

ACTIVE LIVING GUIDE

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

Quinte West



QUINTE WEST

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 Quinte West 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 a year, to qualifying children and youth ages 4 to 18, who reside 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.

AQUATICS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Copperfield's Fitness and Rehabilitation 613.392.1825 info@copperfieldsfitness.com	421 Dundas Street West, Trenton www.copperfieldsfitness.com	
Frankford Splash Pad 613.392.2841	Corner of Riverside Parkway and River Drive, Frankford www.city.quintewest.on.ca	
Power & Sail Squadron John Brewster 613.395.2117	Baker Island, CFB Trenton Quinte West www.cps-ecp.ca/bayofquinte/	
Quinte Branch YMCA 613.394.9622 info@bellevilleyymca.ca	50 Monogram Place, Quinte West www.ymcaofceo.ca	
Sailing Lessons For people with disabilities Quinte Sail Ability 613.475.4427 quintesailability@hotmail.com	CFB Trenton Yacht Club 142 Northstar Drive, Quinte West www.cfbtrentonyc.com	Wheelchair accessible Ages 7+
The Rec Plex 613.392.2811 ext. 3348	21 Namao Drive East, Trenton CFB Trenton	
Trenton Splash Pad Quinte West Recreation & Tourism Services 613.392.2841	Centennial Park, Trenton www.city.quintewest.on.ca	
Yacht Club CFB Trenton Yacht Club Sailing School 613.392.8995 cfbtrentonyc@reach.net	CFB Trenton Yacht Club 142 Northstar Drive, Quinte West www.cfbtrentonyc.com	Ages 10+ Life jacket required

CAMPS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Specialty Camps and Summer Day Camps Quinte West Recreation & Tourism Services 613.392.2841	www.city.quintewest.on.ca	
Specialty Camps and Summer Day Camps Quinte Branch YMCA 613.394.9622 info@bellevilleyymca.ca	50 Monogram Place, Trenton www.ymcaofceo.ca	
Summer Day Camps Batawa Ski Hill 613.398.6568 info@batawaskihill.com	99 Ski Club Lane, Batawa www.batawaskihill.com	

DANCE

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Carol Brown School of Dance 613.392.5693 carol.dance45@gmail.com	49 Leopold Street, Trenton www.carolbrownschoolofdance.ca	Ages 2+
Quinte Bay Cloggers Eve Booth & Ozz Riekstins 613.966.7026 quintebayclogging@gmail.com	244 Dundas Street East, Trenton	Ages 7+
Quinte Branch YMCA 613.394.9622 info@bellevilleyymca.ca	50 Monogram Place, Trenton www.ymcaofceo.ca	

FITNESS CENTRES AND PROGRAMS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Copperfield's Fitness and Rehabilitation 613.392.1825 copperfieldsfitness@bellnet.ca	421 Dundas Street West, Trenton www.copperfieldsfitness.com	Wheelchair accessible
Curves for Women 613.392.2866 trenton.curves@bellnet.ca	31 Quinte Street, Unit 2-4, Trenton www.curves.com	Women only
Dr. McMullen Community Centre Quinte West Recreation & Tourism Services 613.392.2841	35 March Street, Frankford www.city.quintewest.on.ca	
Duncan McDonald Memorial Gardens Quinte West Recreation & Tourism Services 613.392.2841	8 Couch Crescent, Trenton Centennial Park www.city.quintewest.on.ca	
The Gymnasium (CFB Trenton) 613-392-2811 ext. 7138	Canso Street, Trenton	
The Rec Plex (CFB Trenton – Air Base) 613.392.2811 ext. 3361	21 Namao Drive East, Trenton www.cfbtrenton.com	
YMCA Gymnasium & Fitness Centre 613.394.9622 info@bellevilleyymca.ca	50 Monogram Place, Trenton www.ymcaofceo.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	70 Murphy Street, Trenton	Free Equipment provided Wheelchair accessible

FITNESS FOR SENIORS AND ADULTS WITH DISABILITIES

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
SMART VON Bella Stoneman 1.888.279.4866 ext. 5350 bella.stoneman@von.ca	80 Division Street, Trenton	Free Wheelchair accessible

ORGANIZED SPORTS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Bay of Quinte Men's Soccer Ryan Matthie matthie@alcdsb.on.ca	265 Cannifton Road, Belleville www.bqmsl.com	Ages 17-65 Cleats and shin guards required
Belleville & Quinte Minor Ball Hockey Rick Carr 613.969.5757	265 Cannifton Road, Belleville www.bellevilleballhockey.ca	Ages 3-18
Belleville Men's Ball Hockey League Brian Erwin 613.290.8622 brian@curreyinsurance.com		
Cold Creek Girls Hockey Association registrar@coldcreekcomets.ca	www.coldcreekcomets.ca	Ages 8-21
Copperfield's Fitness and Rehabilitation 613.392.1825 copperfieldsfitness@bellnet.ca info@copperfieldsfitness.com	421 Dundas Street West, Trenton www.copperfieldsfitness.com	Wheelchair accessible
Frankford Figure Skating Club Tanya MacDonald 613.394.1016 adminteam@frankfordfsc.ca	PO Box 561, Frankford www.frankfordfsc.ca	Ages 3-65
Frankford Municipal Golf Course 613.398.7836	9 Wallace Street, Frankford www.frankfordgolfcourse.com	

ORGANIZED SPORTS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Murray Hills Golf Club 613.397.3037 murrayhills@explornet.com	County Road 41, Wooler www.murrayhillsgolfcourse.com	
Natural Rhythms Health Centre Dan Boyle 613.395.4747 health@drdan.ca	8-400 West Front Street, Stirling www.naturalrhythms.ca	
Oak Hills Golf Club 613.395.2611 golf@oakhills.ca	1538 Frankford-Stirling Road, Stirling www.oakhills.ca	Wheelchair accessible
Peaceful Warrior – Aikido Dan Boyle sensei@peacefulwarrior.ca 613.395.4747	Peaceful Warrior Dojo 8-400 West Front Street, Stirling www.peacefulwarrior.ca	Ages 7+
Quinte Blades Speed Skating Club Cheryl Quennville 613.966.2252 cquenn@cogeco.ca	Trenton Arena 8 Couch Crescent, Trenton www.quinteblades.reach.net	
Quinte Judo Club Gilbert Mooney 613.922.5192 quintejudoclub@sympatico.ca	Masonic Temple 33 King Drive, Frankford www.quintejudoclub.com	Wheelchair accessible All ages Under 6 need parent present
Quinte West Minor Hockey Association Kim Thurston 613.965.0496 qwmhoffice@gmail.com	204 Dundas Street East, Trenton www.quintewestminorhockey.com	
Quinte West Recreation & Tourism Services 613.392.2841	Tucker's Corners, Trenton www.city.quintewest.on.ca	

ORGANIZED SPORTS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Quinte West Soccer Club Kim Thurston 613.965.6283 qwsc@bellnet.ca	204 Dundas Street East, Trenton www.quintewestsoccerclub.com	
Roundel Glen Golf Course 613.392.1544 golf@roundelglen.com	CFB Trenton 50 Golf Club Road, Astra www.roundelglen.com	
Sidney Slow Pitch League Carl Hagerman 613.968.5487	Tucker's Corners, Trenton	Ages 17+
Trent Martial Arts Mike Sheppard 613.771.3212 mike@trentmartialarts.com	421 Dundas Street West, Trenton www.trentmartialarts.com	
Trenton Brazilian Jiu Jitsu 613.243.9196 trentonbjj@gmail.com	182 Yukon Street, Trenton CFB Trenton www.trentonbjj.weebly.com	
Trenton Curling Club Glenda Bruynson 613.392.5244	293 King Street, Trenton www.trenton.curlingclub.ca	
Trenton Figure Skating Club trentonfigureskatingclub@gmail.com	109 Dundas Street East, Trenton www.trentonfsc.ca	
Trenton Golf Club 613.392.9568 trentongolf@gmail.com	292 King Street, Trenton www.trentongolf.ca	Wheelchair accessible
Trenton Minor Baseball Association Scott Grant 613.397.1569 Christine Lisle 613.394.6500	Bain Park, Trenton Don Ogden Park, Trenton	Ages 4-19

ORGANIZED SPORTS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Trenton Racquet Club Bill Refausse 613.394.3540 refausse@sympatico.ca Pat Roberts 613.394.2442 pt.roberts@sympatico.ca	716 Glen Miller Road, Trenton	
Whaley's Karate Studio David Whaley 613.392.4369 d_whaley@sympatico.ca	17253 Highway 2, Trenton	
YMCA 613.394.9622 info@bellevillemca.ca	50 Monogram Place, Trenton www.ymcaofceo.ca	

OUTDOOR RECREATION

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Batawa Ski Hill 613.398.6568 admin@batawaskihill.com	99 Ski Club Lane, Batawa www.batawaskihill.com	
Carousel Canada Equine Riding Centre 613.392.3050 maria@artplus.net	320 Fraser Road, Trenton www.carouselcanada.ca	Wheelchair accessible All ages
City of Quinte West	www.quintewest.ca/en/residents/trails.asp for a full list of trails	

RECREATIONAL FITNESS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Seniors Unlimited Lois McCumber 613.965.0943	81 Plant Street, Batawa Batawa Community Centre	
Trenton 5 Pin Bowlers Association Club Medd Bowl 613.392.5756 clubmeddbowl@hotmail.com	31 Dundas Street East, Trenton www.clubmeddbowl.com	Wheelchair accessible All ages
Trenton Senior's Club 105 613.392.5400 Club105@bellnet.ca	61 Bay Street, Trenton www.trentonclub105.com	Wheelchair accessible Ages 50+
Trenton Twirlers 613.394.5078	421 Dundas Street West, Trenton Copperfield's Trenton	Wheelchair accessible
Trillium Walkers Denise Dini 613.394.7127	161 Bay Street, Trenton	All ages
Youth Bowling League Club Medd Bowl 613.392.5756 clubmeddbowl@hotmail.com	31 Dundas Street East, Trenton www.clubmeddbowl.com	Wheelchair accessible Ages 4+

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	West End Plaza 499 Dundas Street West, Trenton www.hpepublichealth.ca	Pedometers and urban poles available to community groups, walking clubs and workplaces