

ACTIVE LIVING GUIDE

Now is the time for everyone to get up and get moving!

Belleville



BELLEVILLE

Hastings Prince Edward Public Health (Public Health) has compiled this directory of physical activity opportunities to give you the information you need to get active in your community your way. There are many ways to be active in the Belleville area, ranging from outdoor activities to recreational fitness to organized sports. In this listing you can find an activity you enjoy or look for something new!

The content of the directory is provided as an information-sharing service and inclusion is not an endorsement by Public Health. Updating will occur regularly and we will attempt to be current. If you are aware of any errors or omissions, please email physicalactivity@hpeph.ca or phone 613.966.5500, if long distance 1.800.267.2803.

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PHYSICAL ACTIVITY AND HEALTH

Being physically active every day is essential for people of all ages. For adults, physical activity can help reduce the risk of developing chronic diseases such as high blood pressure, diabetes, and heart disease. When children and youth are active every day, it helps them to learn better in school, maintain a healthy body weight, and improve self-confidence. Even young children who spend less time being sedentary and more time being active can better maintain a healthy body weight, build social skills, and improve language skills.

Here are a few tips that will help you and your family sustain an active lifestyle:

- ◆ Choose activities you enjoy and build them into your daily routine. You don't have to do long periods of activity if time is a constraint. Bouts of 10 minutes or more of exercise can be added into your day to help you reach your physical activity goals. The more you spread your physical activity through the week, the better.
- ◆ Try out a new activity with friends or join a club; you may find it is easier to stick with it when you're exercising with others.
- ◆ Enjoy getting active with your family as much as possible. As a parent you play an important role in encouraging your child's physical activity. If you model an active lifestyle, your children will be active too.
- ◆ The Canadian Physical Activity Guidelines recommend moderate to vigorous physical activity. When doing moderate activity you should breathe a little harder and sweat a little (e.g. brisk walking), when doing vigorous activity you should sweat and be out of breath (e.g. jogging).
- ◆ Most importantly, remember to have fun!

The Canadian Physical Activity Guidelines

The Canadian Physical Activity Guidelines (www.csep.ca) have recommendations for people at every stage of life.

0-4 Years:

- ◆ Infants (aged less than 1 year) should be physically active several times daily, particularly through interactive floor-based play.
- ◆ Toddlers (aged 1-2 years) and preschoolers (aged 3-4 years) should accumulate at least 180 minutes of physical activity at any intensity spread throughout the day, including:
 - A variety of activities in different environments.
 - Activities that develop movement skills.

- Progression toward at least 60 minutes of energetic play by 5 years of age.
- ◆ More daily physical activity provides greater health benefits.

5-11 Years:

- ◆ For health benefits, children aged 5-11 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily. This should include:
 - Vigorous intensity activities at least 3 days per week.
 - Activities that strengthen muscle and bone at least 3 days per week.
- ◆ More daily physical activity provides greater health benefits.

12-17 Years:

- ◆ For health benefits, youth aged 12-17 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily. This should include:
 - Vigorous intensity activities at least 3 days per week.
 - Activities that strengthen muscle and bone at least 3 days per week.
- ◆ More daily physical activity provides greater health benefits.

18-64 Years:

- ◆ To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more.
- ◆ It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.
- ◆ More daily physical activity provides greater health benefits.

65 Years & Older:

- ◆ To achieve health benefits and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more.
- ◆ It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.
- ◆ Those with poor mobility should perform physical activities to enhance balance and prevent falls.
- ◆ More daily physical activity provides greater health benefits.

FINANCIAL ASSISTANCE

- ◆ The Quinte Children's Foundation, in partnership with Jumpstart offers financial assistance up to a maximum of \$600 each year, to qualifying children and youth ages 4 to 18, living in Hastings County. Call 613.962.9311 or visit www.quintechildrensfoundation.com for more information.
- ◆ YMCA of Central East Ontario: Offers financial assistance to qualifying residents. For more information call Bill Taunton at 613.966.9622 or visit www.ymcaofceo.ca.
- ◆ City of Belleville: Offers registration fee assistance to qualifying residents. Contact Tanya Grierson at 613.966.4632 or by email at tgrierson@city.belleville.on.ca.
- ◆ Ontario Works Recreation Fund: Offers up to \$150 per child to children and youth (2-18 years of age) whose family is on Ontario Works, to participate in recreation, arts, and cultural activities and sports which require at least bi-weekly participation. Families should contact their Ontario Works caseworker for information.
- ◆ Tax credits: Remember to save your receipts for children and your programs to claim your federal Children's Fitness Tax Credit (www.cra-arc.gc.ca/nwsrm/txtps/2013/tt130225-eng.html) and the provincial Children's Activity Tax Credit (www.fin.gov.on.ca/en/Credit/catc/index.html) on your annual income tax return.

AQUATICS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Bay of Quinte Yacht Club 613.827.SAIL or 613.966.5931 info@bqyc.org	86 South Front Street, Belleville www.bqyc.org	
Belleville Dragon Boat Club Cheryl Drumm info@BellevilleDragonBoatClub.com	41 Craig Street, Belleville www.bellevilledragonboatclub.com	Ages 14+
Belleville Youth Swim Team Brandon Oates 613.661.7946	265 Cannifton Road, Belleville www.byst.ca	Wheelchair accessible Ages 6-18 Swimsuit, goggles suggested
Canadian Sport Divers Scuba Club Kim Harvey kim_harvey_33@hotmail.com andbil@hotmail.com	Canadian Sport Subs 48 Dundas Street West, Belleville http://home.cogeco.ca/~csdivers/	
City of Belleville Recreation, Culture & Community Services 613.966.4632 prgeneral@city.belleville.on.ca	265 Cannifton Road, Belleville www.city.belleville.on.ca or www.quintesportsandwellnesscentre.ca	
Parkdale Park - Splash Pad City of Belleville Recreation, Culture & Community Services 613.967.0036 prgeneral@city.belleville.on.ca	119 Birch Street, Belleville www.city.belleville.on.ca	
Quinte Association of Kayakers and Canoeists Andy Hanson 613.966.0485 abh99@sympatico.ca		
Quinte Rowing Club Maxine Walker 613.962.6818 info@rowquinte.on.ca	35 Keegan Parkway, Belleville www.rowquinte.on.ca	

AQUATICS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Riverside Park - Splash Pad City of Belleville Recreation, Culture & Community Services 613.967.0036 prgeneral@city.belleville.on.ca	373 Moira Street East, Belleville www.city.belleville.on.ca	
YMCA Belleville 613.966.9622 info@bellevilleymca.ca	433 Victoria Avenue, Belleville www.ymcabellevillequinte.ca	

CAMPS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Belleville Youth Soccer Club Challenger Soccer Camp www.bysc.ca	Mary Anne Sills Park 140 Palmer Road, Belleville	
City of Belleville Recreation, Culture & Community Services 613.966.4632 prgeneral@city.belleville.on.ca	265 Cannifton Road, Belleville www.city.belleville.on.ca or www.quintesportsandwellnesscentre.ca	
Quinte Conservation Day Camp Quinte Conservation 613.968.3434 info@quinteconservation.ca	2061 Highway 2, R.R. #2, Belleville www.quinteconservation.ca	
Quinte Rowing Club Maxine Walker 613.962.6818 info@rowquinte.on.ca	35 Keegan Parkway, Belleville www.rowquinte.on.ca	

DANCE

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Angela Maracle Studios 613.968.9902 idanceams@gmail.com	25 Campbell Street, Belleville www.angelamaracleschoolofdance.com	Ages 2+ Bodysuit, tights suggested
Belleville Scottish Country Dancers William Cunningham 613.965.4212 drbill210@hotmail.com	Queen Victoria School 46 Pine Street, Belleville	Wheelchair accessible
City of Belleville Quinte Sports and Wellness Centre 613.966.4632 prgeneral@city.belleville.on.ca	265 Cannifton Road, Belleville www.quintesportsandwellnesscentre.ca	
Inside Out Dance Academy 613.707.2711 insideoutdance@gmail.com	6855 Highway 62, Belleville www.insideoutdanceacademy.com	
Ireland Academy of Dance Liane Ireland 613.969.1179 irelandacademy@bellnet.ca	28 Wallbridge Crescent, Belleville www.lianeirelandsdance.com	
Quinte Ballet School 613.962.9274 info@quinteballetschool.com	196 Palmer Road, Belleville www.quinteballetschool.com	Wheelchair accessible Ages 3+
Tawny's School of Dance Tawny Ruston 613.966.2956	111 Adam Street, Belleville	Ages 3+
YMCA: Adult, Child & Youth Programs 613.966.9622 info@bellevilleymca.ca	433 Victoria Avenue, Belleville www.ymcabellevillequinte.ca	

FITNESS CENTRES AND PROGRAMS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Apollo Barbell Club Bob Walt 613.395.3213 apollolifting1@hotmail.com	R.R. #2, Stirling	Wheelchair accessible Ages 10+ Athletic wear and runners suggested
Belleville YMCA 613.966.9622 info@bellevilleymca.ca	433 Victoria Avenue, Belleville www.ymcabellevillequinte.ca	
City of Belleville Quinte Sports and Wellness Centre 613.966.4632 prgeneral@city.belleville.on.ca	265 Cannifton Road, Belleville www.quintesportsandwellnesscentre.ca	
City of Belleville Recreation, Culture & Community Services 613.966.4632 prgeneral@city.belleville.on.ca	265 Cannifton Road, Belleville www.city.belleville.on.ca or www.quintesportsandwellnesscentre.ca	
Curves for Women 613.962.3399	51 Adam Street, #2, Belleville www.curves.com	Women only Indoor shoes suggested
Goodlife Fitness Club 613.968.5628 bellevillequinte@goodlifefitness.com	Quinte Mall, 390 North Front Street, Belleville www.goodlifefitness.com	Main level wheelchair accessible Ages 12+
Misuraca Karate Academy & Family Fitness George Misuraca 613.969.8936 misuraca40@hotmail.com	6833 Highway 62 Belleville	Wheelchair accessible Ages 14+ Athletic wear suggested Indoor shoes suggested
One to One Health and Fitness Centre Andrea DiRocco 613.962.2032 ext. 22 info@onetoonefitness.ca	269 Palmer Road, Belleville www.onetoonefitness.ca	Wheelchair accessible Ages 8+
YMCA 613.966.9622 info@bellevilleymca.ca	433 Victoria Avenue, Belleville www.ymcabellevillequinte.ca	

FITNESS FOR SENIORS AND ADULTS WITH DISABILITIES

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Belleville and Quinte West Community Health Centre Seated Exercise Program Urban Poling Program 613.962.0000 ext. 233	Belleville Call for dates and locations	Free Equipment provided Wheelchair accessible Comfortable clothing, appropriate footwear, water suggested
City of Belleville Recreation, Culture & Community Services 613.966.4632 prgeneral@city.belleville.on.ca	265 Cannifton Road, Belleville www.city.belleville.on.ca or www.quintesportsandwellnesscentre.ca	
SMART VON Bella Stoneman 1.888.279.4866 ext. 5350 bella.stoneman@von.ca	Belleville Call for specific locations	Free Wheelchair accessible Comfortable clothing, appropriate footwear, water suggested

ORGANIZED SPORTS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Bay of Quinte Jr. Badminton Club Dany Filion dplear@btinternet.com or danyboy_24@hotmail.com www.bqyc.org	Quinte Christian High School 138 Wallbridge-Loyalist Road, Belleville	Ages 9-19
Bay of Quinte Men's Soccer Ryan Matthie matthie@alcdsb.on.ca	www.bqmsl.com	Ages 17-65 Cleats and shin guards required
Bay of Quinte Women's Soccer League jbqwsl@hotmail.com	25 Boswell Street, Belleville www.bqwsl.com	Ages 17-65 Cleats and shin guards required
Bayview Golfing Centre 613.962.1254 bayviewgolfingcentre@hotmail.com	1915 Highway 2, Belleville www.bayviewgolfingcentre.webs.com	Wheelchair accessible
Belleville & District Girls Minor Hockey Belleville Bearcats 613.920.0682 info@bellevillebearcats.ca	Office: Quinte Sports and Wellness Centre P.O. Box 23121, Belleville www.bellevillebearcats.ca	Women only All ages Hockey equipment required
Belleville & District Special Olympics Shelva Smith Sliver_40@hotmail.com	22 Johnson Street, Belleville www.specialolympicsontario.ca	
Belleville Amateur Baseball Jenn and Jason Walmsley 613.743.2722 bababuc@live.ca	www.bellevillebaseball.com	Ages 4-19 Glove required

ORGANIZED SPORTS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Belleville Association for Special Athletes 613.967.1900 msills2@sympatico.ca	15 Boswell Street, Belleville	Wheelchair accessible All ages
Belleville Badminton Club bbc2play@yahoo.ca www.bqyc.org/bbc	Quinte Christian High School 138 Wallbridge-Loyalist Road, Belleville	Court shoes and racket required
Belleville Boxing Club 613.477.2160 smtren@sympatico.ca	1559 Highway 37, Belleville	Ages 12+
Belleville Bulldogs Rugby Football Club Dean Newman or Josh Chambers 613.243.8829 or 613.393.3209 president@bulldogsrugby.com	Maryann Sills Park 140 Palmer Road, Belleville www.bulldogsrugby.com	Ages 8+ Juniors: Running shoes required Tackle rugby: Cleats, mouth guard required
Belleville Bulls Hockey Club 613.966.8338	265 Cannifton Road, Belleville www.bellevillebulls.com	
Belleville Karate and Jiu Jitsu Norm Clifton 613.967.2323 info@bkjj.org	246-A North Front Street, Belleville www.bkjj.org	Ages 6+
Belleville Karate School 613.962.8551	497-B Dundas Street West, Belleville www.skifcanada.ca	
Belleville Ladies Business Softball League Luanne Williams 613.968.6900		

ORGANIZED SPORTS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Belleville Men's Ball Hockey League Brian Erwin 613.290.8622 brian@curreyinsurance.com		
Belleville Minor Hockey Association 613.962.6103 bmhajrbulls@cogeco.net	265 Cannifton Road, Belleville www.bellevilleminorhockey.com	
Belleville Minor Softball Association Debbie MacDonald 613.966.8214	www.bellevilleminorsoftball.com	
Belleville Mixed Slow Pitch League Darren Anderson bmspbball@yahoo.ca www.bellevillemixedslopitch.ca		
Belleville YMCA 613.966.9622 info@bellevilleymca.ca	433 Victoria Avenue, Belleville www.ymcabellevillequinte.ca	
Belleville Youth Soccer Club 613.966.9821 byscoffice@gmail.com	265 Cannifton Road, Belleville www.bysc.ca	Ages 4-21 Shin guards and cleats required
Black Bear Ridge Golf Course 613.968.2327 or 1.866.811.2327 info@blackbearridge.ca	501 Harmony Road, Belleville www.blackbearridge.ca	Wheelchair accessible
City of Belleville Quinte Sports and Wellness Centre 613.966.4632 prgeneral@city.belleville.on.ca	265 Cannifton Road, Belleville www.quintesportsandwellnesscentre.ca	
City of Belleville Recreation, Culture & Community Services 613.966.4632 prgeneral@city.belleville.on.ca	265 Cannifton Road, Belleville www.city.belleville.on.ca or www.quintesportsandwellnesscentre.ca	

ORGANIZED SPORTS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Fang Shen Do Dan Levac 1.866.265.1666 belleville@fangshendo.com	344 Front Street, Belleville www.fangshendo.com	Ages 6-65 Athletic wear and water to drink suggested
Misuraca Karate Academy and Family Fitness George Misuraca 613.969.8936 misuraca40@hotmail.com	6833 Highway 62, Belleville	Wheelchair accessible Ages 3+
Power Skating Training John Boulton's Inside Edge Power Skating 613.962.7482		
Quinte Bay Boxing Club 613.962.8244 quinte.bay.boxing@hotmail.com quintebayboxingclub.ca	19-21 Wallbridge Crescent, Belleville	Ages 11+ Athletic wear required
Quinte Bay Gymnastics Club 613.967.9517	14 Harder Drive, Belleville www.quintebaygymnastics.com	
Quinte Blades Speed Skating Club Laura Woodall 613.966.0385 pwoodall@cogeco.ca		Ages 6+ Can rent speed skates Athletic wear, gloves, helmet required
Quinte Curling Club 613.962.5570 quintecurlingclub@bellnet.ca	246 Bridge Street West, Belleville www.quintecurlingclub.reach.net	
Quinte Legion Track & Field quintelegion@cogeco.ca	www.eteamz.com/quintelegion/	
Quinte Regional Minor Hockey Lesley Turcotte 613.921.5161 info@quintedevils.com	P.O. Box 23103, Belleville www.quintedevils.com	

ORGANIZED SPORTS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Quinte Sport & Social Club 613.210.8326 info@qssc.ca	www.qssc.ca	
Quinte Tennis Club Rhea Pretsell quintetennisclub@gmail.com	219 Dufferin Avenue, Belleville https://sites.google.com/site/quintetennisclub/	
Shiny Hockey Adults & Seniors Quinte Sports and Wellness Centre 613.966.4632 prgeneral@city.belleville.on.ca	265 Cannifton Road, Belleville www.quintesportsandwellnesscentre.ca	
Tai Chi – Adult Programs Quinte Sports and Wellness Centre 613.966.4632	265 Cannifton Road, Belleville www.quintesportsandwellnesscentre.ca	
Trillium Wood Golf Club 613.477.1831 golf@trilliumwood.com	1281 Highway 37, Corbyville www.trilliumwood.com	

OUTDOOR RECREATION

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Belleville Chain Gang (Biking) Steve Cornell 613.969.1206 chaingang@lanroc.com	Meyers Pier, Belleville www.lanroc.com/chaingang	
City of Belleville Trails Map	www.belleville.ca/images/uploads/Belleville_Trail_Map_INT.pdf for a full list of trails	
City of Belleville Parks and Playgrounds	www.belleville.ca/recreation/page/parks for a full list of parks and playgrounds in Belleville	

OUTDOOR RECREATION

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
JMT Performance Horses 613.921.4553 jmtperformancehorses@gmail.com	1559 Highway 37, Belleville www.jmtperformancehorses.com	
Quinte Conservation Conservation Areas and Trails	www.quinteconservation.ca/site/images/stories/conservation_areas/docs/qc_areas.pdf for a full list of conservation areas/trails	
Quinte Humane Society 613.968.4673	527 Avonlough Road, Belleville	
Quinte Therapeutic Riding Association 613.395.4472 Barbara.davis@sympatico.ca	173 McGee Road, Stirling www.quintra.org	Wheelchair accessible Ages 4+

RECREATIONAL FITNESS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Belleville Lawn Bowling Club Ed Hawman 613.968.2456	40 Yeoman Street, Belleville	All ages Flat-soled shoes required
Belleville YMCA 613.966.9622 info@bellevilleyymca.ca	433 Victoria Avenue, Belleville www.bellevilleyymca.ca	
City of Belleville Quinte Sports and Wellness Centre – Indoor Track 613.966.4632 prgeneral@city.belleville.on.ca	265 Cannifton Road, Belleville www.quintesportsandwellnesscentre.ca	Wheelchair accessible Free
City of Belleville – 55+ Senior’s Centre Quinte Sports and Wellness Centre 613.966.4632 prgeneral@city.belleville.on.ca	265 Cannifton Road, Belleville www.quintesportsandwellnesscentre.ca	

RECREATIONAL FITNESS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
City of Belleville Quinte Sports and Wellness Centre 613.966.4632 prgeneral@city.belleville.on.ca	265 Cannifton Road, Belleville www.quintesportsandwellnesscentre.ca	
City of Belleville Recreation, Culture & Community Services Programs for ages 18 months to 18 years 613.966.4632 prgeneral@city.belleville.on.ca	265 Cannifton Road, Belleville www.city.belleville.on.ca or www.quintesportsandwellnesscentre.ca	
City of Belleville Recreation, Culture & Community Services YOUTH ROOM 613.966.4632 prgeneral@city.belleville.on.ca	265 Cannifton Road, Belleville www.city.belleville.on.ca or www.quintesportsandwellnesscentre.ca	Programs for grade 6+
Ontario Seniors Games Association 1.800.320.6423 info@ontarioseniorgames.ca	www.ontarioseniorgames.ca	Ages 55+
Quinte Bowling Centre Ron Jones 613.967.2695 rjones@cogeco.net	17 Roy Boulevard, Belleville www.quintebowlingcentre.com	Wheelchair accessible All ages
Quinte Conservation Area and Outdoor Education Centre 613.968.3434 www.quinteconservation.ca info@quinteconservation.ca	381 Thrasher Road, R.R. #1, Plainfield www.fofc.ca	
Quinte Mall 613.968.3571	390 North Front Street, Belleville	Free Wheelchair accessible Monday-Saturday 7am-9pm Sunday 9am-11am

RECREATIONAL FITNESS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
YMCA 613.966.9622 info@bellevilleyymca.ca	433 Victoria Avenue, Belleville www.ymcabellevillequinte.ca	

PEDOMETER AND URBAN POLE LENDING PROGRAMS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Hastings Prince Edward Public Health 613.966.5500 physicalactivity@hpeph.ca	179 North Park Street, Belleville www.hpepublichealth.ca	Free pedometers and urban poles available for community groups, walking clubs and workplaces