

**CORPORATION OF THE CITY OF BELLEVILLE
RECREATION, CULTURE & COMMUNITY SERVICES DEPARTMENT**



265 Cannifton Road, Belleville, Ontario K8N 4V8

Tel: 613-966-4632 / Fax: 613-967-3207 / TTY: 613-771-9781



Featuring:

- Two new NHL sized ice pads and all amenities (including warm viewing) in addition to the Wally Dever & Yardmen Arenas
- An Aquatic Facility with an 8 lane 25 metre pool, along with a pre-school pool and a therapeutic pool
- A social gathering place in the new Public Atrium
- Customer Service Counter with public and tourist information
- Community recreation, leisure, social and cultural spaces
- A Seniors Centre, Youth Drop In Room and 3 Fitness Areas
- Large double Multi-Use Gymnasium Space which can be a performance or event venue for 500 people
- Indoor rubberized and heated walking and running track
- Retail space including food services & proshop
- Expanded parking
- Improved and enhanced entrances
- New City Transit stop

**YOUR QUINTE SPORTS & WELLNESS CENTRE
A PLACE WHERE EVERYONE IS WELCOME
OPENING IN 2012!**

Where the Community Gathers:

We are proud to offer our community an array of services to help you enjoy life and live to the fullest. Whether you are going for a swim, skate, a fitness class, visiting the Senior's Centre, the Youth Drop-In Program, or just visiting with friends in the beautiful new public atrium, we will provide you state-of-the-art facilities to enjoy that will keep you coming back. Visit the new Courtyard area and Café for a great place to have a healthy snacks and visit with friends.

There will be a conveniently located Customer Service Counter with our friendly staff to answer questions and help get you registered for our many programs. Public and tourist information will also be available.

Sports, Fitness and More

General Facility Information

- Outdoor shoes, food, drinks, and personal belongings are not permitted in the gym or fitness areas. Please leave these items in the lockers provided in the change rooms (bring a lock to secure personal items).
- Attendance capacities are subject to change depending on activity.
- Children under the age of 10 must have a parent or guardian remain in the facility.

Drop-in Gymnasium Programs – Spring 2012

Please call 613-966-4632 as times and/or availability may change for these drop-in programs.

The costs for drop-in gym programs are: \$2.50 for under 18 or seniors and \$3.25 for adults / visit.

PROGRAM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Badminton	8:30-10:30am		7-9pm	1-3pm			
Carpet Bowling		1-3:30pm					
Table Tennis	1:30-3:30pm 7-9pm						
Volleyball				7-9pm			
Basketball						Teens: 12-2pm Adults: 7-9pm	
Kids Sports						6-9 yrs: 1-2pm 10-13 yrs: 2-3pm	
Family Sports	5:45-6:45pm					6-7pm	6:00-7:00pm
Teen Sports			3-5pm				
Adult Sports						7-9pm	
Open Gym	12-1:30pm 3:30-5:30pm	12-1pm 4-6pm	11am-3pm 5-7pm	12-1pm 4-6pm	12-5pm	12-1pm 4-6pm	9-11am 2-5pm

Additional Gymnasium Programs include:

Tumbling Toddlers

Preschoolers in Motion

Preschool Sports

Gym 'n' Swim

Dance Lessons

Pre-registration is required for these programs. Please call 613-966-4632 for additional information.

Indoor Track



Staying fit just became easier! Don't let bad weather or icy conditions keep you from enjoying your daily walk. Take advantage of the great new rubberized and heated indoor walking and running track which offers free daily walking/running hours so that everybody can increase their health benefits without having to worry about the cost. Come in and pick-up your "Wellness Passport" which includes access to the track. If you prefer to socialize while you walk; join one of our walking programs and meet new friends while you walk. Stay tuned for up-to-date schedules and special walking programs. The track is also available for private rentals. Please call us for details.



Dryland Training Room – Spring 2012

Open Times: (Subject to Change)

Monday – Friday: 6-9am

11:30am-2:30pm

4:30-6:30pm

8:30-10:30pm

Saturday & Sunday: 7-10am / 4-7pm

Cost: \$5.00+HST per visit OR buy a 12-pack for \$50+HST

Please note: Youth, 13-17 years, wishing to use the dryland training room, must first attend one session of “Powerful Teens”, or four, 30-min. Personal Training sessions.

Personal Training and/or Private Therapy Sessions:

These one-on-one sessions will be available at various times in either the pool or dryland training room.

One-hour Sessions: \$35/session (+HST)

45-Minute Sessions: \$25.50/session (+HST)

30-Minute Sessions: \$17.00/session (+HST)

Additional Dryland Training Room Programs Include:

Strong Seniors

Powerful Teens

Circuit Training

Women ‘n’ Weights

Tone & Sculpt

Kids of Steel

Triathlon Training

Cardiac Maintenance Programs

Stroke Rehab Programs

Aerobics Room & Yoga/Pilates Room

Group land fitness classes cost only \$5.25 per class (+HST) if you pre-register for the session, or drop-in and try a class (space permitting) for \$7.00 per class, or purchase a 12-pack for only \$69.00 (+HST).

Please pre-register for the classes you are interested in attending by:
calling 613-966-4632 OR register on-line at www.city.belleville.on.ca

Healthy Seniors

Pilates

Yoga

Tai Chi

Fitness @ 5

Cross Training

Zumba

Pre-Natal Classes

Post Natal Classes

Stretch & Strengthen

On the Ball

Step it Up

AM Fit

Mother Daughter Fit

Other Meeting Areas

The new Quinte Sports & Wellness Centre boasts a new Fireplace room, a large Multi-purpose room, a Youth Drop-in Room, a Senior’s Centre, and three additional meeting rooms. These rooms will be home to a number of activities, programs, and Community Groups. Other benefits of the new facility are office spaces and storage cages that local sports & community groups can rent.

City Transit

The Quinte Sports & Wellness Centre is now on the City’s Bus Route. Catch Route #9 to come and visit us.



Aquatic Facilities

Come and enjoy your three new pools!

MAIN POOL

25m x 22m (8 lane pool)
1m diving board and wheelchair ramp entry
Depths: 2.13m to 3.6m

THERAPY POOL

10m x 12m
2 – 10m long lanes
10 therapy jets in a seated area
Ramp and stair entry
Depths: .914m to 1.35m

PRESCHOOL POOL

10m x 5m
Splash Features
Beach entry to .8m



Quinte Sports and Wellness Centre - Spring 2012 Recreation Swim Schedule

Cost: Swimming Times in the schedule below are \$2.50 per person, per visit, OR purchase a 12-pack for only \$25.00.

Swim	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim (MP)	6:00 – 8:30am 3:00 – 4:00pm 8:00-9:00pm	9:00 – 10:00pm	6:00 – 8:30am 3:00-5:00pm	8:00 – 9:00pm	7:00-9:00am 3:00-4:00pm	8 – 9am	8 – 9am
Family/ Parent & Tot Swim	9:00 – 11:00am TP/PS 4:00-5:00pm PS/MP	9:00 – 11:00am MP 4:00 – 5:00pm TP/PS	9:00-11:00am MP 2:00-5:00pm PS	9:00 – 11:00am MP 4:00 – 5:00pm TP/PS 7:00 – 8:00pm TP/PS	9:00-11:00am MP		
Public Swim (MP/TP/PS)	*11:00 – 1:00pm	*11:00 – 1:00pm *7:00 – 9:00pm	*11:00 – 1:00pm	*11:00 – 1:00pm	*11:00 – 1:00pm *7:00 – 9:00pm	*1 – 3pm *5 – 7pm	*1 – 3pm
Therapy Swim (TP)	7:00 – 8:30am 3:00-4:00pm	3:00-4:00pm	7:00 – 8:30am 3:00-4:00pm	8:00-9:00pm	7:00 – 8:30am	8 – 9am	8 – 9am

*Lanes will also be provided during these Public Swims, if space is available.
TP = Therapy Pool / MP = Main Pool / PS = Preschool Pool

Additional Aquatic Programs available include:

Adult & Child Swimming Lessons Aqua-fitness Therapy Fit Adult Water Sports
Diaper Fit (Moms & Babies) Private Water Therapy or Swimming Lessons

Also available starting at only \$60 per hour:

Pool Rentals Birthday Parties Special Events



BELLEVILLE
on the Bay of Quinte
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