

Your... Community Culture & Recreation Guide



Where everyone is welcome



Fall 2011 & Winter 2012

Registration for Fall & Winter Recreation Programs
August 22, 2011 - City Tax Payer
August 25, 2011 - Non City Tax Payer

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Table of Contents

City of Belleville – Recreation, Culture & Community Services Department
 FALL 2011 & WINTER 2012 – COMMUNITY LEISURE MAGAZINE

ADMINISTRATION

Mayor's Message.....	5
City Council Directory.....	5
Director's Message.....	6
Recreation, Culture & Community Services.....	6
Department Directory.....	7,8
Registration Information.....	9,10
Registration Form.....	11
Subsidy Information.....	12

COMMUNITY SERVICES

Discover your Community

Community Contacts.....	13
Birthday Parties and Events.....	14
Community Arenas.....	15
Community Centres.....	16
Community Events.....	17,18,19
Senior's Fair.....	20
Senior's Games.....	20
Spirit Walk.....	21
Doors Open Belleville.....	22
Honours & Awards Program.....	23
Indoor Walking Sites.....	24
Public Skating Schedule.....	25
Public Swimming.....	26
Community Parks Information.....	27,28,29,30
Community Partners & Donations.....	31

CULTURE

Community Archives of Belleville & Hastings County

Hastings Heritage Centre.....	32
Special Programs.....	32
Public Meetings.....	32
Historical Society's Annual Banquet.....	33
NEW Location / Fundraising.....	33

Glanmore National Historic Site

General Information.....	34
School Programs.....	34
Doors Open Belleville.....	34
Fall Yard Sale.....	34
Hot Cocoa & Holiday Cookies.....	34
Glanmore by Gaslight.....	35

Belleville Public Library

Children & Youth Programs.....	36
Adult Programs.....	36,37
John M. Parrott Gallery.....	38

RECREATION SERVICES

Aquatic Programs	39
Aquatics General Information.....	40
Fall Swimming Lessons.....	45
Preschool Level Registration Guide.....	46
Winter Preschool Lesson Schedule.....	47
Swim Kids Level Registration Guide.....	48
Winter Swim Kids Lesson Schedule.....	49
Advanced Aquatic Leadership Courses.....	50,51
Swimming Programs for Adults & Teens.....	53
Aqua-Fitness Programs.....	54,55

Skating Programs.....

Adult Skating Programs.....	57
Shinny.....	57
Lessons.....	57
Adult Public Skating.....	57
Family / Parent & Tot Skate.....	57
Pre-school Skate / Discover Skate.....	58,59
Power Skating.....	60

Recreation for Older Adults.....

Health & Wellness Programs:

Healthy Seniors.....	62
Strong Seniors.....	62
Stretch & Strengthen.....	62
Strength, Strength & Balance Fit.....	62
Gentle Pilates.....	62
Yoga – Chair, Gentle, Experienced.....	62

Special Interest Programs:

Games Galore.....	64
Table Tennis.....	64
Carpet Bowling.....	64
Badminton.....	64
Shuffleboard.....	64
Seniors' Monthly Luncheons.....	65

Recreation for Adults

Health & Wellness Programs:

Circuit Training.....	68
Cross Training.....	68
On the Ball.....	68
Step it up!.....	68
Hip Hop.....	68
Women 'N Weights.....	68
AM Fit.....	68
Noon Fit.....	68
Fitness at Five.....	68
Tone & Sculpt.....	68
Gentle Pilates.....	70
Pilates.....	70
Post Natal Fit.....	70
Mom & Baby Fit.....	70

Administration

Table of Contents

City of Belleville – Recreation, Culture & Community Services Department
 FALL 2011 & WINTER 2012 – COMMUNITY LEISURE MAGAZINE

Mom & Baby Yoga.....	70	Kids of Steel.....	76
Tai Chi.....	70	Family Sports Night.....	76
Yoga.....	70	Gym & Swim.....	76
Pre-Natal Yoga.....	70	Kids Sports.....	76
Post Natal Yoga.....	70	Floor Hockey.....	76
Stretch & Relax.....	70	<u>Special Interest Programs</u>	
Urban Poling.....	70	Babysitting Course.....	78
<u>Special Interest Programs:</u>		Home Alone Course.....	78
Dancing.....	73	Dance Lessons.....	78
Golf Lessons.....	73	Youth Drop-in Program.....	79
Table Tennis.....	73	<u>Health & Wellness Programs/Youth:</u>	
Badminton.....	73	Mother & Daughter Fit.....	80
Volleyball.....	73	Yoga/Pilates for Teens.....	80
Basketball.....	73	Powerful Teens.....	80
Belleville Walks.....	73	Teen Fit.....	80
Adult Sports Night.....	73	Teen Triathlon Training.....	80
		Teen Sports.....	80
Recreation for Children & Youth		Basketball.....	80
March Break Programs.....	75	Floor Hockey.....	80
<u>Health & Wellness Programs/Children:</u>			
Tumbling Toddlers.....	76		
Preschoolers in Motion.....	76		
Preschool Sports.....	76		
Kid Fit.....	76		

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Your...Programs for Adults

Keep active...Stay fit and Enjoy life!



adults adults

Keeping active is a great way to achieve overall health benefits. Our health and wellbeing programs, special interest programs, aquatics, special events and workshops will keep you busy and active throughout the year.

HEALTH & WELLNESS: There are a variety of health and wellbeing programs that are geared towards all levels of abilities from weight training, low impact cardio and yoga classes to our new Hip Hop and On The Ball classes. There are also several pre and post natal classes being offered to help you stay in shape throughout your pregnancy and beyond.

SPECIAL INTEREST: Whether it's an evening of perfecting your golf swing or a specialty workshop, we offer a variety of different programs designed to give



you the opportunity to learn something new or just get out and have fun.

SPORTS: Enjoy getting together with friends in your new gymnasium for a fun game of volleyball or basketball or come out for an evening of dancing and learn some new steps.

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Your...Programs for Adults

ADULT HEALTH & WELLNESS PROGRAMS 1

Program	Description
CIRCUIT TRAINING	This class will bring the best total body results! You will benefit in many ways from this workout. Classes are designed to improve strength, flexibility, posture, coordination, cardiovascular and energize you through circuits.
CROSS TRAINING	Experience total body conditioning in this very popular class! It is a class specifically designed to relieve stress after a long, busy day and is for women only. This class is so successful due to its fat burning, body sculpting, toning and core conditioning benefits. Classes will provide a large variety of cross training styles: step classes, kick boxing classes, strength training and core conditioning. A large variety of fitness equipment is provided. Enjoy the fun and get the best results fitness can offer!
ON THE BALL	Build your core stability in this fun new class designed to help you increase muscle tone, strength and flexibility. This full body workout class will be taught using stability balls and a variety of weights and resistance equipment. <i>Sign your children up this winter for Kid Fit at 5:00pm on Friday while you enjoy an hour of ON THE BALL.</i>
STEP IT UP!	Enjoy this invigorating new class designed to give you a full cardio workout while toning your muscles through multi-level step exercises.
HIP HOP	Let your inner dancer out! Have fun and get fit while learning easy hip hop moves and incorporating them into a dance routine! No previous dance experience necessary.
WOMEN 'N WEIGHTS	This program is designed to increase muscle strength and endurance. You will learn how to safely perform a variety of weight training exercises using different weights with a certified personal trainer.
AM FIT	Join us in the mornings for this energizing way to start your day! Get your body moving early and enjoy the benefits all day long. This class will consist of a warm up, a low impact cardiovascular component, muscle toning, and cool down exercises.
NOON FIT	Hard to find time in the day to fit in an exercise class? Join us during your lunch hour for this 45 minute class designed to raise your energy levels and help you avoid the afternoon slump!
FITNESS AT FIVE	After work wind-down! This is a GREAT way to end your day! Join us for a whole body workout. This class will consist of a gentle warm up, a low impact cardiovascular component, muscle toning, and cool down exercises, stretching and relaxation.
TONE & SCULPT	This class will bring the best total body results! All fitness levels will benefit from this outstanding total body workout. This class is designed to improve strength, flexibility, posture, coordination, and will energize you.

.. More adult programs on page 66.

Your...Programs for Adults

adults adults

ADULT HEALTH & WELLNESS PROGRAMS SCHEDULE 1

Program	Day	Time	Location	Dates	Class	Cost +HST
CIRCUIT TRAINING	Monday	6:00-6:45pm	KIN	Sept 12-Dec 5	12	\$63
		6:30-7:15pm	QSWC	Jan 9-Mar 19	10	\$52.50
CROSS * TRAINING	Tuesday and Thursday	5:30-6:30pm	RC	Sept 13-Dec 1	24	\$120
				Jan 10-Mar 15 (QSWC)	20	\$100
ON THE BALL *	Wednesday	10:45-11:45am	RC	Sept 12-Dec 5	12	\$63
			QSWC	Jan 9-Mar 19	10	\$52.50
	Friday	5:00-6:00pm	RC	Sept 16-Dec 16	12	\$63
		QSWC	Jan 13-Mar 16	10	\$52.50	
STEP IT UP! *	Friday	6:15-7:15pm	RC	Sept 16-Dec 16	12	\$63
			QSWC	Jan 13-Mar 16	10	\$52.50
HIP HOP *	Tuesday	6:30-7:30pm	KIN	Sept 13-Nov 29	12	\$63
			QSWC	Jan 10-Mar 13	10	\$52.50
WOMEN 'N WEIGHTS	Tuesday	7:30-8:15pm	KIN	Sept 13-Nov 29	12	\$63
			QSWC	Jan 10-Mar 13	10	\$52.50
AM FIT *	Wednesday	7:15-8:00am	RC	Sept 14-Nov 30	12	\$63
			QSWC	Jan 11-Mar 14	10	\$52.50
	Saturday	7:45-8:30am	RC	Sept 17-Dec 10	12	\$63
		QSWC	Jan 14-Mar 17	10	\$52.50	
NOON FIT *	Wednesday	12:10-12:50pm	RC	Sept 14-Nov 30	12	\$63
			QSWC	Jan 11-Mar 14	10	\$52.50
	Friday	12:10-12:50pm	KIN	Sept 16-Dec 16	12	\$63
		QSWC	Jan 13-Mar 16	10	\$52.50	
FITNESS * AT FIVE	Monday	5:00-6:00pm	KIN	Sept 12-Dec 5	12	\$63
			QSWC	Jan 9-Mar 19	10	\$52.50
	Wednesday	5:00-6:00pm	RC	Sept 14-Nov 30	12	\$63
		QSWC	Jan 11-Mar 14	10	\$52.50	
TONE * & SCULPT	Monday	7:00-8:00pm	KIN	Sept 12-Dec 5	12	\$63
			QSWC	Jan 9-Mar 19	10	\$52.50
	Wednesday	9:30-10:30am	RC	Sept 14-Nov 30	12	\$63
		QSWC	Jan 11-Mar 14	10	\$52.50	
	Sunday	10:00-10:45am	QSWC	Jan 15-Mar 18	10	\$52.50

Your...Programs for Adults

ADULT HEALTH & WELLNESS PROGRAMS 2

Program	Description
GENTLE PILATES	This lower intensity class offers a unique combination of exercises that you perform in a specific order. Each exercise flows into the next and constantly reinforces and relies on the strength of your “core” which refers to your abdominal areas, lower back, buttocks, and inner thigh muscles. The exercises require you to perform a number of repetitions in a precise and controlled manner. Beginners should start with the Gentle Pilates classes.
PILATES	This class offers a unique combination of exercises that you perform in a specific order. Each exercise flows into the next and constantly reinforces and relies on the strength of your “core” which refers to your abdominal areas, lower back, buttocks, and inner thigh muscles. The exercises require you to perform a number of repetitions in a precise and controlled manner.
POST-NATAL FIT	Ready to start working out again? This is a great class to get you started with a whole body workout. This class will consist of a gentle warm up, a low impact cardiovascular component, muscle toning, and cool down exercises, stretching and relaxation.
MOM & BABY FIT	Are you a new mom who would like to get out, meet new people, get back into shape and bring along your little one? Join us for this 45-minute class of fun, fitness & social time. All fitness levels are welcome. (Babies up to one year)
MOM & BABY YOGA	This program is a great way for parents to bond with their baby. Dress comfortably, and avoid clothing that restricts movement for you and your baby. Bring a receiving blanket or cuddly blanket or mat to put on the floor and a small toy or rattle for the little one. (Babies up to one year)
TAI CHI	Tai Chi is an ancient Chinese exercise consisting of 108 movements. Men and women of all ages can practice these non-strenuous, flowing and relaxing movements to regain their natural health and remain in good physical condition. It relieves stress, improves concentration, perception and balance.
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. <i>(Sign your children up this fall for Kid Fit at 7:00 pm on Wednesday while you enjoy an hour of Yoga.)</i>
PRE-NATAL YOGA	Help your body adjust to the growing demands of pregnancy. This gentle class uses safe movements to strengthen, tone and stretch the muscles while the breathing exercises help calm the mind and reduce stress.
POST-NATAL YOGA	A safe, gentle way to start exercising again after your baby is born. This class 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.
STRETCH & RELAX	Looking for a way to relax and wind down after a hectic week? Join us on Friday evenings for this class designed to lower your stress levels and improve your flexibility in a calm and relaxing atmosphere.
URBAN POLING	Over 25 years of research shows that walking poles boost the benefits of ordinary walking. Adding poles lets you tone your inner core & upper body, increase the intensity of walking, take stress off your knees and hips, burn more calories, and enjoy the outdoors. Price includes a set of poles. If you already own poles, please notify staff at the time of registration for a reduced fee.

Also see our Older Adults, Aquatics & Skating sections for more adult programming.

Looking for a way to spend some quality time with your children while getting fit? Join us for our Mother & Daughter Fit Class or Family Sports Night (see Children & Youth section) and get fit with your family.

Your...Programs for Adults

adults
adults

ADULT HEALTH & WELLNESS PROGRAMS SCHEDULE 2

Program	Day	Time	Location	Dates	Class	Cost +HST
GENTLE PILATES *	Tuesday	5:00-5:45pm	KIN QSWC	Sept 13-Nov 29 Jan 10-Mar 13	12 10	\$63 \$52.50
PILATES *	Tuesday	12:10-12:50pm	RC QSWC	Sept 13-Nov 29 Jan 10-Mar 13	12 10	\$63 \$52.50
	Thursday	12:10-12:50pm	RC QSWC	Sept 15-Dec 1 Jan 12-Mar 15	12 10	\$63 \$52.50
	Saturday	8:30-9:15am	RC QSWC	Sept 17-Dec 10 Jan 14-Mar 17	12 10	\$63 \$52.50
POST NATAL FIT	Friday	10:30-11:30am	KIN QSWC	Sept 16-Dec 16 Jan 13-Mar 16	12 10	\$63 \$52.50
MOM & BABY FIT	Wednesday	1:00-1:45pm	RC QSWC	Sept 14-Nov 30 Jan 11-Mar 14	12 10	\$63 \$52.50
MOM & BABY YOGA	Friday	9:15-10:15am	KIN QSWC	Sept 15-Dec 1 Jan 12-Mar 15	12 10	\$63 \$52.50
TAI CHI: BEGINNER	Monday	8:00-9:00pm	RC QSWC	Sept 12-Dec 5 Jan 9-Mar 19	12 10	\$63 \$52.50
	Tuesday	10:30-11:30am	RC QSWC	Sept 13-Nov 29 Jan 10-Mar 13	12 10	\$63 \$52.50
TAI CHI: 2/3	Monday	6:45-7:45pm	RC QSWC	Sept 12-Dec 5 Jan 9-Mar 19	12 10	\$63 \$52.50
	Tuesday	9:15-10:15am	RC QSWC	Sept 13-Nov 29 Jan 10-Mar 13	12 10	\$63 \$52.50
TAI CHI: INTERMEDIATE	Monday	10:00-11:00am	RC QSWC	Sept 12-Dec 5 Jan 9-Mar 19	12 10	\$63 \$52.50
DROP IN TAI CHI	Thursday	5:30-6:30pm 6:45-7:45pm <i>** Note: This program is a practice session for those registered in our Tai Chi Programs.</i>	Hillcrest QSWC	Fall Winter		\$3.25/visit
YOGA *	Monday	12:10-12:50pm or 5:15-6:15pm or 6:30-7:30pm	RC QSWC	Sept 12-Dec 5 Jan 9-Mar 19	12 10	\$63 \$52.50
	Wednesday	5:00-6:00pm or 6:15-7:15pm	RC QSWC	Sept 14-Nov 30 Jan 11-Mar 14	12 10	\$63 \$52.50
	Thursday	5:15-6:15pm or 6:30-7:30pm	RC QSWC	Sept 15-Dec 1 Jan 12-Mar 15	12 10	\$63 \$52.50
	Friday	12:10-12:50pm	RC QSWC	Sept 16-Dec 16 Jan 13-Mar 16	12 10	\$63 \$52.50
	Sunday	8:00-9:00am	QSWC	Jan 15-Mar 18	10	\$52.50
PRE-NATAL YOGA	Tuesday	6:00-7:00pm	RC QSWC	Sept 13-Nov 29 Jan 10-Mar 13	12 10	\$63 \$52.50
POST-NATAL YOGA	Monday	11:15-12:00pm	RC QSWC	Sept 13-Nov 29 Jan 10-Mar 13	12 10	\$63 \$52.50
STRETCH & RELAX*	Friday	7:45-8:45pm	RC QSWC	Sept 16-Dec 16 Jan 13-Mar 16	12 10	\$63 \$52.50
URBAN POLING	Wednesday	12:30-1:15pm	QSWC	Sept 14-Dec 11	8	\$132
	Friday	5:30-6:15pm		Jan 11-Mar 18	8	
	Sunday	8:45-9:30am				

* Drop-in classes are available for these programs at \$6.00 per class, space permitting, following our regular registration. Pre-registration is required for all of the programs.

Locations: **RC** = Recreation Centre, 116 Pinnacle Street **KIN** = Kinsmen Community Centre, 151 Dundas St. East
QSWC = Quinte Sports & Wellness Centre, 265 Cannifton Road



Are you bored with your current work out program?
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FALL REGISTRATION
DATES

SAT.	MON.	WED.	THURS.
AUG. 27	AUG. 29	AUG. 31	SEPT. 1
9 a.m. till noon & 6 p.m. till 8 p.m.			

- MODERN BALLET**
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Your...Programs for Adults

SPECIAL INTEREST PROGRAMS FOR ADULTS

Program	Description
DANCING	Join Dance Instructor, Marek, to learn how to do a number of various dance moves. This program is for participants of all ages and abilities! Participants will learn various dances: Ballroom, Meringue, Salsa, Rumba, Cha-Cha, Jive, Foxtrot, Tango, Polka and more! This is a fun way to be active. Classes available for individuals and couples.
GOLF LESSONS	Join us at the Indoor Sports Dome at Loyalist College for Golf Instruction to improve your swing. Group lessons will be available on Saturday evenings. Clubs required: Wood, Iron & Putter. Instructor: Ian
TABLE TENNIS	Fun for all ages! Join the Quinte Table Tennis Club on Monday evenings. An adult must accompany participants under 14 years. This is a drop-in program. Pre-registration is required to ensure your name is on the list.
BADMINTON	This drop-in coed badminton program in your new gymnasium will offer participants the opportunity to be active and meet people in a non-competitive, fun oriented atmosphere.
VOLLEYBALL	What a great way to have some fun, be active, and meet new friends! Register a team or as an individual and we will add you to a team. This evening is for fun and will be a non-competitive evening. Participants must be 16 years of age.
PICK-UP ADULT BASKETBALL	Enjoy this unstructured pay as you play activity. Bring your friends, keep fit, stay active, practice your skills and have a blast!
BELLEVILLE WALKS	Walking is one of the easiest ways to get fit and stay in shape and it doesn't cost anything to do it! Walking group schedules can be found at www.city.belleville.on.ca . Take a stroll around your new indoor walking/running track opening later this fall in the Quinte Sports & Wellness Centre. Call 613-966-4632 for the track schedule later this fall.
ADULT SPORTS NIGHT	Enjoy a night out playing recreational sports with everything from volleyball to ultimate Frisbee. Meet some new friends or come with a group. For this Fall Session, we have use of the Loyalist Sports Dome for this night out full of activities. In the Winter, we will have the NEW double gymnasium at the Quinte Sports & Wellness Centre.

SCHEDULE

Program	Day	Time	Location	Dates	Class	Cost +HST
DANCE INTRO <i>(no partner needed)</i>	Tuesday	6:30-7:30pm	QSC	Sept 13-Nov 29 Jan 10-Mar 13	12 10	\$66 \$55
DANCE COUPLES	Tuesday	7:30-9:00pm	QSC	Sept 13-Nov 29 Jan 10-Mar 13	12 10	\$99/pp \$82.50/pp
GOLF LESSONS	Saturday	6:00-9:00pm	LC	Sept 24-Dec 3	10	\$120
TABLE TENNIS	Monday	7:00-9:00pm	QSC	Sept 12-Dec 5 Jan 9-Mar 19	12 10	\$3.25/night
BADMINTON	Wednes	7:00-9:00pm	QSWC	Jan 11-Mar 14	10	\$3.25/night
VOLLEYBALL	Thursday	7:00-9:00pm	QSWC	Jan 12-Mar 15	10	\$3.25/night
BASKETBALL	Sunday	7:00-9:00pm	QSWC	Jan 15-Mar 18	10	\$3.25/night
SPORTS NIGHT	Saturday	7:00-9:00pm	LC QSWC	Sept 24-Dec 3 Jan 14-Mar 17	10	\$30

No classes October 7-10, 2011, November 11, 2011 or February 20, 2012