



2025

TOURNAMENT WELCOME PACKET

City of Belleville, Quinte Sports & Wellness Centre



COMMUNITY SERVICES DEPARTMENT

WELCOME



Hi There!

WELCOME TO THE CITY OF BELLEVILLE'S QUINTE SPORTS & WELLNESS CENTRE

We are excited to have you join us at the Quinte Sports & Wellness Centre and wish all teams the best of luck during your tournament.

Please take the time to review this Welcome Packet as it contains important information that will help make your time with us more enjoyable.

Enjoy your visit!

COMMUNITY SERVICES DEPARTMENT STAFF

WHAT TO EXPECT

WELCOME TO BELLEVILLE AND THE QUINTE SPORTS & WELLNESS CENTRE



TOURNAMENT HEADQUARTERS

Any questions regarding the tournament should be directed to Tournament Headquarters located in the Gym Meeting Room



PARKING

There is onsite parking at the facility but there are many other activities going on at the same time. Please leave yourself plenty of time to get to your game.



FDC INDOOR TRACK

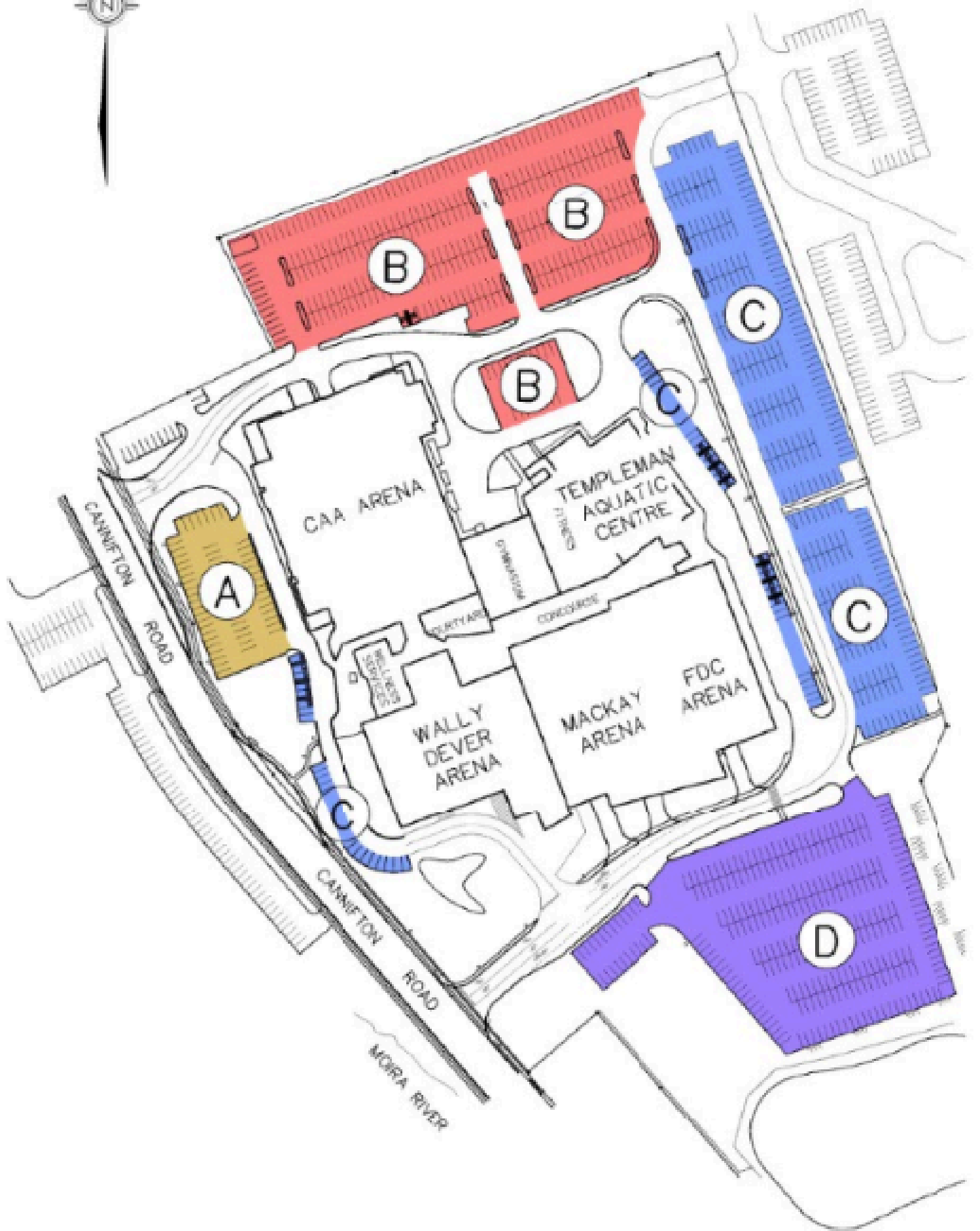
The track is available for teams to use as a warm-up area. The teams must be accompanied by a coach/manager/trainer at all times. No food or drink is allowed on the track and there is no spectating. There are to be no balls anywhere in the QSWC.



FOOD CONCESSIONS

The Courtyard Cafe is located in the main lobby and will be open during the tournament.





QUINTE SPORTS & WELLNESS CENTRE



HELPFUL TIPS & REMINDERS

- Please be respectful to our facility and everyone in it; we want everyone to enjoy their time at the QSWC.
- We ask that teams warm up on the track (with a coach/trainer), the space over looking the gym or the hallway between Mackay/Wally Dever Arenas.
- We ask that there be no sticks and balls used anywhere in the QSWC facility.
- Learn more about our [facility rules](#) and [frequently asked questions](#).
- Children under the age of 10 must be with a parent/guardian at all times within the facility.
- Teams can access dressing rooms 30 minutes before games.



AVAILABLE ACTIVITIES AT THE QSWC

We have a special holiday schedule that is available and includes the following activities:

- Workout Studio
- Pickleball
- Family/Open Gym
- Volleyball
- Youth Room
- Recreational Swimming
- Recreational Skating
- Track (Free of charge)

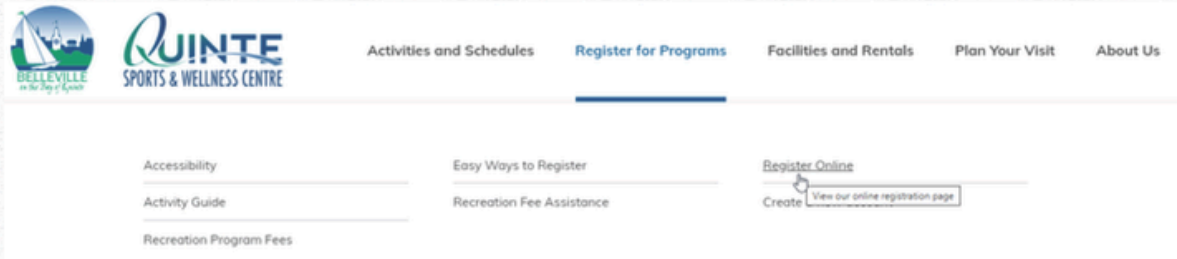
Pre-registration is required for all activities and they fill fast so we encourage you to register early. See the next page on how to sign up for your account.

REGISTER

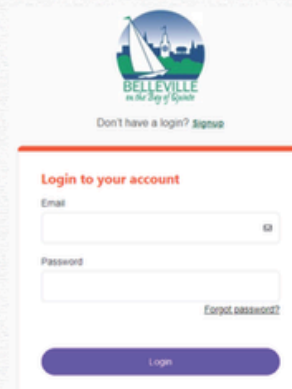


Registering Online

1 Go to QSWC.CA



2 Login to your account or sign up if you do not have one.



3 Go to Activity Registration and select an activity. Choose the activity you'd like and register.

A screenshot of the "filters" sidebar on the website. It includes several filter categories: "Date Range" with a date picker; "Days of week" with radio buttons for Mon, Tue, Wed, Thu, Fri, Sat, Sun; "Keyword" with a search input field; "Location" with a dropdown menu; "Service" with a dropdown menu; "Age" with a range selector (0 yr to 99+ yr); and "Facility" with a dropdown menu. Each filter category has a "Reset" link.

Select an Activity

Adult Programs

[Adult Special Courses](#)
[Fitness and Wellness](#)
[Workout Studio](#)

Camps

[PA Day Camp](#)
[Summer Camps](#)

Skating

[Drop In Skating](#)
[Power Skating](#)
[Skating Lessons: Children](#)
[Skating Lessons: Preschool](#)

Appointments

[Personal Training](#)

Birthday Parties

[Land Parties](#)
[Pool Parties](#)

Older Adult Programs (50+)

[50+ Centre Programs](#)
[50+ Special Courses](#)
[Fitness & Wellness \(50+\)](#)

Sports

[Drop-In: Sports & Games](#)

Aquatics


[Aquatics - Private Lessons](#)
[Aquatics: Advanced Leadership](#)
[Aquatics: Adult](#)
[Aquatics: Children](#)
[Aquatics: Preschool](#)
[Recreational Swims and Aqua Fitness](#)

Preschool, Children, Youth

[Children's Programs](#)
[Preschool Programs](#)
[Youth Programs](#)
[Youth Room](#)


Pool Admissions Policy

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.

- All **NON-SWIMMERS** must remain in the shallow end. Floatation devices are not allowed in the deep end.
- Any child under 7 years must have a parent/guardian within arms reach at ALL times.
- Children between the ages of **7-9 years must pass the facility swim test** otherwise they are required to have a parent/guardian within arms' reach.
- Children between the ages of 7-9 years who can pass the facility swim test, **require a parent/guardian to remain in the aquatic facility at all times**. All rental groups are responsible for having Emergency contact information for all participants (forms provided).
- Any **child swimming alone in the facility** must be a minimum of 10 years of age.
- Youth 10-15 years wishing to swim in the deep end must pass a facility swim test (or any non-swimmer, at the discretion of the lifeguard).

Serious Medical Conditions: Those with serious medical conditions should be accompanied by an individual knowledgeable of their condition and responsible for their direct supervision.

What to wear? Proper bathing attire means clean and appropriate. Sorry, no street clothes, shoes or undergarments. **We ask that people please tie back long hair while swimming.** Please wear proper footwear outside of the pool. No bare feet outside of the pool deck or change rooms. All swimmers not toilet trained must wear an article of clothing (with elastic legs) and/or a swim diaper that will keep fecal matter contained in the event of a fouling. These can be purchased at our customer service desk. No disposable diapers are permitted. No Cell Phones Permitted on the pool deck.

Pool Foulings: In the event of a pool fouling, we must close the pool to properly sanitize the water. Unfortunately, these events are unpredictable and the pool can be closed anywhere from 1 hour to 13 hours.

Health Department Regulations: These regulations are posted on the entrance to the pool deck and on the pool deck and must be followed. Showers are **mandatory** prior to entry and re-entry to the pool by all bathers.

Lane Swimming Etiquette:

- Lanes will be shared with other swimmers. To book a private lane at one of our rental times, email rccsgeneral@belleville.ca
- Swim in an empty lane if there is one available.
- 2 swimmers may agree to swim side by side
- The moment a 3rd swimmer enters your lane, you are required to swim in a counter-clockwise circle.
- If you need to share a lane, let the swimmer/swimmers already in the lane know you're getting in by dangling your foot in the pool or sitting on the edge.
- Choose a lane with swimmers who are swimming your own pace.
- When passing a swimmer, ensure that no one is coming towards you. Pass the swimmer and then return to your own side. If you need to rest, wait in the corner of your lane and allow other swimmers to pass. Do not speed up if someone tries to pass you. Do not swim directly behind the swimmer ahead of you.
- Do not use another swimmer's equipment unless they give you permission to do so. Be polite. Explain lane swimming etiquette to other swimmers in a courteous manner. If you have any questions or concerns, please feel free to ask a lifeguard.

TOOLS & RESOURCES



01 STAY CONNECTED ON SOCIALS

Keep up to date with us and tag us on Facebook and X (formerly Twitter)

02 QSWC WEBSITE

For information on programs and services, visit QSWC.CA

03 CITY OF BELLEVILLE WEBSITE

For information on the City of Belleville, visit Belleville.ca

04 IN CASE OF EMERGENCY

Dial 911 and provide the dispatcher with the civic address of 265 Cannifton Road, Belleville Ontario.

05 LOCAL INFORMATION AND EVENTS

Visit belleville.ca and discoverbelleville.ca and bayofquinte.ca for local information and things to do.

HOW TO REACH US

Email	csdgeneral@belleville.ca
Phone	613-966-4632
Website	https://www.quintesportsandwellnesscentre.ca/
Facebook	https://www.facebook.com/quintesportsandwellnesscentre/
X (formerly Twitter)	https://twitter.com/QSWC

