



SPRING 2024 ACTIVITY GUIDE

CITY OF BELLEVILLE COMMUNITY SERVICES DEPARTMENT

Registration Begins:
Land Programs
March 18 for City Residents/Taxpayers
March 21 for Non-City Residents/Taxpayers
Aquatic Programs
March 25 for City Residents/Taxpayers
March 28 for Non-City Residents/Taxpayers

 613-966-4632

 QSWC.CA

265 Cannifton Road, Belleville ON

Updated: March 13, 2024

This publication is available in alternate formats upon request.



Registration Dates

2024 Spring Registration

HELLO
SPRING

Land Based Programs

- March 18 for City Residents/Taxpayers
- March 21 for Non-City Residents/Taxpayers
- Activity Guide out March 13 (8:30 am) online and at the customer service desk
- Session runs April 9 to June 17

Skating Lessons

- March 18 for City Residents/Taxpayers
- March 21 for Non-City Residents/Taxpayers
- Activity Guide out March 13 (8:30 am) online and at the customer service desk
- Session runs April 21 to June 23

Aquatic Programs (Swimming Lessons and Advanced Aquatic Leadership Programs)

- March 25 for City Residents/Taxpayers
- March 28 for Non-City Residents/Taxpayers
- Activity Guide out March 13 (8:30 am) online and at the customer service desk
- Session runs April 15 to June 16

Aqua Fitness and Recreational Swims

- March 25 for both City Residents/Taxpayers and Non-City Residents/Taxpayers
- Schedule out March 13 (8:30 am) online and at the customer service desk
- Session runs April 9 to June 30 (Aqua Fitness ends June 21)

Summer Camps

- April 22 for City Residents/Taxpayers
- April 25 for Non-City Residents/Taxpayers
- Summer Camp Booklet out April 19 (8:30 am) online and at the customer service desk
- Camps run July 2 to August 30

Pre-registration is required for all programs.



Notes

How To Register

1. Online at QSWC.CA
2. In-person at the QSWC
3. Call 613-966-4632*

*During the opening week of registration, please use this method only if you have no other choice.
Registration opens at 8:30 a.m. on specified registration dates.

Program Fees

NEW

(subject to change - includes HST where applicable)

Gym/Swim/Skate: \$4.00/child, \$5.00/adult

Workout Studio: \$4.00/youth, \$5.00/adult

Workout Studio Session Pass: \$150.00

Premium Sports: \$6.00

(badminton, basketball, pickleball, volleyball)

Shinny Hockey/Figure Skating: \$6.00

Aqua Fitness: \$10.50

Aqua Fitness Session Pass: \$286.00

Program/Fitness Classes (45-60 min class): \$8.50

Program/Fitness Classes (30 min class): \$5.25

Specialty/Yoga Classes: \$9.50

Older Adult Yoga: \$7.35

Lunch Express Session Pass: \$130.00

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

Swimming Lessons: \$80.00-\$225.00

Skating Lessons: \$90.00-\$225.00

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

PA Day Camps: \$36.75/day

Summer Camps: \$190.00/week

Belleville 50+ Centre Annual Membership: \$10.00

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



*"A year from now you may wish you had started today."
~ Karen Lamb*



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



Start Dates and Cancellation Dates

- The Spring session runs from April 9 to June 23. Please check your receipt/registration confirmation for program start and end times.
- Aqua Fitness starts: April 9
- Swimming lessons start: April 15
- Skating lessons start: April 21
- Special Schedule: May 18 & 19
- No programs: April 8, May 18-20
- **Check your registration confirmation for the location of your program and any additional cancellation dates specific to your course.**

Age Requirements

- Adult classes are for 16+ years of age.
- Youth ages 13-15 can attend adult classes with a participating adult.
- Older Adult programs are for 50+ clients.
- For recreational programs (gym/swim/skate) adults are age 16+ and children are under 16.

Refunds and Withdrawals

Visit the QSWC website for details on our [refund and withdrawal policy](#).



Pre-registration is required for all programs. If you choose to show up just before the class, you may find it is full and won't be able to participate.

Be sure to register early to avoid your class being cancelled. If minimum numbers are not met, that program/class may not run.

Adult Fitness Programs

To assist you in choosing a fitness class that best suits your needs, we have included these helpful icons below:

Cardio (heart) 

Strength-based (dumbbells) 

Cardio Core 

This 30 minutes class will focus on cardiovascular health, strengthening full-body and flexibility using free weights, body weight, exercise bands and balls and more.

Dancing for Adults - Beginner 

Learn to dance to great music with Marek. This beginner dance class is for people with little or no dance experience. Get ready to show your dancing skills at the next wedding or social gathering. Improve your dance technique by learning different styles of dance. Waltz, foxtrot, tango, jive/rock, merengue, salsa, rumba, cha-cha, and more. Great way to be active and come in a pair or as a single.

Fit & Firm 


60 minutes of cardiovascular and resistance training followed by a full body stretch. You will focus on your form, technique, and breathing. We will use a variety of equipment to maximize your workouts. All fitness levels are welcome.

Fitness Mix 

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

Gentle Flow Yoga 

The nature of this class is a slower pace with a softer gentler practice of the poses. The practice is still active while maintaining a peaceful approach with less strain on the mind and body.

Line Dancing - Beginner 

Come and learn the steps and routines required to be a great line dancer. You will burn calories, tone muscles and improve coordination. Please note: you are required to sign up for all classes as this is a progressive course.

Line Dancing - Experienced 

With choreographed movement done repeated in a sequence of steps in a line or a row, you will feel energized, burn many calories, tone muscles, improve balance, and stimulate brain cells.

Mom & Baby Fit

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

Total Body Strength 

30 minutes of strength and anerobic training; focusing on compound moves using free weights and body weight. With intervals of aerobic burst this class will leave you feeling strong and energized. Different every week!



Adult Fitness Programs

TRX Circuit

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

Women's Weight Training

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

Yoga Fit

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

Zumba

The joy of Latin dance meets the power of fitness in this fun, feel-good workout with great music and amazing results. Improve your cardiovascular strength, balance, flexibility and coordination in an interval-style class that will leave you feeling fabulous. Learning choreography patterns is great for the brain too! No dance experience required.

Adult Fitness Schedule (Subject to change)

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

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

Lunch Express Pass

If you're attending more than two lunch time classes per week, consider purchasing a session pass for \$130.00. You can attend any of the lunch time fitness classes.

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

Program/Fitness Classes

30 min - \$5.25

45-60 min - \$8.50

Specialty/Yoga Classes

\$9.50

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



Older Adult Fitness Programs

To assist you in choosing a fitness class that best suits your needs, we have included these helpful icons below:

Cardio (heart)



Strength-based (dumbbells)



Balance Yoga: Mind & Body - **NEW**

This class is open to all levels. The poses and movements will be done on the mat and standing. The focus will be on moving the body to strengthen the connections between the right and left side of the brain using cross lateral movements and yoga poses. Participants may see improvements in memory, balance and strengthen the body.

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.

Gentle Core Strengthening

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

Intro to Yoga

If you have thought "I could never do Yoga!" then this class is for you. This foundational class introduces the very basics of the yoga practice, where movements are broken down individually. Participants will learn the basic alignment of postures, mindfulness and breathing techniques. No experience required.

Line Dancing - Beginner

Come and learn the steps and routines required to be a great line dancer. You will burn calories, tones muscles and improve coordination. Please note, you are required to sign up for all classes as this is a progressive course. (Beginner)

Line Dancing - Experienced

Line dancing not only burns calories, it also tones muscles, improves balance, relieves stress and stimulates brain cells in a way that traditional exercise can't. It requires the coordination of brain and body, which strengthens neural pathways and improves cognitive health. This class is for those people who have experience with line dancing and are familiar with the terms and steps in line dancing. Come out and have a great time! (Advanced)

Mix it Up

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

Older Adult Chair Fitness / Chair Yoga Combo - **NEW**

This is a beginner exercise class that will be done in the stability of a chair. You will build strength, flexibility, and range of motion in your body through the use of resistance bands, body weight and balance exercises. The first half of the class will be chair exercises improving your fitness and the second half of the class you will be increasing your flexibility through chair yoga poses.



Older Adult Fitness Programs

Older Adult Flow Yoga

Flowing from one pose to the next without stopping to talk about the finer points of each pose will allow you to come away with a good workout and a great yoga experience.

Older Adult Yoga

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. You will be offered modifications to regular yoga to accommodate those who require it.

Parkinson's Keep Moving Program

The Belleville-Quinte Parkinson Chapter offers this 30 minute workout of BIG movements led by QSWC Health and Wellness Instructors. After the class, everyone is welcome to join the Social in the 50+ Centre. Register with Parkinson Canada - Belleville Quinte Chapter by calling 613-827-5961.

Senior Gentle Fitness

This gentle class will help you move better and feel better. Get stronger in resistance training, balance and flexibility exercises. Using a variety of body weight, resistance bands and light weights will be used in the class (Beginner).

Stretch & Balance Fit

This gentle class will help you move better, feel better and become stronger while having fun. Join us for an hour of gentle movements in resistance training, balance and flexibility exercises. Body weights, resistance bands and light weights will be used (Beginner).

Stretch & Strengthen

This workout is designed to use equipment or your own body weight to improve 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 (Intermediate).

Strong Seniors

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner/Intermediate).

Women's Weight Training

This class is for all women all levels / age groups to focus the most appropriate and efficient exercises for women with all goals. This class will be in the Workout studio, learning how to use the different machines along with using free weights, body weights, bands and aerobic exercise in this program will help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized (Beginner/Intermediate).

Zumba Gold

This class brings you all the great music, energy and fun of a dance-based Zumba class in a lower intensity, easy-to-follow version ideal for beginners and older adults. Improve your cardiovascular strength, balance, flexibility and coordination in an interval style workout that will leave you feeling fabulous. Learning choreography patterns is great for the brain too! No dance experience required.



Older Adult Fitness Programs

Older Adult Fitness Schedule (Subject to Change)

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

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

*“Exercise should be regarded as a tribute to the heart.”
~ Gene Tunney*



Program/Fitness Classes
45-60 min - \$8.50
OA Yoga - \$7.35
Specialty/Yoga Classes
\$9.50



Pre-registration is required for all programs.



50+ Centre Activities



Belleville's 50+ Centre

Open to everyone 50 years and over
Monday – Friday, 9:00am – 4:00pm



Join us each day for fun and interesting activities. There are opportunities for you to play cards, sew, create art, meet new friends and reconnect with old ones. A 50+ Centre Membership is required for all programs unless noted. The membership cost is only \$10.00 per year, valid from the date of purchase. Pre-registration is required for all programs.

Artists Collective

Do you need a friendly place to get creative with other artists? Join this group of artists from beginner to experienced. You will have the opportunity to learn from one another and share your expertise.

Art Workshops

- **Acrylic Painting with Natalia** - Join Natalia as she walks you through step by step painting a beautiful picture using acrylic paints. All supplies are provided.
- **Pen and Ink Wash** - In house artist, Gail Taylor will teach you how to use pen and ink to create a detailed art picture. Once the picture is created, you will learn how to go over your picture with watercolour paint to “wash” in colour techniques. All supplies are provided.
- **Creating with Colour** - In this class, you will be taught some basic free form colouring techniques using colouring pencils, followed by a lesson on how to create original art. You will learn how to blend, create new colours, add depth, tone and value to your creation. All supplies are provided.

Bid Euchre

Bid Euchre is similar to Euchre, but it introduces an element of bidding in which the trump suit is decided by which player bids to take the most tricks. The primary differences are the number of cards dealt (8 instead of 5), absence of any undealt cards, the bidding and scoring process, and the addition of a no trump declaration. It is a partnership game for four players and is played with two decks of 24 cards each. Beginners are welcome.

Bridge (Experienced)

Are you an avid Bridge player? Then this program is for you! Join other experienced Bridge players and enjoy an afternoon of socializing and playing your favourite game.

CARP

The mission of C.A.R.P. is to advocate for better healthcare, financial security, and freedom from ageism. Members engage in polls and petitions, email their elected representatives, connect with local chapters and share stories and opinions on urgent issues. Public and members are invited to join monthly meetings at the QSWC. Meet new people and enjoy the speakers, discussions and engagements that follow.

Chess Club

All levels of Chess players are invited to drop in for a friendly game of chess. Besides being fun to play, chess is about strategy and critical thinking which can improve concentration and mental discipline. Come in and workout your brain!



50+ Centre Activities

Cooking with Chef Jesse (Zoom)

Join us for this Zoom class and learn new cooking or baking techniques with Quinte Gardens Retirement Residence's Chef Jesse. He will demonstrate how to make a new creation and then you can make it later to enjoy. All supplies are provided by Quinte Gardens and will be available for pick up the Wednesday prior to the class.

Deaf Seniors

This is a great opportunity to enjoy a morning of games and socializing with older adults from our deaf community.

Free Seminars

- **Fraud & I.D. Theft** - A representative from the Ontario Securities Commission will speak about fraud prevention, common frauds and scams, warning signs, and what to do if you suspect fraud.
- **Financial Wellness Seminar** - Our guest speaker from the Ontario Securities Commission will provide us with tips to review our financial wellness. You will learn about biases that affect our financial decision making, and how to create a roadmap to financial wellness.

Learn to Speak French

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This beginners Learn French class consists of basic phrases and proper pronunciation for conversational French to feel comfortable ordering food in a French restaurant. Vous parlerez Français en un rien de temps!

Mah Jongg

Mah Jongg is a rummy-like game played with tiles rather than cards and is played with four or five players. The object of Mah Jongg is to make the tiles match up with a hand on a Mah Jongg card. Beginners are welcome.

Parkinson's Social Hour

The Belleville-Quinte Parkinson Chapter offers this social time for persons with Parkinson's and their caregivers. Enjoy refreshments, socializing and sometimes a guest speaker.

Scrapbooking

Come to work on your own photo pages or cards while visiting and learning from others. There are some supplies available for you to try scrapbooking or card making before purchasing your own materials. All levels are welcome.

Stitches

This time is dedicated for crafty people to work on their knitting, crocheting, quilting, sewing embroidery, cross stitch, etc., projects while visiting and learning from others. There are 2 sewing machines, some pattern books, a few knitting needles and some yarn. All levels are welcome.

Tech Talks and Tech Support with Jordan

The first part of "Tech Talks" is designed to be an inspirational, educational and motivational learning resource about technology for non-techies. After the "talk", there will be time dedicated to supporting your specific needs and questions with your devices. Bring your device and your questions with you. Pretty soon you'll be an expert with your phone and tablet.



50+ Centre Activities



Belleville's 50+ Centre

Open to everyone 50 years and over
Monday – Friday, 9:00am – 4:00pm



50+ Centre Schedule (Subject to Change)

Monday	Tuesday	Wednesday	Thursday	Friday
Learn to Speak French (Beginners) 8:45-9:45am	Artists Collective 9:00-11:30am	Stitches 9:00am-12:00pm	Learn to Speak French "Vacation in Quebec" 8:45-9:45am	Acrylic Painting with Natalia 9:30-11:30am (monthly)
Deaf Seniors 10:00am-1:00pm	Parkinson's Social 11:45am-1:15pm	Mah Jongg 1:00-4:00pm	Tech Talks and Tech Support with Jordan 10:30am-12:30pm	Bridge (Experienced) 1:00-4:00pm
Bid Euchre 1:00-4:00pm	Bridge (Experienced) 1:00-4:00pm	Chess Club 1:00-4:00pm	Scrapbooking 1:00-4:00pm	
	CARP 2:00-4:00pm 2nd Tuesday of Month		Cooking with Chef Jesse 1:00-2:00pm ZOOM 3rd Thursday of the Month	

Free Art Workshops (9:30-11:30am)	Free Seminars (10:00-11:00am)
June 4 - Pen and Ink Wash June 18 - Creating with Colour	May 17 - Fraud & I.D. Theft June 21 - Financial Wellness

SAVE THE DATE

JUNE 12

Annual Strawberry Social & BBQ

11:30am-1:30pm

Cost \$8/person



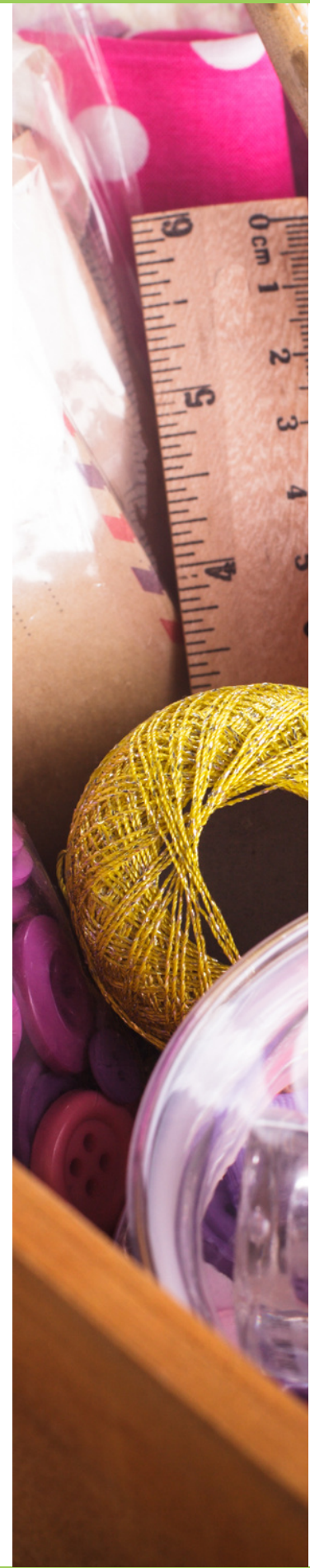
Pre-register early.

**50+ MEMBERSHIP
\$10/YEAR**



June is Senior's Month! Stay tuned for special activities and programs!

Pre-registration is required for all programs.



Preschool, Children and Youth

Preschool



ABC's & 1,2,3's (18 months to 3 Years)

This program is to help children learn and become familiar with the letters of the alphabet and numerals. Each week they will do mini-activities and games centered around letters and numbers.

Art-Muck & Mess (18 months to 3 Years)

Your child will discover the world of arts and crafts. Your child will socialize with other children all while sparking their imagination.

Mini Scientists (18 months to 3 Years)

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

Mover's & Shakers (18 months to 3 Years)

This program focuses on music and the importance of interaction between children, their peers, and their caregivers. They will be introduced to singing, dancing and musical instruments.

Move N' Groove (18 months to 4 Years)

Move n' Groove is a fun interactive kinder gym-style program that encourages the development of gross motor skills, all through the magic of music, movement and FUN!

Paint & Play (18 months to 4 Years)

Explore the art of painting with weekly classes. Come with your friends or make new friends as we enjoy paint and play together.

Mini Movers (18 months to 5 Years)

This program is designed to introduce gross motor skills through climbing, balance, movement and spatial awareness through games, circuits and more.

Preschool Play Zone (18 months to 5 Years)

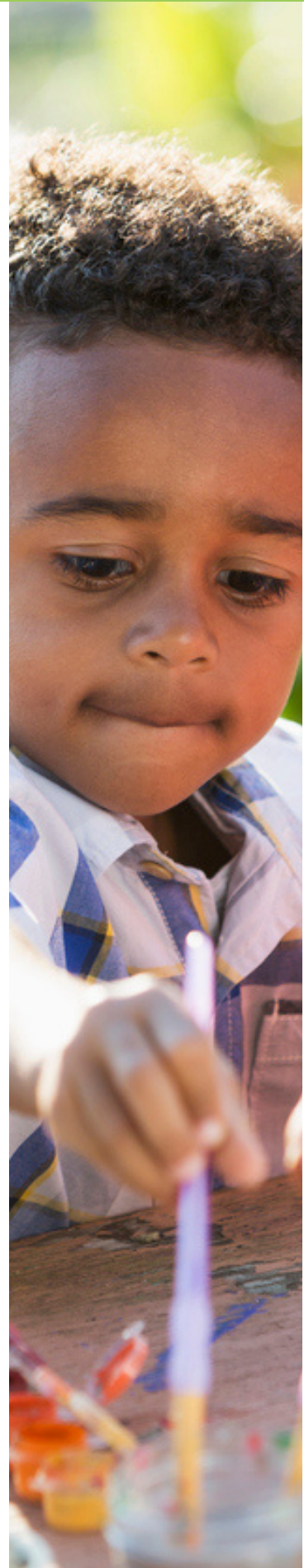
This program is a drop-in program for your little one to explore and play with others. Think of this program like an open gym but for preschool kids only. Our instructor will put out equipment/circuits to enjoy and you and your kids can free play as you wish.

Kindergarten Readiness (3 to 5 Years)

This is a skill development based program to teach both gross motor and fine motor skills through physical literacy, art, science and more in a play based approach. This program is great to prepare your little ones for their first year in school. Please note this is a unparented class. Please bring a snack and drink to each class.



Pre-registration is required for all programs.



Preschool, Children & Youth

Children

Artful Antics (4 to 8 years)

Get those creative juices flowing each week while you learn and create a new masterpiece! No previous art experience needed.

Soccer Skills & Drills (4 to 8 years)

Join us each week for a fun recreational soccer class. Each week we will work on our conditioning, skill development and game play. No soccer experience is needed. All levels are welcome.

Science Explorers (4 to 8 Years)

Explore a variety of scientific topics each week in this hands-on learning environment!

Kids Pop-Up Events (4 to 9 Years)

- **Squishmallow Cow Painting** - Paint a colourful rendition of the classic and cute Connor the Cow squishmallow on a canvas.
- **Felt Pom Pom Coasters** - Create your own coasters out of colourful pom poms.
- **Clay Mushrooms** - Shape and decorate your own little mushroom out of clay.

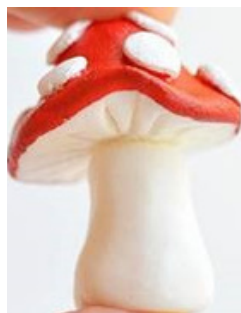
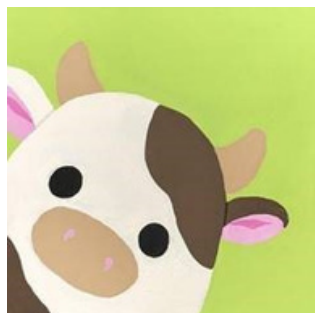
Sporty Kids (6 to 9 Years)

This program focuses on getting kids active in a variety of ways including camp-style games, sports and skill development. Each week you will practice sport-specific skills, fitness and gameplay with the help of our instructor.

Kitchen Crew (8 to 10 Years)

You will learn a variety of basic cooking skills, kitchen safety and enjoy eating your creations. Don't forget to bring a container to each class for any leftovers.

Preschool, Children and Youth programs range in price from \$36.00-\$216.00 (depending on the number of weeks for instructor led programs)



Pre-registration is required for all programs.

Youth

Family Futsal

Futsal is a variation of indoor soccer that is played with a smaller ball with less bounce than a regular ball. Played with boundaries like the outdoor game but has more of an emphasis on improvisation, creativity, and quickness of play. Shorter timed games are played in teams of four, plus a goalkeeper per side, and all games will have a referee. Family Futsal encourages all age groups with children playing with siblings, parents, and other similar ages.

Girls Night Out (9 to 12 years)

Enjoy a night out with the girls! Participate in activities like crafts, games, painting nails, Youth Room visits and more! This is a fun social night to meet new friends and hangout.

Soccer Skills & Drills (9 to 13 Years)

Join us each week for a fun recreational soccer class. Each week we will work on our conditioning, skill development and game play. No soccer experience is needed. All levels are welcome.

Artist Hub (9+ Years)

Youth will learn about a variety of visual art mediums each week and take home their masterpieces! Topics include but are not limited to clay, acrylic painting, watercolour and more. No previous visual art experience needed.

STEM-tastic (9+ Years)

Each week your Youth will explore a new STEM activity using their problem solving skills.

Teen Recreational Volleyball (10+ Years)

This is a co-ed program ideal for beginners or players who would like a non-competitive game just to have fun and be active. There is a no spiking/attacking rule.

Youth Pop-Up Events (10+ Years)

- Lavender Field Painting - Paint a beautiful lavender field on a canvas.
- Pom Pom Bunny - Make your very own fluffy pom pom bunny out of yarn.
- Mountain Road Painting - Paint a winding mountain road at dusk on a canvas.

Young Chefs (11 to 15 Years)

You will learn a variety of basic cooking skills, kitchen safety and enjoy eating your creations. Don't forget to bring a container to each class for any leftovers.

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



Pre-registration is required for all programs.



Preschool, Children & Youth

Preschool, Children & Youth Schedule (Subject to Change)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Art Muck & Mess 9:00-9:45am	Move N' Groove 9:00-9:45am					
Mini Scientists 10:00-10:45am	Paint & Play 10:00-10:45am		Artful Antics 5:00-6:00pm			
Soccer Skills & Drills (4-8 years) 5:30-6:15pm	Kindergarten Readiness 11:00am-1:30pm	Family/Open Gym 3:15-5:00pm	Kitchen Crew 5:00-7:00pm	ABC's & 1,2,3's 9:00-9:45am	Mini Movers 9:00-9:45am	
Artful Antics 5:30-6:30pm	Artist Hub 5:00-6:00pm	Science Explorers 5:15-6:15pm	Soccer Skills & Drills (4-8 years) 5:15-6:00pm	Movers & Shakers 10:00-10:45am	Family Futsal 4:00-6:00pm	Family/Open Gym 12:15-2:00pm
Teen Volleyball 6:45-7:45pm	Preschool Play Zone 5:30-6:00pm	Young Chefs 5:00-7:00pm	Soccer Skills & Drills (9-13 years) 6:15-7:15pm		Teen/Youth Futsal 6:00-8:00pm	
Science Explorers 6:45-7:45pm	Sporty Kids 6:15-7:15pm		Girls Night Out 6:15-7:15pm			
	STEM-tastic 6:15-7:15pm					

Check age restrictions in our program descriptions.

Kids and Youth Pop-Up Events

Kids Pop-Up (4 to 9 years) 5:00-6:00pm	Youth Pop-Up (10 to 17 years) 6:15-7:15pm
April 26 - Squishmallow Cow Painting May 24 - Felt Pom Pom Coasters June 14 - Clay Mushrooms	April 26 - Lavender Field Painting May 24 - Pom Pom Bunny June 14 - Mountain Road Painting



Preschool, Children and Youth programs range in price from \$36.00-\$216.00 (depending on the number of weeks for instructor led programs)

Pre-registration is required for all programs.

Camps

Summer Camps

Our summer camps are back this year! Summer camp registration will take place on the following dates/times:

City Residents/Taxpayers: Monday, April 22 at 8:30 a.m.

Non-City Residents/Taxpayers: Thursday, April 25 at 8:30 a.m.

The Summer Camp Activities booklet will be available for viewing online **April 19, 2024.**

Hard copies will be made available in-person at the customer service desk.

Register early to avoid disappointment.

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

For ages 4 to 17.

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

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



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

Camps available:

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

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



Join Our Team!



Visit belleville.ca for current postings. Come join a great team with the Community Services Department!

Interested in being a volunteer?

We have volunteer opportunities available. Applications are available online or you can pick up a [volunteer form](#) at the customer service desk.

Skating Programs

Preschool and Children's Skate Lessons

Due to limited ice availability in the Spring, we have very limited Learn to Skate lessons and no private skating lessons. There will be no Power Skating lessons offered in Spring, but we are planning to have Power Skating for Summer.



Lessons are by general age and level. Preschool lessons are for ages 3-5. Children's Skate lessons are for ages 6 years and up. Levels for Preschool and Children's Skating are from Star 1 to Star 4. Preschool lessons are also broken down by parented (A) and un-parented classes (B).

Star 1 (Beginners)	Star 2	Star 3	Star 4
<ul style="list-style-type: none"> Balance on two feet Falling down, getting up March on the spot Walking and jumping Forward glide Stopping 	<ul style="list-style-type: none"> Must be able to do all Star 1 skills Skate backwards Forward and backwards glides Turnings Snowplow stop Crossovers 	<ul style="list-style-type: none"> Must be able to do all Star 2 skills Forward slalom Backward glide Jumping Front glide on curve Forward circle thrusts on curve Crossover in figure eight 	<ul style="list-style-type: none"> Must be able to do all Star 3 skills Backward jumps Back glide on curve Backward slalom One foot spins Backward circle thrusts Backward crossovers

Learn to Skate Schedule (Subject to Change)

Sunday	
5:00-5:25pm	Star 1A (PS) Star 1 Star 2 Star 3/4
5:30-5:55pm	Star 1A (PS) Star 1B (PS) Star 1 Star 2
6:00-6:25pm	Star 1A (PS) Star 2 (PS) Star 1 Star 2
6:30-6:55pm	Star 1B (PS) Star 1 Star 2 Star 3/4
(PS) = Preschool	



Recreational Skating

Recreational skates include: family, public, adult skates - \$4.00/child or \$5.00/adult

Shinny Hockey/Figure skating ticket ice - \$6.00

Note: Availability depends on ice times available and staff availability. Please check the schedule online or visit the Customer Service Desk for a hard-copy.



Please remember skates, helmet, mittens and/or gloves are mandatory. Parents on ice must also wear helmets, skates and gloves.

Pre-registration is required for all programs.

Gymnasium, Sports & Games

Badminton

Badminton is a sport played using racquets to hit a shuttlecock across a net from player to player. The objective of the game is to hit the shuttlecock back and forth across the net and keep it from hitting the ground. This class will allow you to keep fit, stay active, practice skills while having fun with friends.

Basketball

Basketball is a team sport where two teams oppose each other on a court trying to shoot a ball through the other team's hoop. This sport will work on your team-building skills, your coordination skills, and your fast-thinking skills. This class will leave you fit, active, and enhance your skill level.

Boccia Adaptive Sport

Boccia is a Paralympic sport that can be played by anyone, with or without a disability. Originally designed for people with severe cerebral palsy, it is now enjoyed by players with a wide variety of disabilities. It's easy for a beginner to pick up quickly, but builds in intensity and complexity as players hone their skills. Drop in sport is welcome to all levels of players including those looking to try a new sport.

Crokinole

Join us on Tuesday evenings to socialize and have fun playing Crokinole. Whether you are a beginner or a seasoned pro, you will enjoy this classic game. This is a drop-in program for all ages.

Carpet Bowling

If you enjoy strategizing and socializing, this program is for you! Carpet Bowling is a fun game that can help improve your balance, flexibility and agility while you enjoy an afternoon of socializing.

Family/Open Gym

Family/Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family-friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Family and Teen/Youth Futsal

Futsal is a variation of indoor soccer that is played with a smaller ball with less bounce than a regular ball. Played with boundaries like the outdoor game but has more of an emphasis on improvisation, creativity, and quickness of play. Shorter timed games are played in team of 4 plus a goalkeeper per side and all games will have a referee. Family Futsal encourages all age groups with children playing with siblings, parents, and other similar ages.

Pickleball

Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. This smaller area combined with the slower moving ball makes pickleball easier to play than tennis. There are various levels, however, this is recreational pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.



Gymnasium, Sports & Games

Shuffleboard

Join us each week on the shuffleboard courts to have fun and work on perfecting your aim! This program offers older adults the opportunity to be gently active while socializing with friends and enjoying the popular game of shuffleboard.

Table Tennis

Fun for all ages! Join the Quinte Table Tennis Club to burn calories and improve your health while learning this fun sport or further developing your skills.

Volleyball

Volleyball is a team sport of two teams with six players each, where each team tries to score points by grounding a ball on the other teams' court under organized rules. Players use their hands to bat a ball back and forth over a high net trying to make the ball hit the ground of the other teams' court. This class will let you be competitive in a fun and open environment. See the Teen Volleyball description on the Preschool, Children and Youth page.

*"The groundwork for all happiness is good health."
~ Leigh Hunt*



Other Options To Consider

Workout Studio

The Workout Studio is open to ages 16+ years and is \$5.00/visit. There are 60 minute sessions available. The workout studio has a variety of equipment such as treadmills, bikes, recumbent climbers, weights, and more. Youth, ages 13-15, can attend with a parent/guardian or to attend alone, must take two orientations sessions for \$4.00/visit.

Try our NEW Workout Studio Spring Session Pass for \$150.00 (tax included). Workout unlimited times between April 9-June 30. Pre-registration is required, even for those with a pass.

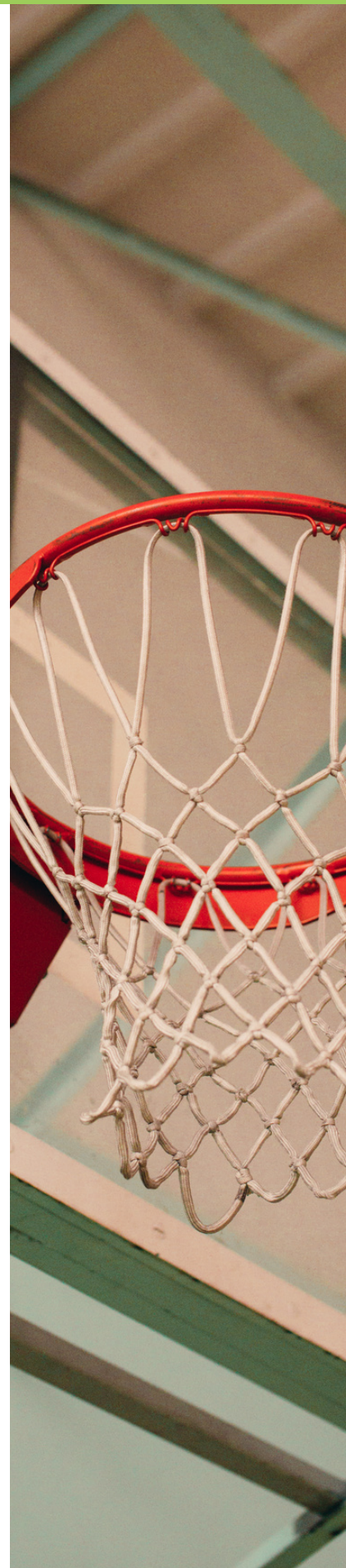
WOS Spring Pass
\$150.00
(April 9-June 30)
OR \$5.00/visit

Personal Training

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

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

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



Gymnasium, Sports & Games

Gymnasium, Sports & Games Schedule

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



No Gymnasium Programs:

April 8, 12, 13, 19, 24, 27 (after 1:30pm), May 20

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Pickleball* Beginner 8:45-10:30am			
	Move N' Groove 9:00-9:45am		Shuffleboard 9:30am-12:00pm			
Pickleball* Advanced 8:45-10:30am	Pickleball* Beginner 1:15-3:00pm	Pickleball* Intermediate 8:45-10:30am	Pickleball* Advanced 10:45am-12:30pm	Pickleball* Advanced 8:45-10:30am	Mini Movers 9:00-9:45am	
Pickleball* Beginner 10:45am-12:30pm	Open Gym 3:30-5:15pm	Pickleball* Advanced 1:15-3:00pm	Carpet Bowling 1:00-3:30pm	Pickleball* Intermediate 10:45am-12:30pm	Open Gym 10:00-11:45am	Family/Open Gym 12:15-2:00pm
Pickleball* Intermediate 1:15-3:00pm	Preschool Play Zone 5:30-6:00pm	Family/Open Gym 3:15-5:00pm	Pickleball* Intermediate 1:15-3:00pm	Pickleball* Beginner 1:15-3:00pm	Badminton* 12:00-1:45pm	Pickleball* Recreational (All Levels) 2:15-4:00pm
Open Gym 3:30-5:15pm	Crokinole 6:30-9:00pm	Pickleball* Recreational (All Levels) 5:15-7:00pm	Open Gym 3:15-5:00pm	Open Gym 3:15-5:00pm	Open Gym 2:00-3:45pm	Open Gym 4:30-6:15pm
Soccer Skills & Drills (4-8 years) 5:30-6:15pm	Sporty Kids 6:15-7:15pm	Badminton* 7:15-9:00pm	Boccia (adaptive sport) 5:00-7:00pm	Pickleball* Recreational (All Levels) 5:30-7:15pm	Family Futsal 4:00-6:00pm	Basketball* 6:30-8:15pm
Teen Recreational Volleyball 6:45-7:45pm	Volleyball* Int/Adv 7:30-9:15pm		Soccer Skills & Drills (4-8 years) 5:15-6:00pm		Teen/Youth Futsal 6:00-8:00pm	
	Table Tennis 7:30-9:15pm		Soccer Skills & Drills (9-13 years) 6:15-7:15pm			
			Volleyball* Rec/Beg 7:30-9:15pm			

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

Please make sure you are aware of our NEW Pickleball Registration requirements. You must have your Pickleball Membership on your account before you can register. See page 21 of the Activity Guide or ask Customer Service!

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

Pre-registration is required for all programs.

Gymnasium, Sports & Games

New Pickleball Registration Process

After receiving the results from the recent Pickleball User Survey, we are making changes to our recreation pickleball program in hopes to assist some of the challenges our clients have been experiencing. Please visit or call Customer Service with any questions you may have after reviewing this information.



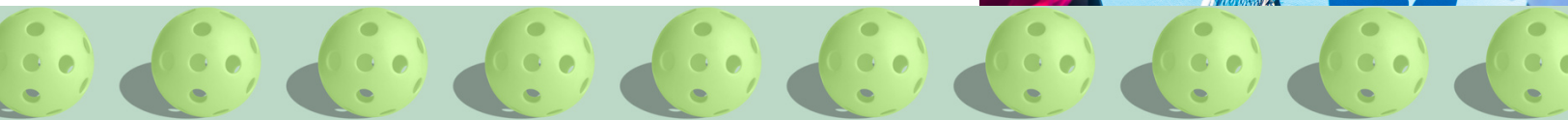
Each pickleball player will need to select a play level: Beginner, Intermediate, or Advanced

Beginning March 11, you will need to call (613-966-4632) or visit our Customer Service Desk to register for your correct level membership pass. Only one pass per client will be permitted. Passes are provided at a zero cost.



Pickleball registration will now be taking place monthly.

Beginning on March 18 for City Taxpayers/Residents and March 21 for Non-City Taxpayers/Residents at 8:30 a.m. online, in-person, or over the phone, you will be able to register for your April 9-30 Pickleball sessions (one per person per day).



Frequently Asked Questions

1) How do I know what level I am at if I usually play a split level (i.e. Beg/Int or Int/Adv)?

Use this week to ask the staff where you would best fit. Or use your best judgement – how long have you played, are you here for beginner fun, or more challenging level of play, or have you been playing for some time and can keep up with a faster paced, higher level of play?

2) How can I change levels if the level I choose is no longer appropriate?

Your level will remain constant until there is a break between sessions – next break is at the end of June. If you absolutely have selected the incorrect level, please speak to a Program Supervisor about next steps.

3) What is the reasoning behind monthly registration?

As a result of the Pickleball User Survey, many selected weekly or monthly options. Monthly was the middle ground. It will allow more access if people cannot get in as they only have to wait one month to try again rather than wait 3 months.

4) Will future registrations still be separated for City Taxpayers/Residents or will it become monthly for everyone?

Registrations will remain as City Taxpayers/Residents first and then open to all 3 days later. Registration for your pickleball sessions can still be done online, in-person, or over the phone.

5) Why are the fees increasing 100%?

The fees review study that is underway determined that some programs had a higher 'community' benefit versus sports that have an 'individual' benefit and should be subsidized by the Taxpayers less and paid for by the users. Others will also be paying \$6.00 per play too (basketball, volleyball, badminton, shinny hockey, etc.).

6) What if the new schedule doesn't work for me after I've already selected my level?

We are doing the schedule month by month to review and adjust as needed. Unfortunately, you will have to select your level and play within it. We understand this potentially may reduce the number of times you can play per week.

7) Why are there no longer split levels?

We received a very high number of responses from the Pickleball User Survey that indicated they prefer to play with the same levels. Splitting the levels also deters people from playing in multiple sessions per day which will open some additional spaces for those who could not get a space to play – ultimately making it more fair.

Birthday Parties

Birthday parties are back! Pre-registration is required at least two weeks in advance. The following packages are available:

Land Birthday Parties



Adventure Package (Ages 6+ years)

Maximum 24 guests including adults. Package Available: Saturday 10:00am-12:00pm with 2 hours in the 50+ Centre with a Party Host leading party activities for the first hour and then assisting with food and other activities in the second hour. Package A: Minute-To-Win-It Challenges Package B: Survivor Challenges Package C: Craftastic Fun & Games Package D: Superhero Extravaganza

Preschool Package (Ages 1 to 6 years)

Maximum 24 guests including adults. Package available: Saturday 12:30-2:30pm with 2 hours in the Preschool Room with a Party Host leading games, crafts for the first hour and then assisting with food and other activities in the second hour. Package A: Pirates & Princesses Package B: Super Hero Kids Package C: Paw Patrol Package D: Peppa Pig

Sports Package (Ages 4+)

Maximum 24 guests including adults. Package available: Sunday 11:00am-1:00pm (Gym time: 11:00am-12:00pm) 1 hour in the Gymnasium with a Party Host leading sports activities and 2 hours overall in a meeting room. Full party length is 2 hours.

Pool Birthday Parties



Private Pool Package (All Ages)

Maximum of 24 swimmers. An additional lifeguard can be added for an additional fee. Package available: 1.5 hours in the pool classroom and 1 hour in the main pool, the therapy pool, or the preschool pool (additional pool(s), staff or equipment may be added for an extra fee.

Saturday - 3:30-6:00pm (swimming from 3:30-4:30pm and 4:30-6:00pm in the meeting room).

Public Swim Pool Package (All Ages)

Maximum of 24 swimmers. Package available: 1.5 hours in the pool classroom and 1 hour in the public swim in either the main pool OR therapy/preschool pool.

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

Ice Birthday Parties



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



Pre-registration is required for all programs.

Party package prices range from \$110.74 - \$223.74 plus tax



Aquatic Programs

Swimming Lessons

We have moved to the Lifesaving Society Swim Program. Please see the charts below to help you decide the level your child needs to be in. If you are uncertain of the level, you can attend a public swim for \$4.00/child (\$5.00/adult) and have your child assessed.



View the [swimming lesson schedule online](#), contact our customer service staff at 613-966-4632 or visit the customer service desk.

Lifesaving Society Swim Registration Chart

If your child is 4 months to 3 years old	Red Cross Level	Lifesaving Society Level	Time	Ratio
4 to 12 months: Ready to learn to swim and enjoy the water with a parent	Starfish	Parent & Tot 1	30m	1:8
12 to 24 months: Ready to learn to swim and enjoy the water with a parent	Duck	Parent & Tot 2	30m	1:8
24 to 36 months: Ready to learn to swim and enjoy the water with a parent	Sea Turtle	Parent & Tot 3	30m	1:8
If your child is 3 to 5 years	Red Cross Level	Lifesaving Society Level	Time	Ratio
Is just starting out on their own.	Sea Otter	Preschool 1	30m	1:4
Can get in and out alone; jump into chest-deep water assisted; float and glide in a PFD on front and back, blow bubbles and get face wet.	Salamander	Preschool 2	30m	1:5
Can get in and out alone; jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec.	Sunfish	Preschool 3	30m	1:5
Can jump into deep water wearing a PFD; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back.	Crocodile	Preschool 4	30m	1:5
Can do solo jumps into deep water and get out by themselves; swim front crawl 5m wearing a PFD; flutter kick on front, back and side.	Whale	Preschool 5	30m	1:5

Pre-registration is required for all programs.

Aquatic Programs

Lifesaving Society Swim Registration Chart

If your child is 5 to 13 years	Red Cross Level	Lifesaving Society Level	Time	Ratio
Is new to lessons and just starting out OR requires assistance to float.	Swim Kids 1	Swimmer 1	30m	1:5
Can jump into chest-deep water by themselves and into deep water wearing a PFD; open eyes; kick, hold breath and exhale underwater; get objects off the bottom; float & glide on front and back.	Swim Kids 2	Swimmer 2	30m	1:6
Can jump into deep water; fall sideways into water wearing a PFD; support self at the surface without an aid for 15 sec; whip kick in vertical position & swim 10 m on front and back.	Swim Kids 3	Swimmer 3	30m	1:6
Can tread water for 30 sec; do kneeling dives and front somersault; 10 m whip kick on back; and swim 15 m front crawl and back crawl.	Swim Kids 4 or 5	Swimmer 4	30m	1:6
Can complete the Canadian Swim to Survive Standard - Roll - Tread (1 min), Swim (50 m), Dive; Swim underwater; 15 m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25 m.	Swim Kids 6	Swimmer 5	45m	1:8
Can do shallow dives; eggbeater and scissor kick; swim 50 m front and back crawl; breaststroke for 25 m; sprint 25 m; interval training 4 x 50 m.	Swim Kids 7	Swimmer 6	45m	1:8
Can do compact jumps; eggbeater kick for 1 min; head-up front crawl or breaststroke over 25m; 100m front crawl, back crawl, & breaststroke; & endurance swims 200-300m.	Swim Kids 8	Swimmer 7: Rookie Patrol	60m	1:10
Can do compact jumps; eggbeater kick for 1 min; head-up front crawl or breaststroke over 25m; 100m front crawl, back crawl, & breaststroke; & endurance swims 200-300m.	Swim Kids 9	Swimmer 8: Ranger Patrol	60m	1:10
Can do compact jumps; eggbeater kick for 1 min; head-up front crawl or breaststroke over 25m; 100m front crawl, back crawl, & breaststroke; & endurance swims 200-300m.	Swim Kids 10	Swimmer 9: Star Patrol	60m	1:10

Pre-registration is required for all programs.

Aquatic Programs

Lifesaving Society Swim Registration Chart

For 14 years and older...	Red Cross Level:	Lifesaving Society Level	Time	Ratio
Whether you're just starting out or just want help with your strokes, our Teen & Adult swim is the program for you! Set your own goals – learn to swim, or improve your current swimming ability and water fitness. You'll develop water confidence and smooth recognizable strokes. We incorporate Lifesaving Society Water Smart Education.	Teens & Adults	Teen & Adult 1, 2, 3	30m	1:6

Recreational Swimming

We have a number of recreational swims available for you to choose from. To view all of our recreational swims, scan the QR code or visit the Customer Service Desk for a hard-copy schedule.



Please be aware of our pool admissions policy before registering children for recreational swims.

Pool Admissions Policy

Recreational Swimming Prices
\$4.00 per child
\$5.00 per adult

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

1 ADULT FOR EVERY 2 CHILDREN

OR

1 ADULT FOR UP TO 8 CHILDREN WEARING PFDs

*May swim in deep end if swim test is passed, and parent is within arms reach

CHILD REQUESTS A FACILITY SWIM TEST: 2 WIDTHS OF MAIN POOL (approx. 40m)

7-9 YEARS
✓ TEST-SWIM ALONE
PARENT MUST REMAIN IN POOL AREA → GREEN BAND

7-9 YEARS
X TEST-SWIM WITH ADULT → RED BAND

CHILDREN 10 OR OLDER MAY SWIM ALONE

10+ ✓

YOUTH 10-15 YEARS

- To swim in the deep end, you must pass the facility swim test, as per the yellow band.
- Swimmers of any age may be swim tested at the lifeguard's discretion.



Pre-registration is required for all programs.

Aquatic Programs

Advanced Leadership Courses

Visit our website at QSWC.ca, scan the QR code, or contact the Customer Service Desk to learn more about our advanced leadership courses. More courses may be added throughout the season.

Bronze Star - 10 to 13 years

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. Prerequisite: Must be able to swim 300m (Swim Patrol experience recommended)

Bronze Medallion - 13+ years

The Lifesaving Society's Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross. Prerequisite: Minimum 13 years of age or Bronze Star certification.

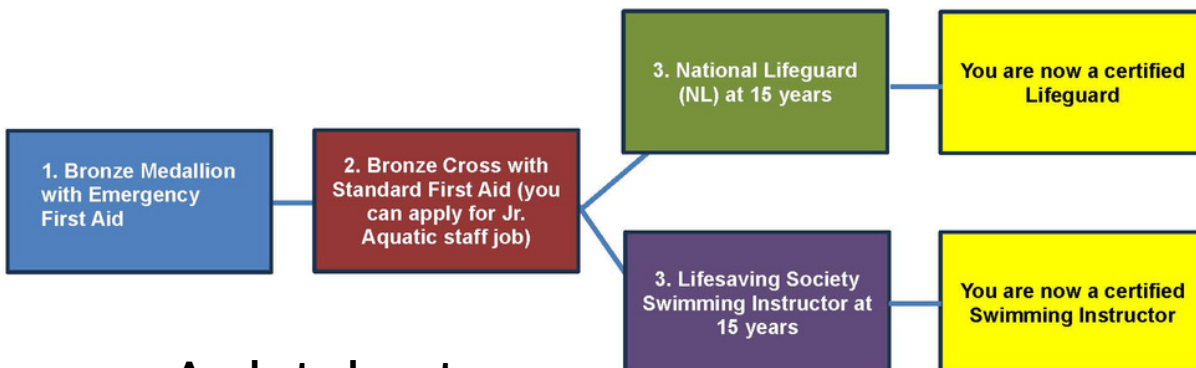
Bronze Cross - 13+ years

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. Prerequisite: Bronze Medallion and Lifesaving Society Emergency First Aid or Standard First Aid, or EFA or SFA from a training agency approved by the Ontario government. The list of approved agencies can be found at lifesavingsociety.com.

National Lifeguard Course - 15 years (Bronze Cross and Standard First Aid certifications)

This is a very intense course and upon completion, candidates will be certified lifeguards. Fitness components in this course include lifting a 20-pound brick off the bottom of the pool, towing, carrying and removing victims for the pool, timed rescues, and underwater swim, and a timed 400-metre swim in 10 minutes or better. 100% attendance is mandatory.

Steps to become a Lifeguard and Swimming Instructor



Apply today at

cityofbelleville.applytojob.com



Aquatic Programs

Aqua Fitness Programs

We have many classes to suit your needs. Check online for programs or ask for a schedule at the customer service desk.

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

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 Mind and 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.

Diaper Fitness

This class is for moms who want to bring their babies while they work out to stay fit. In this 30 minute class your babies will get to enjoy their time in our floating dolphin boats while you work out in our Therapeutic Pool with them.

Parkinson's Aquatic Therapy Fitness

This therapeutic class is for anyone with neuromuscular movement disorders such as MS, Stroke, Huntington's 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.

Therapy Fitness

This therapeutic class is for people who want the benefits from the warm water temperatures while doing a water walking and stretch class. This class will work on slow movements, increasing balance and will utilize a variety of equipment to assist you during the class. Stretches will be active focusing on therapeutic muscles moves.

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



Classes are \$10.50/visit or buy an Aqua Fit Session Pass for \$286.00

Easy Ways To Register

- 1** Register online at QSWC.CA or visit: www.cityofbelleville.perfectmind.com
- 2** In-person at the Quinte Sports & Wellness Centre
265 Cannifton Road, Belleville ON
- 3** Call 613-966-4632
(during opening of registration, we recommend you only use this option if you have no other choice)



Accessing Your Online Account



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



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



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



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

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

Naming Rights and Advertising

Naming Rights

Thank you to our existing naming sponsors for their generous support:

- Templeman Aquatic Centre,
- Family Dental Centre Arena and Family Dental Centre Indoor Track,
- Mackay Insurance Arena

To find out more about our naming rights program and how you can become a naming sponsor, email us at csdgeneral@belleville.ca or call 613-966-4632.



Family Dental Centre



TEMPLEMAN

Advertising at the QSWC

We offer reasonable rates with maximum exposure.

Email us at csdgeneral@belleville.ca or call 613-966-4632 for information.

Culture

Community Archives of Belleville and Hastings County

254 Pinnacle Street, Belleville ON
(2nd floor of Belleville Public Library)
cabhc.ca



Glanmore National Historic Site

257 Bridge Street E, Belleville ON
glanmore.ca



Belleville Public Library & John M. Parrot Art Gallery

254 Pinnacle Street, Belleville, ON
bellevillelibrary.ca

