

Recreation, Culture & Community Services

Activity Guide

2020 Fall Session A
September 8 – October 9

FALL
2020



Registration begins:
August 27 (City taxpayer)
August 31 (Non-City taxpayer)

2020 Fall Session A Offering:
Virtual Recreation Programs, Outdoor 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 A Session:** September 8 to October 9, 2020. Registration begins the week of August 27
- ✓ **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 begins the week of August 27
- ✓ **Recreational Swims:** September 28 to October 11, 2020. Pre-registration will be available starting September 16. 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 at this time, except by appointment only.

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](https://qswc.ca).





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We are pleased to offer a selection of activities for all age groups.

The Fall Session has been divided into two mini-sessions (Fall Session A and Fall Session B).

Fall Session A begins:

September 8 to October 9.

- Registration begins the week of August 27.

Aquafit Session begins:

October 13 to December 17.

- Registration begins the week of August 27.

Recreational swims begin:

September 28 to October 11.

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

Fall Session B begins:

October 25 to December 19.

- Registration begins the week of October 13.

Activities offered may be scaled up or down based on demand and public safety.

A [2020 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: Stay updated at [QSWC.CA](https://www.qswc.ca)



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General Information

Where everyone is welcome

The Recreation, Culture & Community Services Department will be offering outdoor classes at our local parks, including children's programming, fitness and personal training classes along with virtual programs. Registration begins the week of August 27th.

As part of a staged approach, we will be gradually reopening facilities at the Quinte Sports & Wellness Centre beginning on September 14 with the Wally Dever Arena opening. On September 28, we are targeting the Templeman Aquatic Centre to open for recreational swims (pre-registration is required). After Thanksgiving, aqua fit classes will be available, followed by modified swimming lessons that will start the week of October 25. A second arena is expected to open around the end of September.

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



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



Email: rccsgeneral@belleville.ca



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



[@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](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 and Withdrawals

Please refer to our website 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 Registration – Session A

Fall Program Registration

Aquatics & Recreation Registration Begins:



August 27th at 8:30am (City Taxpayer)

August 31st at 8:30am (Non-City Taxpayer)



Notice regarding COVID-19 impacts:

Registration for Fall recreation programs is slated to begin August 27, 2020 for Belleville City taxpayers and August 31, 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
- ✓ Outdoor 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.

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.

Dates to Remember:

Session B: October 25th - December 19th

Registration begins: October 13th: (City taxpayer)

October 16th: (Non-City taxpayer)



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

Health & Wellness Programs

Health and Wellness Programs Program Description



All programs listed below will be offered through virtual programming or at our outdoor parks for this session.

🧘 Low/Beginner Intensity

🧘🧘 Medium Intensity

🧘🧘🧘 High Intensity

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.

Cuts & Curves 🧘

This program is for women only and designed to increase muscle, core strength and endurance. You will learn a variety of weight training exercises using different weights and your own body weight. Our certified personal trainer teaches this class and will help you reach your personal goals.

Fit & Firm 🧘

This 60-minute beginner/intermediate group fitness class starts with an extended cardiovascular warm up with an emphasis on resistance training and a targeted stretch at the end. Different levels of intensity will be provided with a focus on form and technique over repetitions. A great way to learn about your body as you work to tone up and stay strong!

Gentle Hatha Flow Yoga 🧘

This class is designed to explore your body's potential in all asanas (postures). Emphasis is on proper skeletal alignment and breath control leading to a new awareness of self.

Hatha Yoga 🧘

Yoga is designed to enhance circulation, improve flexibility, and calm your nervous system through exercise and efficient breathing techniques. Focus is on flexibility, meditation and breathing.

Line Dancing 🧘

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. Come out and try Line Dancing - you will have a great time!

Older Adult Yoga (50+) 🧘

Hatha yoga, for older adults, combines slow, steady movements with controlled breathing and simple relaxation techniques. Modifications for mature bodies are offered.

Senior Fit (50+) 🧘

Get fit in this low intensity class that includes a warm-up, cardiovascular exercises, muscle conditioning, balance work, cool-down and stretching. This class involves both seated and standing exercises.

Stretch & Balance Fit (50+) 🧘

This is a great class to help you move better, feel better and become stronger while having fun doing both seated and standing activities. Join us for an hour of gentle movements in resistance training, balance and flexibility exercises.

Stretching in the Park 🧘

Come enjoy nature and fresh air in our 30 minute stretch class with Amber at Zwicks Lions Pavilion. You will lengthen muscles in your body and leave feeling relaxed, more flexible and ready for the day.

Tai Chi 🧘

Tai Chi is an ancient Chinese exercise. Men and women of all ages can practice these nonstrenuous, flowing and relaxing movements to regain their natural health and remain in good physical condition. It is often described as a "moving meditation" because it relieves stress, improves concentration, perception and balance. It is also an effective therapy for many health problems.

COPD/Stroke/Cardiac Therapy Fitness 🧘

This specialized therapeutic class is for men and women of all ages who are living with COPD, have experienced a cardiac event or are at high risk for a cardiac event and/or are a stroke survivor. Our qualified fitness instructor who has received specialized training in therapeutic exercise will lead this class. The instructor will closely monitor cardiovascular training and provide exercises to improve balance, strength, flexibility, coordination gait and optimize your ability to function in daily activities. **New participants must have a Referral Form (Call 613-966-4632 to obtain a form) completed by their family physician or be referred by a rehabilitation program.**

Health & Wellness Programs

Health and Wellness Programs Program Description



30 Minute Body Blast 🏋️🏋️

This full body workout utilizing free weights, resistance bands and body weight exercises is a great middle of the day pick-me-up. Designed to target all major muscle groups, you will receive the variety your body needs. This 30-minute class will leave you feeling stronger and more energized.

Core & More 🏋️🏋️

A total body workout with focus on the abdominals and back that can relieve stress among joints and improve posture and functionality by strengthening these areas.

Gentle Pilates 🏋️🏋️

Pilates workouts focus first on developing core strength, the back, abdomen and hips. Body weight resistance as well as bands and stability balls are used to gain a better mind/body connection. Through breathing instruction and modifications, you are encouraged to work at your own level to increase strength, flexibility and coordination.

Dance Gold (50+) 🏋️🏋️

Move with joy! This class is based on the same dance moves used in adult dance classes, but it is less intense, with dance routines designed for beginners and older active adults. There is a longer warm-up and cool-down to help improve balance, flexibility and cardiovascular strength.

Stretch & Strengthen (50+) 🏋️🏋️

This workout is designed to use equipment or your own body weight to train your balance, keep your bones and joints healthy, and your heart fit and strong. By combining cardiovascular exercise, resistance training, and stretching into one class, you will be able work towards improving your total body strength, cardiovascular health, and flexibility.

Please meet at the back of the Lions Pavilion on September 10th & 24th as class will be held in the Hill Pavilion those days.

Older Adult Women 'n Weights (50+) 🏋️🏋️

This older adult program is designed to increase muscle and core strength, as well as endurance. You will learn how to safely perform a variety of weight training exercises using weights, bands, and body weight.

Yoga Fit 🏋️🏋️

This class is designed to explore your body's potential in all asanas (postures). Emphasis is on proper skeletal alignment and breath control leading to a new awareness of self.

Older Adult Mix it Up (50+) 🏋️🏋️

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, stability balls, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance.

Strong Seniors (50+) 🏋️🏋️

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, machines and aerobic exercise in this program will help you reach this goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized.

Please meet at the back of the Lions Pavilion on September 10th & 24th, class will be held in the Hill Pavilion those days.

Zumba Dance 🏋️🏋️

These fitness classes are fun, energetic, and make you feel amazing. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. No previous dance experience needed.

Cross Training 🏋️🏋️🏋️

This high intensity class targets total body fitness. You will work to improve your speed, strength, agility, and move towards achieving your health and fitness goals. While learning how to maximize your workouts and stay on top of your game, you will use a variety of types of workouts and different equipment to keep things interesting.

Fitness in the Park 🏋️🏋️🏋️

Join Amber on Thursday mornings at Riverside Park, for a fun 30 minute fitness class! This program will include a cardio warm-up, muscle conditioning, balance work and stretching. There will be modifications for each exercise so everyone can get a great workout.

Program Locations

📍 **Riverside Park - Please meet your instructor at the Riverside Pavilion.**

📍 **Zwicks Park - Please meet at the back of the Lions Pavilion. September 10th & 24th, class will be held in the Hill Pavilion.**

Health & Wellness Programs

Health and Wellness Programs Class Schedule



Gentle Hatha Yoga

QUICK TIPS!

Virtual Zoom and Outdoor 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.



Outdoor Class Cancellations

- Thunder – all classes will be cancelled
- Rain – all classes not under a pavilion will be cancelled
- Temperature - 28 degrees and higher all classes will be cancelled.



Monday

Effective September 14th - October 5th, 2020

| Program | Time | Cost | Shortcode | Instructor | Location |
|----------------------------------|-----------------|---------|-----------|------------|------------------------|
| Gentle Pilates | 10:00 - 11:00am | \$30.28 | 7026 | Robbi | Zwicks Lion's Pavilion |
| Strong Seniors (50+) | 10:30 - 11:15am | \$30.28 | 7028 | Amber | Live Online (Zoom) |
| Line Dancing | 11:30 - 12:30pm | \$30.28 | 7027 | Kathy | Zwicks Lion's Pavilion |
| 30-minute Body Blast | 12:15-12:45pm | \$19.68 | 6995 | Amber | Riverside Park |
| COPD/Stroke/Cardiac/ Therapy Fit | 2:30-3:30pm | \$30.28 | 7734 | Amber | Live Online (Zoom) |
| Yoga Fit | 5:15-6:15pm | \$32.76 | 7000 | Debbie | Live Online (Zoom) |
| Fit & Firm | 5:30-6:30pm | \$30.28 | 6997 | Terri | Zwicks Lion's Pavilion |
| Yoga Fit | 6:30-7:30pm | \$32.76 | 7001 | Debbie | Live Online (Zoom) |



Tuesday

Effective September 8th - October 6th, 2020

| Program | Time | Cost | Shortcode | Instructor | Location |
|-----------------------------------|---------------|---------|-----------|------------|------------------------|
| Tai Chi - Intermediate | 9:15-10:15am | \$37.85 | 7033 | Sherri | Riverside Park |
| Older Adult Yoga | 9:30-10:30am | \$32.50 | 7034 | Shwetha | Zwicks Lion's Pavilion |
| Senior Fit Cancelled | 9:30-10:30am | \$37.85 | 7029 | Amber | Live Online (Zoom) |
| Tai Chi - Beginner | 10:30-11:30am | \$37.85 | 7032 | Sherri | Riverside Park |
| Older Adult Yoga Cancelled | 10:45-11:45am | \$32.50 | 7036 | Shwetha | Zwicks Lion's Pavilion |
| Core & More Cancelled | 4:30-5:00pm | \$19.68 | 7004 | Megan | Zwicks Lion's Pavilion |
| Cross Training Cancelled | 5:30-6:30pm | \$37.85 | 7354 | Megan | Zwicks Lion's Pavilion |
| Cuts & Curves Cancelled | 7:00-7:45pm | \$37.85 | 7005 | Megan | Zwicks Lion's Pavilion |

Health & Wellness Programs

Health and Wellness Programs Class Schedule



Pre-Register
Online or by
Phone



Wednesday

Effective September 9th - October 6th, 2020

| Program | Time | Cost | Shortcode | Instructor | Location |
|--|-----------------|---------|-----------|------------|-----------------------|
| Stretch & Balance Fit (50+) Cancelled | 9:30-10:30am | \$37.85 | 7040 | Amber | Live Online (Zoom) |
| Chair Yoga | 11:00-11:45am | \$32.50 | 7434 | Kathy | Live Online (Zoom) |
| Dance Gold | 11:00am-12:00pm | \$37.85 | 7037 | Robbi | Zwick Lion's Pavilion |
| 30-minute Body Blast | 12:15-12:45pm | \$24.60 | 7007 | Amber | Riverside Park |
| COPD/Stroke/Cardiac Therapy Fit | 2:30-3:30pm | \$37.85 | 7735 | Amber | Live Online (Zoom) |
| Gentle Flow Yoga | 5:00-6:00pm | \$40.95 | 7023 | Shwetha | Live Online (Zoom) |
| Fit & Firm | 5:30-6:30pm | \$37.85 | 7009 | Teri | Riverside Park |
| Line Dancing | 6:00-7:00pm | \$37.85 | 7025 | Kathy | Zwick Lion's Pavilion |



Thursday

Effective September 10th - October 8th, 2020

| Program | Time | Cost | Shortcode | Instructor | Location |
|--------------------------------------|-----------------|---------|-----------|------------|-----------------------|
| Fitness in the Park Cancelled | 7:00-7:30am | \$24.60 | 7722 | Amber | Riverside Park |
| Fitness in the Park | 8:00-8:30am | \$24.60 | 7725 | Amber | Riverside Park |
| Older Adult Yoga Cancelled | 10:00-11:00am | \$32.50 | 7042 | Joanne | Live Online (Zoom) |
| Strong Seniors (50+) | 10:00-10:45am | \$37.85 | 7046 | Amber | Zwick Lion's Pavilion |
| Older Adult Yoga | 11:15am-12:15pm | \$32.50 | 7043 | Joanne | Live Online (Zoom) |
| Stretch & Strengthen (50+) | 11:15am-12:15pm | \$37.85 | 7045 | Amber | Zwick Lion's Pavilion |
| Hatha Yoga Cancelled | 5:00-6:00pm | \$40.95 | 7015 | Kathy | Live Online (Zoom) |
| Zumba | 5:15-6:15pm | \$37.85 | 7002 | Brenda | Zwick Lion's Pavilion |



Friday

Effective September 11th - October 9th, 2020

| Program | Time | Cost | Shortcode | Instructor | Location |
|------------------------------|---------------|---------|-----------|------------|-----------------------|
| Older Adult Women N' Weights | 9:00-9:45am | \$37.85 | 7050 | Amber | Zwick Lion's Pavilion |
| Older Adult Yoga | 9:30-10:30am | \$32.50 | 7048 | Kathy | Live Online (Zoom) |
| Older Adult Mix it Up | 10:15-11:15am | \$37.85 | 7051 | Amber | Zwick Lion's Pavilion |
| Stretching in the Park | 12:15-12:45pm | \$24.60 | 7724 | Amber | Zwick Lion's Pavilion |

Health & Wellness Programs

FREE Programming Speaker Series



NEW! Pre-registration is required for all activities.

Join us on Zoom every Tuesday from 11:30 am to 12:00 pm to listen to an interesting and informative speaker, ask questions and socialize. Those without a computer can also call in through the phone line.



September 8th – How to Maximize Your Income

Shortcode 7739

Whether you are working towards your retirement or have already retired, we can all use a little more money. Join Rebecca as she gives us some great tips for maximizing your income and helping you to live life large! **Presented by: Rebecca Sudano, Senior Vice President, BDO Canada Limited.**



September 15th – The Three Biggest Mistakes Retirees Are Making With Estate Planning & How To Avoid Them

Shortcode 7740

Shocked is probably the best word to describe the looks on retirees' faces when I show them what will happen to their estate without proper planning. Did you know one of the most popular places to save for retirement is also a place where half of it could be lost to taxes in one single year?

In this free session I will show how to apply my three-step "PSL strategy" in order to leave a bigger legacy to family, church, and causes, rather than giving voluntary contributions to taxes. **Presented by: Galen Nuttall, Freedom 55 Financial Advisor.**



September 22nd – Memory Loss, Dementia and Alzheimer's - How Can You Help?

Shortcode 7741

At home, at work, at church, as a volunteer, or in your neighbourhood: How to help persons living with memory loss, dementia or Alzheimer's stay active and connected to the life of the community. Join Deborah Hierlihy from the Alzheimer Society of Hastings Prince Edward for a discussion of practical tips to use when communicating with persons living with dementia. **Presented by: Deborah Hierlihy, Dementia Friendly Communities Coordinator - Alzheimer Society HPE.**



September 29th – Understanding Hearing Loss and Effective Communication

Shortcode 7742

Topics will include how we hear, understanding hearing loss, accessing the hearing healthcare system, communication tips and strategies, and communication devices to use in your home. **Presented by: Alana DeVille, Hearing Care Counsellor - Canadian Hearing Services.**



October 6th – Strong Seniors - Eating Clean and Staying Active!

Shortcode 7743

We all know how important it is to eat right and get lots of exercise, but it's still sometimes hard to follow through with our good intentions. Meet Joe & Shirley, two seventy-some things who are joining us to share lots of tips, information and inspiration to help us live healthier lives. **Presented by: Shirley & Joe**

Go to [QSWC.CA](https://qswc.ca) or call 613-966-4632 for more information or to register.



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.

Health & Wellness Programs

FREE Programming Learn & Create



NEW! Pre-registration is required for all activities.

**Every Thursday from
1:00 to 2:00 pm
you can join us on Zoom and
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.**



September 10th – Dendrite Designing with Gail Shortcode 7745

Dendrite art is an abstract painting technique that uses paint between two pieces of glass and the design is then transferred to a canvas or paper. The design you create will depend on the thickness of your paint, the pressure you use with the glass and the temperature of the glass. Your beautiful original creations can be limitless once you learn this easy technique!



September 17th – Amazing Mug Cakes Shortcode 7746

Do you have a craving for something sweet, but don't want to make a whole cake? This class is for you! Learn how to make quick and easy mug cakes that taste delicious and make clean up easy. All you need is a mug, a microwave and a few ingredients to create a yummy dessert in minutes without even turning the oven on.



Cancelled September 24th – DIY Beeswax Wrap Workshop – Melt, Brush & Bake with Karen Swalm! Shortcode 7747

Beeswax wraps are not only eco-friendly but also very practical! Whether you want to wrap your fruits, vegetables, herbs, cheese or just cover a bowl – beeswax wraps are the perfect fit!

Join us online to learn step-by-step how easy it is to make your own beautiful, reusable, natural food wraps which can last up to a year, and can be re-waxed when needed.



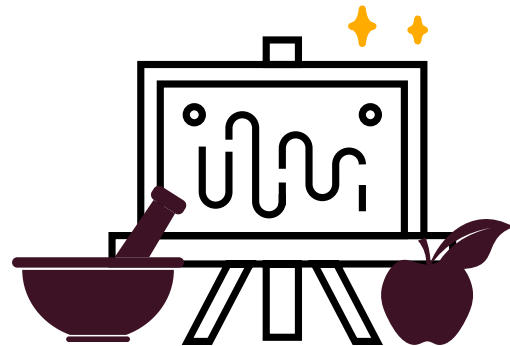
October 1st – Recycled Paper Art with Gail Shortcode 7748

Remember the crazy toilet paper shortage at the beginning of COVID-19? Create a beautiful keepsake craft using toilet paper rolls and some other items you have on hand. You will be amazed with what you can create using mostly recycled items.!



October 8th – Festive Cooking with Quinte Gardens Shortcode 7749

Executive Chef Jesse McMaster of Quinte Gardens Retirement Residence will do a cooking demonstration and prepare a delicious festive meal in honour of Thanksgiving. Work alongside Chef to build your own fine dining at home that you can then eat for lunch. Quinte Gardens will be supplying all the ingredients needed; you will just have to pick up your box there the day before the class.



Relax & Meditate with Myra - Friday – 11:00 to 11:30 am Shortcode 7744

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.

Recreational Swim Guidelines

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 on the North wall (beside the pool), outside, 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 into. 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://qswc.ca)

Recreational Swims

Templeman Aquatic Centre Recreational Swim Schedule



September 28 - October 11
September 16th - Registration Begins
September 28th - Swims start

Coming SOON! Modified Swimming Lessons. Stay tuned for our Fall B Activity Guide.

Lane Swim Schedule - **NEW!** Pre-registration required

Main Pool

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|---------------------------|-----------------------------|
| 6:00-6:45am | 7:15-8:00am | 6:00-6:45am | 7:15-8:00am | 6:00-6:45am | 10:15am-11am | 8-8:45am |
| 6:45-7:30am | 8:00-8:45am (1/2 Pool) | 6:45-7:30am | 8:00-8:45am (1/2 Pool) | 6:45-7:30am | 11am-11:45am | 8:45-9:30am |
| 7:30-8:15am | 9:00-9:45am | 7:30-8:15am | 9:00-9:45am | 7:30-8:15am | 1:00-2:00pm (1/2 Pool) | 9:30-10:30am (1/2 Pool) |
| 11am-12:00pm (1/2 Pool) | 9:45-10:30am (1/2 Pool) | 11am-12:00pm (1/2 Pool) | 9:45-10:30am (1/2 Pool) | 10-10:45am (1/2 Pool) | 2:30-3:30pm (1/2 Pool) | 1:15pm-2:15pm (1/2 Pool) |
| 3:00-3:45pm | 11am-12:00pm (1/2 Pool) | 3:00-3:45pm | 11am-12:00pm (1/2 Pool) | 11am-12:00pm (1/2 Pool) | | 2:45-3:45pm (1/2 Pool) |
| | 3:00-3:45pm | | 3:00-3:45pm | 3:00-3:45pm | | |
| | 8:00-8:45pm (1/2 Pool) | | 8:00-8:45pm (1/2 Pool) | | | |

Family Swim Schedule - **NEW!** Pre-registration required 1/2 Main Pool & Therapy Pool

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------|-------------------------------|-------------------------------|-------------------------------|--------------|----------|--------------|
| 9:15-10:45am | 10:00-10:45am | 9:15-10:45am | 10:00-10:45am | 9:15-10:45am | N/A | 9:30-10:45am |
| 4:00-5:00pm (Therapy Pool) | 4:00-5:00pm (Therapy Pool) | 4:00-5:00pm (Therapy Pool) | 4:00-5:00pm (Therapy Pool) | | | |

Public Swim Schedule - **NEW!** Pre-registration required

Therapy & 1/2 Main Pool

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|-----------------|-----------------|-----------------|-----------------|-------------|-------------|
| 11:15am-12:30pm | 11:15am-12:30pm | 11:15am-12:30pm | 11:15am-12:30pm | 11:15am-12:30pm | 1:00-2:00pm | 1:15-2:15pm |
| | 7:10-8:55pm | | | | 2:30-3:30pm | 2:45-3:45pm |

Therapy Swim - **NEW!** Pre-registration required

Therapy Pool

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------|-------------|-------------|-------------|-------------|---------------|-------------|
| 6:30-8:45am | 7:30-8:45am | 6:30-8:45am | 7:30-8:45am | 6:30-8:45am | 8:00-9:30am | 8:00-9:00am |
| 3:15-4:00pm | 3:15-4:00pm | 3:15-4:00pm | 3:15-4:00pm | 3:15-4:00pm | 10:30-11:30am | |
| | | | 8:00-8:55pm | | | |

Senior's Swim - **New!** Pre-registration required

Therapy & Main Pool

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------|-------------|-------------|-------------|-------------|----------|--------|
| 2:00-3:00pm | 2:00-3:00pm | 2:00-3:00pm | 2:00-3:00pm | 2:00-3:00pm | N/A | N/A |



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.

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

Aqua Fitness Programs

Aqua Fitness Program Description



Aqua fit classes start October 13th - December 17th



Fall Program Registration begins:

August 27 at 8:30 am (City Taxpayer)

August 31 at 8:30 am (Non-City Taxpayer)

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.



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

Aqua Fitness Program Descriptions

Parkinson's & Movement Disorder Therapy Fitness

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

Aqua Mind & body

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

Aqua Fitness

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

Aqua Cross Training

This class is taught in our Main Pool and you will use steps, gloves, fins and receive a full body workout including increasing balance, strength and flexibility.

Therapy Fitness

This class is taught in our Therapy Pool where the water temperature is kept at 90 degrees. The class focuses on range of motion, flexibility and gentle exercises for muscle tone.

Deep Aqua Fitness

This class is taught in the deep end of the Main Pool and is the best class for getting into shape. Stay afloat by using an aqua belt or noodle and feel your muscles burn!

Arthritis and Fibromyalgia

This specialized aqua fitness class will cater to those who need extra care in the warm therapeutic pool. Our Certificated instructor will lead you through a safe and pain-free therapy class. This light exercise class will focus on stretching, strengthening and relaxation to help manage your pain.

Aqua Fitness Programs

Aqua Fitness Programs Class Schedule



NEW! Pre-registration is required for all activities.



Aqua Fitness Payment Options

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



Reminder: No programs November 11, 2020



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

| Date | Program | Time | Start | End | # Classes | Cost | Shortcode | 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.

Children, Youth & Family Programs

Preschool, Children, Youth & Family Programs & Workshop Description



Preschool Programs - Ages 3-5 years

✓ Icky Sticky

Are you ready to get messy? We are! Experiment with foam, slime, goop and other concoctions. Ever made Elephant toothpaste? Ever wondered what would happen if you mixed glue and shaving cream? Well, put on some old clothes and get ready for a sensory explosion!

✓ Kindergarten Readiness

This is a skill development based program to teach both gross motor and fine motor skills through physical literacy, music, art, and science. **Must be 4 yrs. by Dec. 31/20**

✓ Little Creators

Do your preschoolers love to get messy and creative? Let your child create fantastic messy art and explore their creative side!

Children's Programs - Ages 6-10 years

✓ Art Factory

This program explores the creative interest and imagination of its participants. This is the perfect class for children who enjoy expressing themselves with paint, clay, paper mache and theme projects or just enjoy getting creatively messy.

✓ Mad Scientists

If you are a certified grossologist, this camp will be sure to please. Children will experiment with ooey gooeey, slippery, slimy, smell bad, look disgusting, bacteria growing kind of science that makes one scream with delight. Come prepared to get messy and discover a whole new level of "YUCK"!

Family Programs

✓ Yoga

Increase your balance, coordination and flexibility while calming the mind. The instructor will guide you through a variety of yoga styles over the weeks. This is a great program for those looking to focus on breathing, meditation and calming the nervous system or who want to improve their flexibility for sports. No experience needed.

Ages: Children under the age of 10 must be accompanied by an adult. Youth 11-17 years can attend alone if they wish. Children must be at least 6 years of age.

Youth Programs - Ages 10-17 years

✓ Art & Photography Appreciation

Whether you are a beginner or more experienced artist, these fun and informative classes will reignite your creativity. The program can cover a wide variety of topics including but not limited to the basics of painting (acrylic & watercolour), intro to photography, drawing and charcoal. **Ages: 10-15 years.**

✓ Creative Writers Club

Calling all creative writers and story tellers! Get those creative juices flowing and let your imagination soar with this virtual program! Each week our instructor will teach different styles of writing (story telling, poetry, non-fiction, etc.). **Ages: 11-17 years.**

✓ Youth Leadership Development Weekly

This program offers youth ages 14-17 weekly workshops that focus on:

- Building & enhancing self-esteem, confidence, leadership and initiative skills
- Resume, application writing, and interview practice
- Program planning for children's programs

Once the program is completed, participants will receive a Youth Leadership Development Certificate. Youth will then be able to practice their new skills by volunteering in a City of Belleville children/youth program when it is safe to do so in person.

Workshops

Enjoy time with your family and friends in the park at these fun pop up workshops. Each month there is a new activity to try. Supplies are provided for each person registered. **Pre-registration is required.**

Ages: Children must be at least 6 years of age.

Children under the age of 10 must be accompanied by an adult (16 years+). Youth 11-17 years can attend alone if they wish.



Paper Lantern Workshop

Date: September 17
Location: Riverside Park Pavilion
Cost: \$15.82
Time: 5:00-6:30pm
Shortcode: 7651



Pumpkin Carving Workshop

Date: October 15
Location: Riverside Park Pavilion
Cost: \$15.82
Time: 5:00-6:30pm
Shortcode: 7654

Children, Youth & Family Programs

Preschool, Children, Youth & Family Program Schedules



Fall Programs

Registration Begins: August 27th & 31st
Session A: September 8th – October 9th

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.



Monday

Effective September 14th - October 5th, 2020

| Program | Time | Cost | Shortcode | Location |
|------------------------|------------------|---------|-----------|--------------------|
| Kindergarten Readiness | 10:00am -12:30pm | \$60.00 | 7060 | Live Online (Zoom) |
| Little Creators | 4:30-5:15pm | \$24.00 | 7732 | Riverside Park |
| Art Factory | 5:35 - 6:20pm | \$37.85 | 7731 | Riverside Park |



Wednesday

Effective September 9th - October 5th, 2020

| Program | Time | Cost | Shortcode | Location |
|---|--------------|----------|-----------|--------------------|
| Kindergarten Readiness Cancelled | 9:15-11:45am | \$75.00 | 7420 | Riverside Park |
| Icky Sticky Cancelled | 4:30-5:15pm | \$30.00 | 7526 | Riverside Park |
| Mad Scientists | 5:35-6:20pm | \$30.00 | 7728 | Riverside Park |
| Family Yoga Cancelled | 6:15-7:15pm | \$40.95 | 6384 | Live Online (Zoom) |
| Art & Photography Appreciation Cancelled | 5:00-6:00pm | \$30.00 | 6791 | Live Online (Zoom) |
| Youth Leadership Development Cancelled | 6:15-8:15pm | \$135.60 | 7726 | Live Online (Zoom) |



Thursday

Effective September 10th - October 8th, 2020

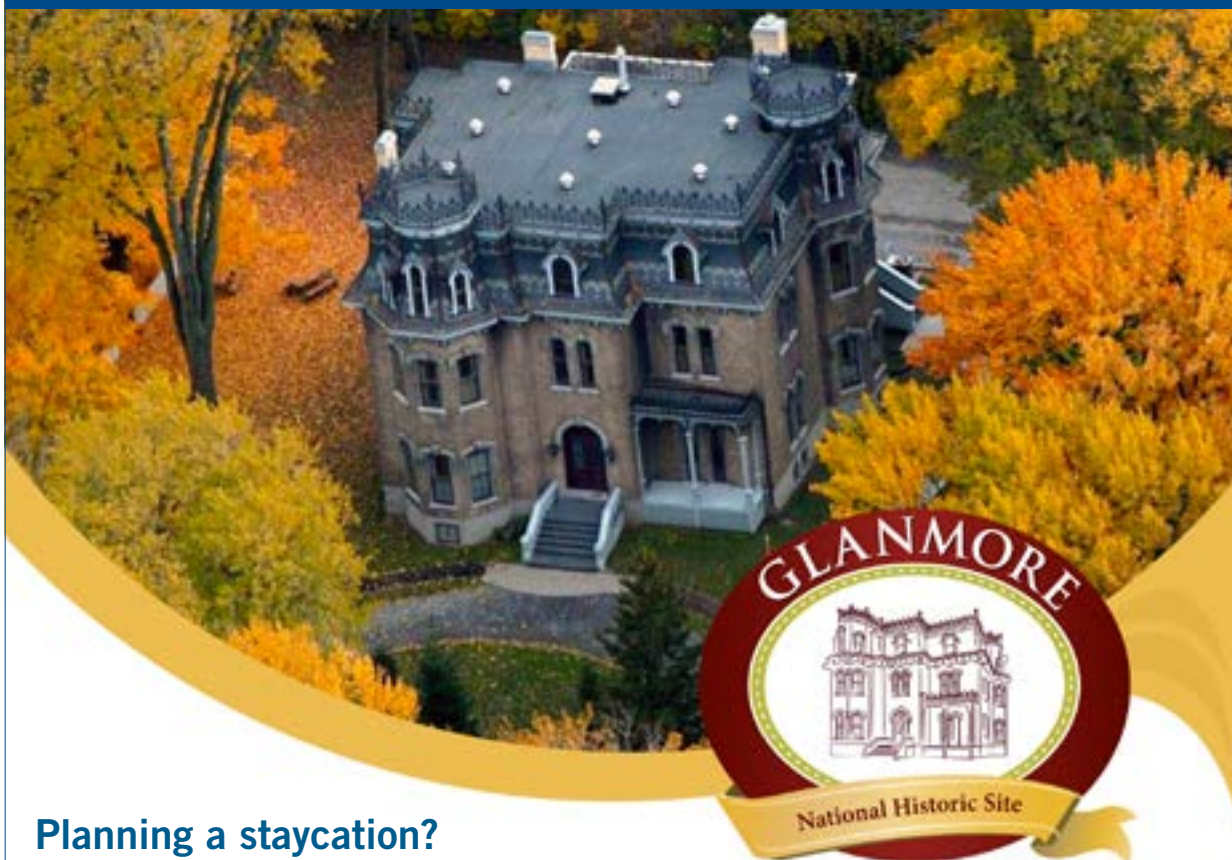
| Program | Time | Cost | Shortcode | Location |
|--|-------------|---------|-----------|--------------------|
| Creative Writers Club Cancelled | 5:30-6:30pm | \$30.00 | 7719 | Live Online (Zoom) |



Outdoor Class Cancellations

- Thunder – all classes will be cancelled
- Rain – all classes not under a pavilion will be cancelled
- Temperature - 28 degrees and higher all classes will be cancelled.

Glanmore National Historic Site



Planning a staycation?

Be sure to include a visit to Belleville's treasured Glanmore National Historic Site!

One of Belleville's finest homes, Glanmore was built in 1882-1883 for wealthy banker J.P.C. Phillips (1842-1912) and his wife Harriet Dougall Phillips (1839-1915). Now a museum, Glanmore's rooms have been expertly restored to the 1880s & feature period displays with original furnishings as well as beautiful objects from the Couldery Collection.



[@GlanmoreNHS](https://twitter.com/GlanmoreNHS)



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



[Glanmore.ca](http://www.Glanmore.ca)

Beginning September 1, Glanmore is open:
Tuesday, Wednesday, Friday & Saturday: 1-5pm
Thursday: 1-7pm
Sunday & Monday: Closed

- Individual visitors and small family groups may tour the museum through self-guided exploration.
- Timed-entry tickets are required and may be purchased in advance at www.glanmore.ca.
- Face coverings are required while exploring Glanmore and all visitors must provide contact tracing information and answer health screening questions upon arrival.
- Small group guided tours (maximum 10 people within the same social circle) are also available with a minimum of 7 days advance notice. Please call Glanmore at 613-962-2329 for reservations.

Check Glanmore's website for upcoming programs and activities: www.glanmore.ca

257 Bridge Street East, Belleville ON • Phone: 613-962-2329



Community Archives

of Belleville and Hastings County



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

No Belleville Public Library card? No Problem!
Belleville and Hastings County residents can email
infoserv@bellevillelibrary.ca to sign up for a free internet
only card and enjoy our Virtual Branch!

OPEN
24/7



movies

tv shows

eBooks
documentaries
audiobooks
music

courses

graphic
novels

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

September 2-December 9

Stories, songs and rhymes in your living room with Facebook Live! All Ages

Mini Storytime

Thursdays & Saturdays

September 3-December 12

Watch for weekly stories on our Facebook page. All Ages

Junior Club September 10, 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 September 17, 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+

Afternoon Book Club

Tuesdays, 1:30-3pm

September 22, October 27, November 24

Email vsytsma@bellevillelibrary.ca to sign up for this Zoom program. Adults

Fireside Book Club

Mondays, 6:30-7:30pm

September 28, October 26, November 30

Email cys@bellevillelibrary.ca to sign up for this Zoom program. Adults

BPL Writers' Collective

Tuesdays, 5:30-7:30pm, September 22, October 27, November 24

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

Kids & Teen Activity Kits

August 31-December 19

Register for our popular take home kits for kids and teens on our website. Stop by the library to pick up your weekly activity package. Ages 0-16

Adult Activity Kits

September-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](http://www.bellevalibrary.ca) 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 Gallery Shop**: Featuring functional and original giftware by regional artisans in wood, glass, clay and so much more

John M. Parrott

Art

GALLERY

Monday-Thursday: 11-7

Friday & Saturday: 11-5

Sunday: Closed

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

www.bellevalibrary.ca