00am	\$60.56	8001	Robbi	Mackay Arena
Strong Seniors (50+) 🧘🧘	10:30-11:15am	\$60.56	8000	Amber	ZOOM
Line Dancing (50+) 🧘	11:30am-12:30pm	\$60.56	8002	Kathy	Gym
30-minute Body Blast 🧘🧘	12:15-12:45pm	\$39.36	7348	Amber	Mackay Arena
COPD/Stroke/Cardiac Therapy Fit 🧘	2:30-3:30pm	\$60.56	8003	Amber	ZOOM
Circuit Breaker 🧘🧘	4:30-5:00pm	\$39.36	7351	Amber	Gym
Yoga Fit 🧘🧘	5:15-6:15pm	\$65.52	7372	Debbie	Gym
Fit & Firm 🧘	5:30-6:30pm	\$60.56	7357	Teri	Mackay Arena
Yoga Fit 🧘🧘	6:30-7:30pm	\$60.52	7373	Debbie	ZOOM
Table Tennis 🧘	7:00-9:00pm	\$3.25	8084	Staff	Gym



Tuesday

Effective October 27th - December 15th, 2020

Program	Time	Cost	Barcode	Instructor	Location
Older Adult Yoga (50+) 🧘	8:45-9:45am	\$52.00	8004	Shwetha	ZOOM
Tai Chi – Intermediate 🧘🧘	9:15-10:15am	\$60.56	7406	Sherri	Mackay Arena
Senior Fit (50+) 🧘	9:30-10:30am	\$60.56	7393	Amber	Gym
Older Adult Yoga (50+) 🧘	10:00-11:00am	\$52.00	8006	Shwetha	Parkdale CC
Tai Chi – Beginner 🧘	10:30-11:30am	\$60.56	7405	Sherri	Mackay Arena
Older Adult Yoga (50+) 🧘	11:15am-12:15pm	\$52.00	8005	Shwetha	Parkdale CC
Circuit Breaker 🧘🧘	12:15-12:45pm	\$39.36	6996	Amber	Gym
Core & More 🧘🧘	4:30-5:00pm	\$39.36	7353	Megan	Mackay Arena
Gentle Flow Yoga 🧘	5:00-6:00pm	\$65.52	8081	Shwetha	Gym
Cross Training 🧘🧘🧘	5:30-6:30pm	\$60.56	7006	Megan	Mackay Arena
Pre-natal Yoga 🧘	6:15-7:15pm	\$65.52	7375	Shwetha	ZOOM
Cuts & Curves 🧘	7:00-7:45pm	\$60.56	7355	Megan	Mackay Arena

Health & Wellness Programs

Adult & Older Adult (50+) Class Schedule



NEW! Pre-registration is required.
Go to qswc.ca or call **613-966-4632**
for more information or to register.



Wednesday

Reminder: No programs November 11, 2020
Effective October 28th - December 16th, 2020

Program	Time	Cost	Barcode	Instructor	Location
Stretch & Balance Fit (50+) 🧘	9:15-10:15am	\$52.99	7397	Amber	Mackay Arena
Strong Seniors (50+) 🧘🧘	10:45-11:30 am	\$52.99	7402	Amber	Mackay Arena
Chair Yoga 🧘	11:00am-12:00pm	\$45.50	6994	Kathy	Parkdale CC
Dance Gold (50+) 🧘	11:15am-12:15pm	\$52.99	7384	Robbi	Gym
30-minute Body Blast 🧘🧘🧘	12:15-12:45pm	\$39.36	7349	Amber	Mackay Arena
COPD/Stroke/Cardiac Therapy Fit 🧘	2:30-3:30pm	\$52.99	8013	Amber	ZOOM
Yoga Fit 🧘🧘	5:00-6:00pm	\$57.33	7374	Shwetha	ZOOM
Step It Up 🧘🧘	5:15-6:15pm	\$52.99	7361	Lori	Gym
Fit & Firm 🧘🧘	5:30-6:30pm	\$52.99	7358	Teri	Mackay Arena
Line Dancing 🧘	6:30-7:30pm	\$52.99	7378	Kathy	Gym



Thursday

Effective October 29th - December 17th, 2020

Program	Time	Cost	Barcode	Instructor	Location
AM Fitness 🧘🧘	7:00-7:30am	\$39.36	8082	Amber	Parkdale CC
AM Fitness 🧘🧘	8:00-8:30am	\$39.36	8083	Amber	Parkdale CC
Older Adult Yoga (50+) 🧘	8:45-9:45am	\$52.00	7412	Joanne	ZOOM
Older Adult Yoga (50+) 🧘	10:00-11:00am	\$52.00	7413	Joanne	Parkdale CC
Stretch & Strengthen (50+) 🧘🧘	10:30-11:30am	\$60.56	7399	Amber	Gym
Older Adult Yoga (50+) 🧘	11:15am-12:15pm	\$52.00	7414	Joanne	Parkdale CC
Circuit Breaker 🧘🧘🧘	12:15-12:45pm	\$39.36	7352	Amber	Gym
Hatha Yoga 🧘	5:00-6:00pm	\$65.52	7369	Kathy	Parkdale CC
Zumba 🧘	5:15-6:15pm	\$60.56	7376	Brenda	Gym



Friday

Effective October 30th - December 18th, 2020

Program	Time	Cost	Barcode	Instructor	Location
Older Adult Women N' Weights (50+) 🧘🧘	9:00-9:45am	\$60.56	7408	Amber	Mackay Arena
Older Adult Yoga (50+) 🧘	9:00-10:00am	\$52.00	7415	Kathy	Parkdale CC
Older Adult Mix it Up (50+) 🧘🧘	10:15-11:15am	\$60.56	7390	Amber	Mackay Arena
Older Adult Yoga (50+) 🧘	10:15-11:15am	\$52.00	7416	Kathy	Parkdale CC
Stretch & Relax 🧘	12:15-12:45pm	\$39.36	8085	Amber	Gym

Free Programming Speaker Series



NEW! Pre-registration is required.
Go to qswc.ca or call **613-966-4632**
for more information or to register.



Join us on **ZOOM** every Tuesday
from **11:30am -12:00pm**
(Question period follows)

Listen to an interesting and informative speaker, ask questions and socialize. Those without a computer can also call in through the phone line.

**FREE
Programming**



October 27th – Healthy Relationships (8025)

We all have different kinds of relationships in our lives, with our friends, family, spouse, lover, boss, colleagues and ourselves. Some of our relationships are great, while others are more unhealthy and can even become violent. In this presentation we'll learn to foster healthy relationships through effective communication and building up our self-esteem. **Presented by: Elder Abuse Prevention Ontario**



November 10th – November is Osteoporosis Month (8026)

Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue, which can lead to increased risk of fracture. Known as the “silent thief”, bone deterioration can occur over a number of years without presenting any symptoms. Unfortunately, if detected at the time of a break, the disease is already fairly advanced. The most common fractures associated with osteoporosis are in the hip, spine, wrist, and shoulder. Join us to learn about risk factors, what you can do to maintain healthy bones and much more. **Presented by: Osteoporosis Canada**



November 24th – Our Community and You (8027)

As a vital part of society, family caregivers need information, services and products to help them manage their caregiving duties. There are many excellent sources of information, products and services available to help family caregivers, but navigating the system can be difficult. In this presentation Gary will discuss tools and resources available for family caregivers in our Hastings & Prince Edward region. **Presenter: Gary Buffett, Publisher of the Magazine “Who Cares”, Gary has worked in local community health care communications for over 20 years.**



December 8th – Dream Now, Travel Later (8028)

Love to travel and save money? Join us to explore several fantastic travel itineraries offered at a reduced price for our 50+ Centre members. You will learn what to expect on their guided tours and the new safety protocols they have put in place. We will also go over their travel insurance policies and new Travelling Well Experience. You will also get a preview of some amazing destinations such as Germany, Ireland and Scotland and tours right in our own backyard in Canada. **Presented by Collette and Maritime Travel.**



Belleville's
50⁺Centre

Belleville's 50+ Newsletter

Watch for Belleville's 50+
Newsletter at the end of
each month.

Filled with informative:

- entertaining articles
- recipes
- resources
- jokes
- 50+ Centre monthly calendar of events

If you are not signed up to
receive the newsletter,
please email:
kweichenthal@belleville.ca
or call **613-966-4632** to be
added to the email distribution
list or the mail out list.

Free Programming Learn & Create / Meditate with Myra



NEW! Pre-registration is required. Go to qswc.ca or call 613-966-4632 to register.



Every Thursday from 1:00 to 2:00pm you can join us on ZOOM & create something new!

We will feature a variety of instructors who will help you create a new masterpiece every week; from practical, to artistic to home cooking, there will be something for everyone to enjoy! **Supply lists are available at qswc.ca and will be sent to participants upon registration.**



October 29th – Pencil Art – Drawing Texture in Trees with Gail (8016)

Trees are such an important part of landscapes that they can make or break your drawing. Join our Pencil Art instructor, Gail, and learn how to draw and shade beautiful trees with texture and dimension.



December 3rd – Amazing Mason Jars (8021)

Most of us associate mason jars with pickles and canning, but they can be used for so much more! Not only can you add a personal touch to your gift giving this Christmas, you can also use up some of the empty jars taking up space on your shelves! We will create a decorative jar and “Cookies in a Jar” for you to give away or keep for yourself.



November 5th – Learn Your Technology (8017)

Are you getting frustrated that your “Smart” phone doesn’t seem that smart? Join us to ask questions about your cell phone and learn how to use social media, email, install apps, Zoom and much more.



December 10th –Mosaic Eggshell Frame with Gail (8022)

Learn how to create a beautiful mosaic without spending a lot of money. Gail uses a dollar store frame, eggshells and a few other supplies to make a beautiful picture frame that nobody will believe only cost you a couple dollars to make. Once you learn this easy technique, you will want to mosaic everything from jars to coasters!



November 12th – Decoupage with Gail (8018)

Decoupage is an easy and inexpensive way to beautify all kinds of objects in your home! You can use different kinds of paper, patterns and designs to suit your decor once you learn how to decoupage in this class with Gail.



December 17th – Christmas Cooking with Chef Jesse (8023)

Chef Jesse from Quinte Gardens will be joining us to do some delicious Christmas baking. Quinte Gardens will supply the ingredients so you can create along with him and have some Christmas goodies to enjoy when the class is finished.



November 19th – Homemade Christmas Cards (8019)

Do you love sending Christmas cards, but want to take it to the next level? Handmade cards are a great way to express your creativity while making family and friends feel special. Not only will you learn the basics of card making in this class, you will have a couple of cards ready to mail when it is done.



Relax & Meditate with Myra Fridays – 11:00 to 11:30am (8024)

Join Myra on Zoom every Friday at 11:00 am to end your week with a 30 minute relaxation and meditation session. Guided meditation is known to have highly relaxing effects on the conscious and subconscious mind. This type of meditation is suitable for both new and experienced meditators and can be performed either in a seated pose or while laying down for more comfort and deeper involvement. Everyone except Myra will shut their camera and mic off so you can just sit back, relax and let go of your stress.



November 26th – Colouring Pencil Beginner Techniques with Gail (8020)

We’ve all coloured with pencil crayons, but if you would like to learn what the best colouring pencils are and the tips and techniques that will create beautiful pictures, this is the class for you! Gail, our Pencil Art instructor, will teach you the basics of creating with colouring pencils and bring out your inner artist.

Templeman Aquatic Centre Recreational Swim Entrance Guidelines



Due to COVID-19, entrance guidelines have been modified. Guidelines may be updated.

Entrance Guidelines:

- Entry into the QSWC will only be permitted 15-minutes prior to your scheduled swim time.
- Aquatic users will line up outside on the North wall (beside the pool), to enter the East doors.
- Masks are required upon entry into the QSWC.
- Upon arrival, swimmers will be checked-in by security, pre-screened and provided a bin to place their belongings. Staff will provide swimmers with an appropriate band (if required).
- Patrons must enter their “assigned” change room, change while respecting physical distancing, place belongings into the provided bin (as lockers are not available), and line-up for a shower (following the markings on the floor).
- Place your bin in front of an available shower, remove your mask, shower, and then proceed to the pool deck with your bin (no masks required from this point).
- Follow staff directions and floor markings to put your bin in its’ designated spot. After dropping off your bin, proceed directly to the pool.



Swimming Guidelines:

- While in the pool, you must remain in your designated lane or within your family bubble and respect others’ 2m distance space.
- In each lane, a maximum of 2 swimmers will be permitted, unless the swimmers are all from the same household (in which case additional swimmers can share the lane space).
- If stopping/resting is required, please stop and stay as tight to the corner as possible and try to only stop at alternate ends from the other lane swimmer.
- Upon completion of your swim, return to your bin and re-don your mask at this point.
- We ask that all patrons shower at home following their swim and change and exit the building in a timely manner (maximum 15-minutes).

Special notes:

- If, at any point, you have a question for a staff, you must wear your mask prior to approaching them.
- Bather load maximums will be reduced, depending on the pool and swim type.
- No equipment will be available (except lifejackets, as requested). Lane swimmers may bring their own equipment, provided it has been properly disinfected beforehand.
- The spectator area will be CLOSED.
- During recreational swims, all children under the age of ten will be required to have a participating parent also purchase a ticket and enter the deck in swimming attire.
- For rental groups, with minor children, parents will be required to assist their child in the change room, as needed, and then wait in the designated area.

For up to date guidelines, visit [QSWC.CA](https://www.qswc.ca)

Aquatic Programs

Templeman Aquatic Centre Recreational Swim Schedule



Recreational Swim Schedule

Pool Re-opened: September 28th



Recreational Swim Schedule

- ✓ All swims must be registered 24 HOURS in advance before you arrive to the facility.
- ✓ Swims are available for registration in one week increments, with new dates released each Wednesday at 8:30am.
- ✓ Register [online](#) or by calling 613-966-4632. At this time vouchers cannot be used online.

Choose from the following swims:

- **Lane** - Main pool
- **Family** - 1/2 Main Pool & Therapy Pool
- **Public** - 1/2 Main Pool & Therapy Pool
- **Therapy** - Therapy Pool
- **Senior's Swim** - Therapy Pool & Main Pool

Pre-School
Pool is
currently not
available.

Cost: \$3.25 per visit
OR buy a multi-pack and save:

10-pack: \$27.50

20-pack: \$50.00

40-pack: \$90.00



Notice regarding COVID-19 impacts:

Please make sure you are aware of the entrance guidelines.

In-person registration will not be available.

Pre-registration is required for all recreational swims starting September 16. You will be able to register in one week increments.

See our new Entry Guidelines.

Aqua Fitness Program Description



Aqua fit classes begin:
October 13th - December 17th

Aqua Fitness Program Notes:

- **No Programs:** November 11th
- Instructors are subject to change
- HST is included in class fees.
- Listed activities could be altered or cancelled due to COVID-19 restrictions and safety precautions. Please visit qswc.ca or call 613-966-4632 for more information.
- A **2020 Waiver Form** must be completed.

Aqua Fitness Programs

- Parkinson's & Movement Disorder Therapy Fitness
- Aqua Mind & Body
- Aqua Fitness
- Aqua Cross Training
- Therapy Fitness
- Deep Aqua Fitness
- Arthritis and Fibromyalgia

For a full description of our programs, see [Aqua Fitness Program Descriptions](#).



Please Note: Registration for Aqua Fitness opened August 27th and space is still available. Sign up now!

Aquatic Programs

Aqua Fitness Programs Class Schedule



NEW! Pre-registration is required for all activities and must be registered 24 HOURS in advance.



Aqua Fitness Payment Options



NEW! Please make sure you are aware of our new Entrance Guidelines.

Payment Type	Cost
Per visit	\$10.00/class (includes HST)
10 visit pack	\$90.00 for 10 classes (includes HST)

Visit [Aquafit](#) for class descriptions.



Reminder: No programs November 11, 2020

Date	Program	Time	Start	End	# Classes	Cost	Barcode	Instructor
Sun	Aqua Cross Training	11:00 - 11:55am	Oct. 18	Dec. 13	9	\$77.31	7759	Monica
Sun	Aqua Mind & body	12:15 - 1:00pm	Oct. 18	Dec. 13	9	\$77.31	7546	Monica
Mon	Aqua Fitness	9:00 - 9:55am	Oct. 19	Dec. 14	9	\$77.31	7574	Melody
Mon	Aqua Fitness	10:00 - 10:55am	Oct. 19	Dec. 14	9	\$77.31	7760	Melody
Mon	Deep Aqua Fitness	12:00 - 12:45pm	Oct. 19	Dec. 14	9	\$77.31	7583	Melody
Mon	Arthritis & Fibromyalgia Fitness	1:05 - 1:50pm	Oct. 19	Dec. 14	9	\$77.31	7580	Melody
Mon	Aqua Fitness	7:05 - 8:00pm	Oct. 19	Dec. 14	9	\$77.31	7576	Lorri
Tues	Aqua Fitness	8:00 - 8:45am	Oct. 13	Dec. 15	10	\$85.90	7566	Melody
Tues	Therapy Fitness	9:00 - 9:55am	Oct. 13	Dec. 15	10	\$85.90	7595	Melody
Tues	Aqua Fitness	12:00 - 12:45pm	Oct. 13	Dec. 15	10	\$85.90	7567	Lorri
Tues	Deep Aqua Fitness	5:00 - 5:55pm	Oct. 13	Dec. 15	10	\$85.90	7581	Brenda
Tues	Deep Aqua Fitness	6:00 - 6:55pm	Oct. 13	Dec. 15	10	\$85.90	7582	Brenda
Wed	Aqua Fitness	9:00 - 9:55am	Oct. 14	Dec. 16	9	\$77.31	7568	Lorri
Wed	Aqua Fitness	10:00 - 10:55am	Oct. 14	Dec. 16	9	\$77.31	7569	Melody
Wed	Aqua Fitness	12:00 - 12:45pm	Oct. 14	Dec. 16	9	\$77.31	7570	Melody
Wed	Parkinson's	1:30 - 2:00pm	Oct. 14	Dec. 16	9	\$77.31	7586	Melody
Thurs	Aqua Fitness	8:00 - 8:45am	Oct. 15	Dec. 17	10	\$85.90	7571	Melody
Thurs	Therapy Fitness	9:00 - 9:55am	Oct. 15	Dec. 17	10	\$85.90	7596	Melody
Thurs	Aqua Fitness	7:05 - 8:00pm	Oct. 15	Dec. 17	10	\$85.90	7572	Brenda
Fri	Aqua Fitness	9:00 - 9:55am	Oct. 16	Dec. 11	9	\$77.31	7573	Lorri

*Instructors are subject to change.

Aquatic Programs

Swimming Lessons

General Swimming Lesson Information



General Swimming Guidelines

- Please note that where age is a pre-requisite for a program, participants must be the correct age by the first day of the program.
- We ask that your child not eat one hour prior to their lesson.
- If your child is ill, please do not bring them to their lesson.
- All un-toilet trained children **MUST** wear a rubber pant or swim diaper under their bathing suit. Protection **MUST** be worn to prevent fouling of the pool and disposable diapers are not allowed.
- Should someone vomit or defecate in the pool, we are required to close the pool.
- PLEASE DO NOT bring any NUT products.
- Food, beverages and outdoor footwear are not allowed on the pool deck.
- **Make up lessons will only be done for private lessons or if we have to close the pool due to unforeseen circumstances.**
- Classes may be cancelled one week prior to their start date due to low registration or may be combined with another level. If your class is cancelled, you will receive a phone call.
- Everyone must take a shower before entering the pool. If you have longer hair please tie it back before entering the pool.



- Your child may need to repeat a level to ensure they have mastered all the required skills.
- We have a no camera policy in the pool area however you will have an opportunity on the last day of lessons to get a picture of your child.
- Thank you for helping us keep the pool area clean.



Notice Regarding COVID-19 Impacts

Swimming Lesson Guidelines

We are very excited to be bringing back swim lessons! Along with all our Aquatic Entry guidelines, swim lessons have a few additional requirements we want to let you know about.

- This session we will be offering private, semi-privates, and low-ratio lessons.
- All our classes have been reduced to 30 minutes classes with a max capacity of 3 participants.
- All preschool lessons and Swim Kids 1-3 **will require a parent/guardian** (over the age of 16 years) **to participate in the water with their child.**
- ALL swimming lessons will be taught with the teacher in the water, only for demonstration purposes, as no physical contact is permitted (2m physical distancing is required).

We understand that this is a big change from our previous style of programming but we are excited to be back in the water teaching you all again!

Aquatic Programs

Fall 2020 Red Cross Preschool Swimming Lessons



October 25th - December 19th
October 13th - Registration Begins

Swim Preschool Levels

Ages 4 months – 6 years



NEW! Please make sure you are aware of our new Entrance Guidelines.



Due to COVID-19 and physical distancing restrictions all preschool classes require a parent to be in the water with the child and the instructor will teach the parent the skills with the child.

Lessons	Level	Time	8 Classes	7 Classes
Group Lessons - Starfish, Duck, Sea Turtle (1:6)	Swim Preschool	30 minutes	\$74.90	\$65.10
Low Ratio Lessons - Maximum 3 participants per class	Swim Preschool	30 minutes	\$112.00	\$98.00

*The 4-digit Barcode associated with the course time is to assist you with registration.

Visit [Swimming Lessons](#) for Red Cross Preschool level descriptions.



Reminder: No programs November 11, 2020

Level	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Start Date	Oct. 26	Oct. 27	Oct. 28	Oct. 29	Oct. 30	Oct. 31	Oct. 25
Number of classes	8	8	7	8	8	8	8
Starfish	6:00pm 7792	5:30pm 7817	6:30pm 7829	6:00pm 7871	6:00pm 7894	10:00am 7944	10:30am 7945 4:00pm 7946
Duck	6:00pm 7792	5:30pm 7817	6:30pm 7829	6:00pm 7871	5:00pm 7895	11:30am 7950	10:30am 7945 4:00pm 7946
Sea Turtle	5:30pm 7791	6:00pm 7818		5:30pm 7872	5:30pm 7896	9:30am 7947	11:30am 7948 4:30pm 7949
Low Ratio Sea Otter (Ages 3+)	5:00pm 7787	5:30pm 7812	5:00pm 7825	5:00pm 7875	5:00pm 7898	9:00am 7930	11:00am 7933
	6:00pm 7788	6:00pm 7813	6:00pm 7826	5:30pm 7874	6:00pm 7899	11:00am 7931	11:30am 7934
Low Ratio Salamander	5:30pm 7789	5:00pm 7814	5:30pm 7827	6:00pm 7876	4:30pm 7901	9:30am 7937	10:30am 7940
	6:30pm 7790	6:30pm 7815	6:30pm 7828	6:30pm 7877	5:30pm 7902	10:00am 7938	12:00pm 7941 4:00pm 7942
Low Ratio Sunfish						12:00pm 7939	5:00pm 7943
	6:30pm 7793	5:00pm 7816	5:00pm 7830	6:30pm 7873	4:30pm 7897	9:30am 7951	11:00am 7952
Low Ratio Crocodile						11:00am 7954	3:30pm 7953
	6:30pm 7794		5:00pm 7830				5:30pm 7955
Low Ratio Whale							4:30pm 7956
	6:30pm 7794		5:00pm 7830			11:00am 7954	5:30pm 7955

Aquatic Programs

Fall 2020 Red Cross Swim Kids Swimming Lessons



October 25th - December 19th
October 13th - Registration Begins



Due to COVID-19 restrictions all Swim Kids Level 1-3 require a parent to be in the water. Swim Instructors will respect physical distancing and teach the parent and children the skills. Visit [Swimming Lessons](#) for Red Cross Swim Kids level descriptions.

Lessons	Level	Time	8 Classes	7 Classes
Low Ratio Lessons Maximum 3 participants per class	Swim Kids – low ratio	30 mins.	\$112.00	\$98.00



Reminder: No programs November 11, 2020

*The 4-digit Barcode associated with the course time is to assist you with registration.

Level	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Start Date	Oct. 26	Oct. 27	Oct. 28	Oct. 29	Oct. 30	Oct. 31	Oct. 25
Number of Classes	8	8	7	8	8	8	8
Low Ratio Swim Kids Level 1	5:00pm 7768	6:00pm 7795	5:30pm 7844	5:30pm 7860	5:00pm 7883	10:00am 7957	11:30am 7958
					6:00pm 7885	12:00pm 7960	3:30pm 7959
							6:00pm 7961
Low Ratio Swim Kids Level 2	5:30pm 7770	6:30pm 7796	5:30pm 7844	5:00pm 7861	5:30pm 7884	10:30am 7962	11:00am 7963
			7:00pm 7842		6:00pm 7885	12:00pm 7960	5:30pm 7964
							6:00pm 7961
Low Ratio Swim Kids Level 3	7:00pm 7771	5:30pm 7797	6:00pm 7840	6:30pm 7862	4:00pm 7886	9:00am 7965	10:30am 7967
	7:30pm 7772		7:00pm 7841	7:00pm 7863	6:30pm 7887	11:30am 7966	12:00pm 7968
							5:00pm 7969
Low Ratio Swim Kids Level 4	7:00pm 7774	5:00pm 7798		4:00pm 7864		11:00am 7970	11:00am 7972
				6:00pm 7865		12:00pm 7971	5:00pm 7973
							6:00pm 7974
Low Ratio Swim Kids Level 5	7:00pm 7779	5:00pm 7799		4:00pm 7866	4:00pm 7882	11:00am 7977	10:30am 7976
						12:00pm 7978	12:00pm 7979
							4:00pm 7975
Low Ratio Swim Kids Level 6	7:00pm 7779	6:30pm 7800		5:00pm 7867	4:00pm 7882		5:00pm 7980
Low Ratio Swim Kids Level 7	7:30pm 7778		5:00pm 7838	4:30pm 7868		10:30am 7983	11:00am 7985
				6:30pm 7869			12:00pm 7986
						11:30am 7984	3:30pm 7987
Low Ratio Swim Kids Level 8	7:30pm 7778		5:00pm 7838	4:30pm 7868		10:30am 7989	11:00am 7985
				6:30pm 7869			12:00pm 7986
						11:30am 7984	3:30pm 7987
Low Ratio Swim Kids Level 9	8:00pm 7775		5:30pm 7839	5:30pm 7870		10:00am 7990	5:30pm 7988
Low Ratio Swim Kids Level 10	8:00pm 7775		5:30pm 7839	5:30pm 7870		10:00am 7990	10:30am 7991
							4:30pm 7992

Aquatic Programs

Private and Semi-Private Swimming Lessons



October 25th - December 19th
October 13th - Registration Begins

Lessons	Time	8 Classes	7 Classes
Preschool Private Lessons or Private Lessons	30 min.	\$192.00	\$168.00
Semi-Private Lessons (both swimmers must register at the same time)	30. min	\$112.00	\$98.00



*The 4-digit Barcode associated with the course time is to assist you with registration.



Reminder: No programs November 11, 2020



Preschool Private or Semi-Private Lessons

Sea Otter, Salamander, Sunfish, Crocodile or Whale

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Oct. 26 (8)	Oct. 27 (8)	Oct. 28 (7)	Oct. 29 (8)	Oct. 30 (8)	Oct. 31 (8)
5:00pm 7781 / 7782	5:00pm 7805 / 7806	4:30pm 7819	4:30pm 7852 / 7853	4:00pm 7888	9:00am 7912
5:30pm 7783	5:30pm 7807 / 7808	5:00pm 7820	5:00pm 7854	5:00pm 7889	
6:00pm 7784	6:00pm 7809	5:30pm 7821	6:00pm 7855	5:30pm 7890	9:30am 7913
6:30pm 7785	6:30pm 7810 / 7811	6:00pm 7822 / 7823	6:30pm 7856	6:00pm 7891	10:30am 7914
7:00pm 7786		6:30pm 7824	7:00pm 7857	6:30pm 7892 / 7893	

Reminder:
No main pool space available



Private or Semi-Private Lessons

Swim Preschool – all levels • Swim Kids – all levels or Adult lessons

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Oct. 26 (8)	Oct. 27 (8)	Oct. 28 (7)	Oct. 29 (8)	Oct. 30 (8)	Oct. 31 (8)	Oct. 25 (8)
7:30pm 7769	5:30pm 7801	4:00pm 7831 / 7832 7833 / 7834	4:00pm 7846 / 7847	4:00pm 7879	10:00am 7903	10:30am 7915
	6:00pm 7802 / 7803		4:30pm 7848		10:30am 7904 / 7905	11:00am 7916
8:00pm 7773	6:30pm 7804	4:30pm 7835 / 7836 7837	5:00pm 7849	4:30pm 7880 / 7881	11:00am 7906 / 7907	12:00pm 7919 / 7920
			5:30pm 7850		11:30am 7908 / 7909	3:30pm 7921
			6:00pm 7851		12:00pm 7910 / 7911	4:00pm 7922
			8:15pm 7858			4:30pm 7923 / 7924
						5:00pm 7925
						5:30pm 7926 / 7927
						6:00pm 7928 / 7929

* All pools available

Aquatic Programs

Fall Session 'B' Adult Swimming Programs



Reminder: No programs November 11, 2020

Adult Private Lessons

Get one on one attention to learn at your pace and achieve your swimming goals. Whether you are scared of the water, want to learn how to swim or learn a new stroke, our instructors can accommodate anyone! Adult instructors are available during the daytime. Check out our private swimming lesson page for dates and times. Any ages!

Adult Group Swimming Lessons

Beginner classes are for swimmers wanting to learn the basics and feel comfortable in the water. Advanced classes are for swimmers wanting to improve their skills such as improving their strokes or training for a triathlon. These classes are based on the swimmers goals and what they would like to achieve in the course! Ages 13+

Beginner Class

This course is for newer swimmers who are looking to learn basic swim skills and get comfortable in the water. No previous skills require

Day	Time	Start	End	Cost	Barcode	Classes
Wed.	7:30-8:00pm	Oct. 28th	Dec. 16th	\$65.10	7843	7

Intermediate Class

This course is for swimmers, who want to work on stroke correction, and swim skill improvement. Must be able to swim 25 meters.

Day	Time	Start	End	Cost	Barcode	Classes
Thurs.	7:45-7:00pm	Oct. 29th	Dec. 17th	\$74.4.0	7845	8

Diaper Fit

This parent and baby class is taught in the therapy pool where the water temperature is 90 degrees. This class is a great workout for parents trying to get into shape. Bring along your baby aged 4 months – 18 months and while they hang out in a dolphin - you do all the work! There is a strict one child per adult ratio.

Day	Time	Start	End	Cost	Barcode	Classes
Tues.	10:00-10:30am	Oct. 27th	Dec. 15th	\$74.4.0	7994	8
Wed.	12:55-1:25pm	Oct. 28th	Dec. 16th	\$74.4.0	7995	8

Private and Semi-Private Therapy Sessions – Land or Water

Don't let your disability or chronic conditions stop you from being healthy and fit. Let one of our certified fitness professionals create a program specifically designed to help you. These training sessions will be available at various times either on land or in the water. Call 613-966-4632 for more information. **Prices do not include HST.**



One-on-one sessions:

Will be available at various times either on land or in the water.

- **30-Minute Sessions:**
\$23.50/session OR Purchase
10 sessions for \$200
- **45-Minute Sessions:**
\$33.25/session OR Purchase
10 sessions for \$300
- **One-hour Sessions:**
\$44.50/session OR Purchase
10 sessions for \$400



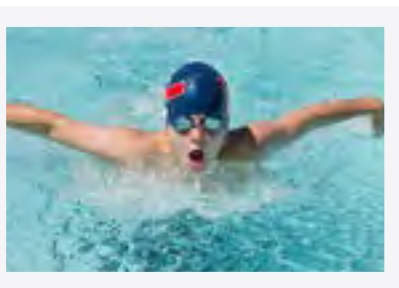
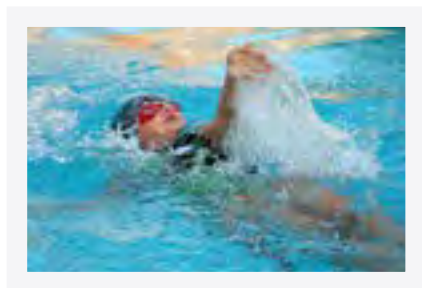
Semi-Private Personal Training Sessions:

Enjoy the benefits of a personal trainer at a lower cost. These semi-private sessions can be booked for two or three people, in your group, or family.

- **30-Minute Sessions:**
\$14.00/person/session OR Purchase
10 sessions for \$125
- **45-Minute Sessions:**
\$19.00/person/session OR Purchase
10 sessions for \$170
- **One-hour Sessions:**
\$25.00/person/session OR Purchase
10 sessions for \$225

Prices do not include HST.

Fall Session 'B' Aquatic Leadership Programs



You are finished all your swimming levels so what's next?

In order to become a Lifeguard or Instructor, you need to take your Bronze Medallion first.

Not old enough yet?

Here are some programs you can do in the meantime to keep up your swimming skills and help you prepare for Bronze Medallion!

Visit [Aquatic Leadership Programs](#) for course descriptions.



Future courses

Stay tuned to QSWC.ca for future upcoming courses.

October through January we will be offering:

- National Lifeguard Course Recertification
- Red Cross Water Safety Instructor Recertification,
- Standard First Aid and CPR 'C'
- Standard First Aid and CPR 'C' Recertification

Spaces will be limited as courses become available.

Rookie Patrol

Prerequisite: Suggested completion of at least Swim Kids 8

Day	Time	Start	End	Barcode	Cost
Thursday	7:00-7:45pm	October 29th	December 17th	7878	\$114.35
Saturday	9:30-10:30am	October 31st	December 19th	7993	\$114.35

Ranger Patrol

Prerequisite: Suggested completion of at least Swim Kids 8

Day	Time	Start	End	Barcode	Cost
Thursday	7:00-7:45pm	October 29th	December 17th	7878	\$114.35
Saturday	9:30-10:30am	October 31st	December 19th	7993	\$114.35

Bronze Star

Prerequisite: Suggested 11yrs of age

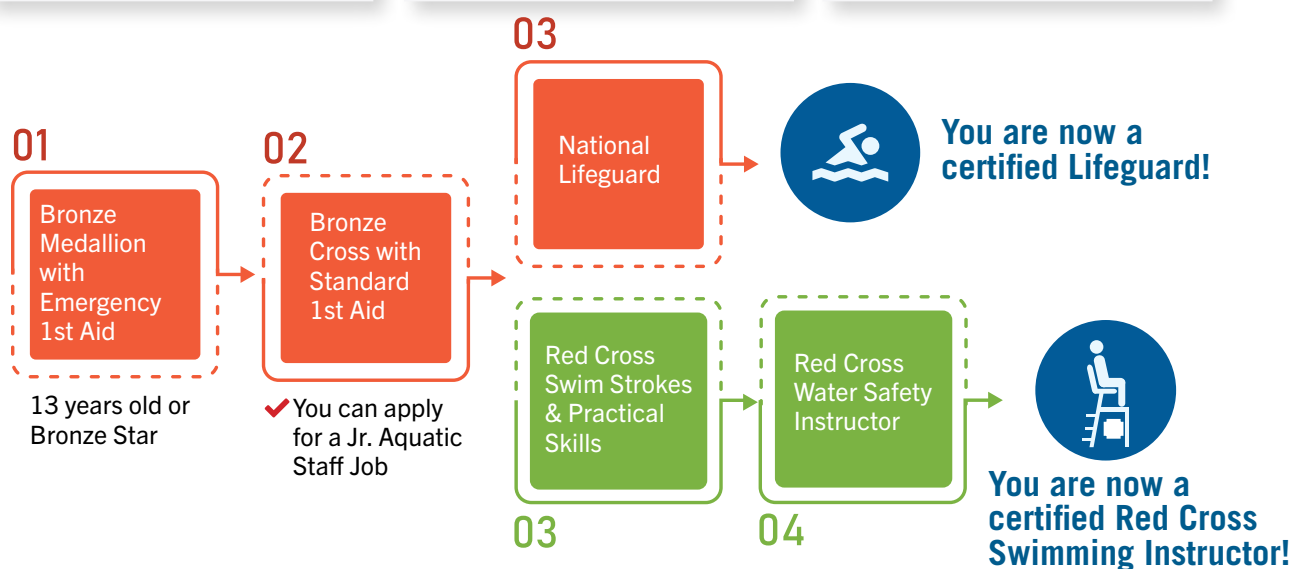
Day	Time	Start	End	Barcode	Cost
Thursday	7:00-7:45pm	Oct. 29th	Dec. 17th	7878	\$114.35
Saturday	9:30-10:30am	Oct. 31st	Dec. 19th	7993	\$114.35

Aquatic Programs

Fall Session 'B' Aquatic Leadership Programs



Steps to Becoming a Lifeguard and Swimming Instructor



Bronze Medallion

Prerequisites: 13 yrs OR successfully completed Bronze star

Day	Time	Dates	Barcode	Cost
Sunday	3:30-6:30pm	October 25 – December 13	8029	\$261.10

Bronze Cross

Prerequisites: Bronze Medallion and Emergency First Aid (need not be current)

Day	Time	Dates	Barcode	Cost
Saturday & Sunday	9am-5pm	November 14, 15 & November 21, 22	8030	\$256.50

National Lifeguard Course

Prerequisites: 16 yrs of age by the last day, Bronze Cross and Standard First Aid (need not be current)

Day	Time	Dates	Barcode	Cost
Friday Saturday & Sunday	4-9:30pm 8:30am-5:30pm	December 4, 5, 6 & December 18, 19, 20	8031	\$323.50

Preschool, Children and Youth

Preschool, Children and Youth Program Schedules

A Face covering is required for all indoor programs. (Some exemptions may apply).



October 25th - December 19th
Registration Begins: October 13th

Program Notes:

- **Yoga classes** – all participants must bring their own mat.
- **Zoom classes** – all participants will be emailed the link to attend their classes along with a list of supplies.
- Visit [Preschool, Children and Youth](#) for program descriptions.
- A [2020 Waiver Form](#) must be completed.



Monday

Effective October 26th - December 14th, 2020

Program	Time	Cost	Barcode	Location
Kindergarten Readiness	10:00am-12:30pm	\$120.00	8009	ZOOM
Little Creators	4:30-5:15pm	\$48.00	8011	Gym Meeting Room
Art Factory	5:35-6:20pm	\$48.00	8012	Gym Meeting Room



Wednesday

Effective October 28th - December 16th, 2020

Program	Time	Cost	Barcode	Location
Kindergarten Readiness	9:15-11:45am	\$105.00	8008	Gym Meeting Room
Icky Sticky	4:30-5:15pm	\$42.00	7527	Gym Meeting Room
Mad Scientists	5:35-6:20pm	\$42.00	8010	Gym Meeting Room
Family Yoga	6:15-7:15pm	\$57.33	7756	ZOOM

Reminder:
No programs
November 11,
2020



Thursday

Effective October 29th - December 17th, 2020

Program	Time	Cost	Barcode	Location
Creative Writers Club	5:00-6:00pm	\$48.00	7755	ZOOM
Art & Photography Appreciation	6:15-7:15pm	\$48.00 + \$15 Supply fee	7435	Gym Meeting Room



Winter Wonderland Workshops

Program	Time	Date	Cost	Barcode	Location
Medallion Snowflake Garlands	5:00-6:30pm	November 17	\$15.82	8296	Gym Meeting Room
Medallion Snowflake Garlands	5:00-6:30pm	November 19	\$15.82	8297	ZOOM
Holiday Cookie Decorating	5:00-6:00pm	December 8	\$15.82	8298	Gym Meeting Room
Cardinal Winter Scene Painting	5:00-6:30pm	December 15	\$15.82	8299	Gym Meeting Room
Cardinal Winter Scene Painting	5:00-6:30pm	December 17	\$15.82	8300	ZOOM

Glanmore National Historic Site, Belleville's Treasure



Built in 1883 this historic home has been expertly restored to the 1880s and features period room displays with original furnishings as well as European fine art and decorative objects from the Coultery Collection.

Glanmore is open Tuesday to Friday from 1:00 pm to 4:30 pm. Individual visitors and small groups may tour the museum through self-guided exploration. Timed-entry tickets are required.

Purchase timed-entry tickets and register for museum programs through Glanmore's online event calendar at www.glanmore.ca.

Super Saturdays at Glanmore

Saturday, October 10 & 24, Saturday, November 14 & 28, Saturday, December 12, 2020

Glanmore National Historic Site is reopening on select Saturdays this fall and winter! Following an introduction to the site, visitors will be free to explore Glanmore at their own pace. Regular admission rates apply. Advance tickets with timed-entry are required.

Bubble Tour Experience

A very exclusive small-group bubble tour experience (maximum 8 people within the same social circle) is available at 2 pm during each of Glanmore's Saturday openings. Our guide will lead your bubble group through the historic house while sharing stories about Glanmore's first residents, artifacts and art collection as well as site restoration. This tour has very limited availability and must be reserved online in advance. **Cost: \$52.00 per group (incl. H.S.T.)**

Glanmore by "Gaslight" Evenings

Wednesday, December 2, Wednesday, December 9, Wednesday, December 16, & Wednesday, December 23, 2020

Our popular Gaslight evenings have been re-imagined for your safety and enjoyment. Visit Glanmore National Historic Site at night to enjoy the glow of faux gaslight and the magic of Victorian Christmas. As you explore, our interpreters will provide information about Glanmore and Victorian Christmas traditions at socially-distanced stations throughout the historic house.

Timed-entry tickets are available on each date between 5:30 and 8:00 pm. Tickets are very limited and must be purchased online in advance of the event. **Cost: Adults \$10.00, Students/Seniors \$8.50, Children 5-12 \$6.50 and pre-school children are free. (incl. H.S.T.)**

Virtual Victorian Christmas

Saturday, December 5, 2020 – 2:00 to 3:00 pm

The Victorians invented or perfected many of the most treasured Christmas traditions: Christmas cards, decorations and Christmas trees, and Christmas crackers can all trace their popularity to the mid-nineteenth century. Get in the festive spirit with Glanmore's Education Coordinator Melissa Wakeling as we explore Glanmore National Historic Site virtually to discover the fashion and fads of the Victorian Yuletide. This presentation will be delivered through a Zoom video call. Register online through Glanmore's event calendar. **Cost: \$5.00 per person.**



Safety First!

Here is how we are maintaining Glanmore as a safe space for our community:

- Face coverings required while exploring the museum;
- Increased cleaning and sanitization throughout the day;
- Timed-entry admissions with a limited number of visitors per session to allow for social distancing;
- Contact tracing and health screening upon arrival.



The **Community Archives** collects maps, photographs, newspapers and other records telling the stories of **Belleville** and other communities of **Hastings County**.

Free to use and **open** to all:

Monday to Thursday
11.00 to 1.00 and
2.00 to 4.00



We can help you **discover** the history of your **family**, your **community** and your **home**.

Community Archives of Belleville and Hastings County

254 Pinnacle Street, Belleville ON K8N 3B1

(2nd floor, Belleville Public Library)

Email: archives@cabhc.ca Phone: 613-967-3304

Explore our collections online at **www.cabhc.ca**

VIRTUAL BRANCH

Read, listen and learn in the comfort of your home!

Online resources are open 24/7 with a BPL card.

Contact us at 613-968-6731 x2037 for more information about accessing our Virtual Branch today!



Stay Connected with Free Online Resources!



**Belleville
Public
Library**

Monday-Thursday: 11-7

Friday & Saturday: 11-5 ■ Sunday: Closed

Connect With Us!



TheBellevillePublicLibrary



BellevillePublicLibrary



bellevillepl



@BellevillePL

613-968-6731 • 254 Pinnacle Street • Belleville • ON • K8N 3B1

www.bellevillelibrary.ca

Virtual Programs @ BPL

Storytime

Wednesdays, 10am
October 7-December 9
 Stories, songs and rhymes in your living room with Facebook Live! All Ages

Mini Storytime

Thursdays & Saturdays
October 8-December 12
 Watch for weekly stories on our Facebook page. All Ages

Junior Club October 8, November 12, December 10, 10am

Explore your creativity! Once a month we will post an awesome instructional video on our website and social media teaching you a new craft or fun activity! Ages 7-12

Teen Book Club October 15, November 19, 6pm

Join our lively book discussion each month! Email cys@bellevillelibrary.ca to sign up for this Zoom program. Ages 12+

Fireside Book Club

Mondays, 6:30-7:30pm
October 26, November 30
 Email cys@bellevillelibrary.ca to sign up for this Zoom program. Adults

Tech Thursdays

Thursdays, 2-3:30pm
October-December
 Email vsytsma@bellevillelibrary.ca to sign up for Zoom webinars on different types of technology. Adults

BPL Writers' Collective Tuesdays, 5:30-7:30pm, October 27, November 24

Inspire each other to meet your writing goals via Zoom. Email vsytsma@bellevillelibrary.ca to sign up

Kids & Teen Kits

October 5-December 19
 Enjoy a library program from home! Drop in the library to pick up your weekly Fall Fun Take Home Kit. No registration. Ages 0-6, 7-11, 12-16

Adult Kits

October-December
 Fun things to do and great reading suggestions. Register for your kit on our website and stop by the library to pick up your monthly activity package

Take Home Kits

Check out our website What's On calendar for details and to register!

Enrich your life with a visit to the **Parrott Gallery**

Enjoy a rotating selection of artwork featuring oil paintings by **Manly MacDonald** as well as exhibitions by local and regional makers on display throughout our Galleries and Corridor

Explore the **Parrott Shop**: Featuring functional and original giftware by regional artisans in wood, glass, clay and so much more



Tuesday, Wednesday,
Friday & Saturday: 1-5pm
Thursday: 1-7pm
Sunday & Monday: Closed

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