

PHYSICAL ACTIVITY DIRECTORY

QUINTE WEST

The Physical Activity Network of Hastings and Prince Edward counties compiled this directory of physical activity opportunities. It is intended to make people aware of ways to be physically active and is for personal use only.

| Category | Organization/ Program | Contact Information | Address & Website |
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| Aquatics | Various Aquatic Programs | Copperfield's Fitness and Rehabilitation 613-392-1825 info@copperfieldsfitness.com | 421 Dundas St. W., Trenton K8V 5S4 www.copperfieldsfitness.com |
| | Various Aquatic Programs | The Rec Plex - at CFB Trenton 613-392-2811 ext. 3361 | 21 Namao Dr. E., Trenton at the Air Base |
| | Various Aquatic Programs | Quinte Branch YMCA 613-394-9622 info@bellevillemca.ca | 50 Monogram Place www.ymcabellevillequinte.ca |
| Arenas | Duncan McDonald Memorial Gardens #1 | Quinte West Recreation & Tourism Services 613-392-2841 Site Number: 613-392-9390 | 8 Couch Crescent, Trenton Centennial Park www.city.quintewest.on.ca |
| | Duncan McDonald Memorial Gardens #2 | Quinte West Recreation & Tourism Services 613-392-2841 Site Number: 613-392-9390 | 8 Couch Crescent, Trenton Centennial Park www.city.quintewest.on.ca |
| | Dr. McMullen Community Centre | Quinte West Recreation & Tourism Services 613-392-2841 Site Number: 613-398-6433 | 35 March St. Frankford www.city.quintewest.on.ca |
| Ball Hockey | Belleville Men's Ball Hockey | Brian Irwin 613-290-8622 brian@curreyinsurance.com | |
| | Belleville & Quinte Minor Ball Hockey | Rick Carr 613-969-5757 | |
| | Women's Ball Hockey | Sarah Boyd 613-477-2715 | |
| Baseball | Frankford & District Minor Softball Assoc | Rob Hall 613-398-6476 | |
| | Quinte West Amateur Baseball Association | 613-394-6500 | |

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| | Quinte Royals Rep Baseball | Jason Walmsley 613-477-1807 bababucs@live.ca | www.bqrm.org |
| | Sidney Slow Pitch League | Carl Hagerman 613-968-5487 | |
| | Trenton Minor Baseball Assoc | Scott Grant - 613-397-1569 Christine Lisle - 613-394-6500 | 2673 County Rd. 40, Wooler |
| Biking | Bata Island | Quinte West Recreation & Tourism Services 613-392-2841 | North Trent St. on the Trent River www.city.quintewest.on.ca |
| | Batawa Ski Hill | 613-398-6568 admin@batawaskihill.com | 99 Ski Club Lane www.batawaskihill.com |
| | Centennial Park Trail | Quinte West Recreation & Tourism Services 613-392-2841 | Couch Crescent, Trenton www.city.quintewest.on.ca |
| | Compass Court and back of Front Trail- Fraser Park | Quinte West Recreation & Tourism Services 613-392-2841 | Fraser Road Drive, Trenton www.city.quintewest.on.ca |
| | Fitness Trail | Quinte West Recreation & Tourism Services 613-392-2841 | South side of the Trenton Air Base www.city.quintewest.on.ca |
| | Hanna Park Trails | Quinte West Recreation & Tourism Services 613-392-2841 | 169 Creswell Dr, Trenton www.city.quintewest.on.ca |
| | Hollinger Park Trails | Quinte West Recreation & Tourism Services 613-392-2841 | Foxboro-Stirling Road www.city.quintewest.on.ca |
| | Lake Ontario Waterfront Trail | Quinte West Recreation & Tourism Services 613-392-2841 | Enters Trenton from southwest on Hwy. 33 www.city.quintewest.on.ca |
| | Mount Pelion | Quinte West Recreation & Tourism Services 613-392-2841 | Dufferin Ave., Trenton www.city.quintewest.on.ca |
| | Riverside Park | Quinte West Recreation & Tourism Services 613-392-2841 | Ontario St., Trenton www.city.quintewest.on.ca |
| | Trenton Greenbelt Conservation Area | Lower Trent Conservation Area 613-394-4829 information@ltc.on.ca | 714 Murray St. Trenton www.ltc.on.ca |

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| Bowling | Trenton 5 Pin Bowlers Association | Club Medd Bowl 613-392-5756 clubmeddbowl@hotmail.com | 31 Dundas St E, Trenton K8V 1K6 www.clubmeddbowl.com |
| | Y.D.C. Youth Bowling League | Club Medd Bowl 613-392-5756 clubmeddbowl@hotmail.com | 31 Dundas St E, Trenton K8V 1K6 www.clubmeddbowl.com |
| Camps | Specialty Camps/ Summer Day Camps | Quinte West Recreation & Tourism Services 613-392-2841 | www.city.quintewest.on.ca |
| | Specialty Camps/ Summer Day Camps | Quinte Branch YMCA 613-394-9622 info@bellevillemca.ca | 50 Monogram Place, Trenton www.ymcabellevillequinte.ca |
| | Summer Day Camps | Batawa Ski Hill 613-398-6568 info@atawaskihill.com | 99 Ski Club Lane, Batawa www.batawaskihill.com |
| Canoeing | Trenton Greenbelt Conservation Area | Lower Trent Conservation Area 613-394-4829 information@ltc.on.ca | 714 Murray St., Trenton www.ltc.on.ca |
| Curling | Trenton Curling Club | Glenda Bruynson 613-392-5244 | 293 King St., Trenton www.trenton.curlingclub.ca |
| Dancing | Carol Brown School of Dance | Carol Brown 613-392-5693 carol.cbdance@gmail.com | 49 Leopold St. Trenton K8V 2K3 |
| | Cold Creek Cloggers | Lisa Valks 613-392-9423 coldcreekcloggers@gmail.com | Trenton Baptist Church at 15 South St. Trenton Ontario, K8V 2N5 |
| | Dance Time Ballroom Dancing | Paul Burwell 613-399-1209 | |
| | Quinte Bay Cloggers | Jessica Roppel 613-396-0221 Eve Booth & Ozz Riekstins at 613-966-7026 | 244 Dundas St. East, Trenton www.quinte-bay-cloggers.webs.com |
| | Trenton School of Dance | Francine Ysako 613-394-2610 or 613-475-3843 trentonschoolofdance@hotmail.com | 72 Dundas St. W., Trenton K8V 3P3 |
| | Various Dance Programs | Quinte Branch YMCA 613-394-9622 info@bellevillemca.ca | 50 Monogram Place, Trenton www.ymcabellevillequinte.ca |
| Fitness Centres | Copperfield's Fitness and Rehabilitation | 613-392-1825 info@copperfieldsfitness.com | 421 Dundas St. W., Trenton K8V 5S4 www.copperfieldsfitness.com |

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| | Curves for Women | 613-392-2866 | 31 Quinte St. Unit 2-4, Trenton www.curves.com |
| | The Gymnasium - at CFB Trenton | 613-392-2811 ext 7138 | Canso St., Trenton - on the south side of the Base |
| | Gymnasium & Fitness Centre | Quinte Branch YMCA 613-394-9622 info@bellevillemca.ca | 50 Monogram Place, Trenton www.ymcabellevillequinte.ca |
| | The Rec Plex - at CFB Trenton | 613-392-2811 ext. 3361 | 21 Namao Dr. E., Trenton at the Air Base www.cfbtrenton.com |
| Football | Minor Football League | Paul Coveney 613-394-4174 | |
| Golfing | CFB Trenton Golf Course | 613-392-1544 | 50 Golf Club Rd, Astra |
| | Frankford Municipal Golf Course | 613-398-7836 | 9 Wallace St., Frankford |
| | Murray Hills Golf Club | 613-397-3037 | 1595 County Rd. 28 |
| | Oak Hills Golf Club | 613-395-2611 | 1538 Frankford-Stirling Rd. www.oakhills.ca |
| | Roundel Glen Golf Course | Wayne Kennedy 613-392-3794 teetimes@roundelglengc.com | CFB Trenton www.roundelglengc.com |
| | Trenton Golf Club | 613-392-9568 | 292 King St., Trenton |
| Gymnastics | Child/Youth Gymnastics | Quinte Branch YMCA 613-394-9622 info@bellevillemca.ca | 50 Monogram Place, Trenton www.ymcabellevillequinte.ca |
| Hiking | Bata Island | Quinte West Recreation & Tourism Services 613-392-2841 | North Trent St. on the Trent River www.city.quintewest.on.ca |
| | Batawa Ski Hill | 613-398-6568 admin@batawaskihill.com | 99 Ski Club Lane www.batawaskihill.com |
| | Centennial Park Trail | Quinte West Recreation & Tourism Services 613-392-2841 | Couch Crescent Trenton www.city.quintewest.on.ca |
| | Compass Court and back of Front Trail | Quinte West Recreation & Tourism Services 613-392-2841 | Fraser Rd Drive www.city.quintewest.on.ca |

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| | Fitness Trail | Quinte West Recreation & Tourism Services 613-392-2841 | South side of the Trenton Air Base www.city.quintewest.on.ca |
| | Hanna Park Trails | Quinte West Recreation & Tourism Services 613-392-2841 | 169 Creswell Rd Trenton www.city.quintewest.on.ca |
| | Hollinger Park Trails | Quinte West Recreation & Tourism Services 613-392-2841 | Foxboro-Stirling Road www.city.quintewest.on.ca |
| | Lake Ontario Waterfront Trail | Quinte West Recreation & Tourism Services 613-392-2841 | Enters Trenton from the southwest on Hwy. 33 www.city.quintewest.on.ca |
| | Lower Trent Trail | Friends of the Trail Donna Endicott 613-966-3280 friendsofthetrail@yahoo.com | Stockdale Road north to Glen Ross on abandoned railway bed www.friendsofthetrail.ca |
| | Mount Pelion | Quinte West Recreation & Tourism Services 613-392-2841 | Dufferin Ave., Trenton www.city.quintewest.on.ca |
| | Quinte Conservation Area | 613-968-3434 quinteca@quinteconservation.ca | 2061 Hwy. #2 Belleville www.quinteconservation.ca |
| | Riverside Park | Quinte West Recreation & Tourism Services 613-392-2841 | Ontario St., Trenton www.city.quintewest.on.ca |
| | Trenton Greenbelt Conservation Area | Lower Trent Conservation Area 613-394-4829 information@ltc.on.ca | East side of Front St, Trenton, on river www.ltc.on.ca |
| Hockey | Cold Creek Girls Hockey Association | Judy Morris 613-475-0359 registrar@coldcreekcomets.ca | www.coldcreekcomets.ca |
| | Oldtimers Trent Valley League | Larry Brnitnell 613-398-7482 | PO Box 1005, Batawa K0K 1E0 |
| | Quinte West Minor Hockey Association | Kim Thurston 613-965-0496 admin@quintewestminorhockey.com | www.quintewestminorhockey.com |
| Lawn Bowling | Trenton Lawn Bowling Club | Bill Braynion - 613-394-6114 Mike Rehner - 613-388-2315 | 61 A Campbell St., Trenton |
| Martial Arts | Peaceful Warrior | Dan Boyle 613-242-9642 | Batawa Wellness Centre, 79B Plant Rd. Frankford www.peacefulwarrior.ca |

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| | Quinte Judo Club | Gilbert Mooney 613-395-5192 | Masonic Temple - 33 King Dr. Frankford www.quintejudoclub.ca |
| | Trent Martial Arts | Mike Sheppard 866-249-9903 mike@trentmartialarts.com | 421 Dundas St. West, Trenton www.trentmartialarts.com |
| | Trenton Brazilian Jiu Jitsu | 613-392-6221 | CFB Trenton - 182 Yukon St. www.trentonbjj.weebly.com |
| | Various Martial Arts | Copperfield's Fitness and Rehabilitation 613-392-1825 info@copperfieldsfitness.com | 421 Dundas St. W., Trenton K8V 5S4 www.copperfieldsfitness.com |
| | Various Martial Arts | Quinte Branch YMCA 613-394-9622 info@bellevillemca.ca | 50 Monogram Place, Trenton www.ymcabellevillequinte.ca |
| | Whaley's Karate Studio | David Whaley 613-392-4369 d_whaley@sympatico.ca | 17253 Highway 2, Trenton K8V 5P7 |
| Pools and Splashpads | 25 metre Pool Whirlpool | Copperfield's Fitness and Rehabilitation 613-392-1825 info@copperfieldsfitness.com | 421 Dundas St. W., Trenton K8V 5S4 www.copperfieldsfitness.com |
| | 25 metre Pool Warm up Pool | The Rec Plex - at CFB Trenton 613-392-2811 ext. 3361 | 21 Namao Dr. E., Trenton at the Air Base |
| | 25 metre Pool Therapeutic Pool | Quinte Branch YMCA 613-394-9622 info@bellevillemca.ca | 50 Monogram Place, Trenton www.ymcabellevillequinte.ca |
| | Trenton Splashpad | Quinte West Recreation & Tourism Services 613-392-2841 | Centennial Park, Trenton www.city.quintewest.on.ca |
| | Frankford Splashpad | Quinte West Recreation & Tourism Services 613-392-2841 | Corner of Riverside Parkway and River Drive Frankford www.city.quintewest.on.ca |
| Racquetball | Trenton Racquet Club | Karin Toffelmire 613-392-1605 | |
| Sailing | Yacht Club | CFB Trenton Yacht Club Sailing School 613-392-8995 cfbtentonyc@reach.net Rick Tinga - 613-965-1060 | CFB Trenton Yacht Club www.cfbtrentonyc.com |

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| | Power & Sail Squadron - Sailing Instruction | Fletch Fletcher 613-475-4427 dwer.fletch@gmail.com | Baker Island, CFB Trenton Quinte West, ON www.sailability.ca |
| | Sailing Lessons For people with disabilities | Quinte Sail Ability 613-475-4427 gssail@gmail.com | CFB Trenton Yacht Club www.cfbtrentonyc.com |
| Scuba Diving | Scuba Diving Instruction | Jim Cormier 613-965-6226 | |
| Seniors | Various Activities | Seniors Unlimited Lois McCumber 613-965-0943 | Batawa Community Centre |
| | Various Activities | Trenton Senior's Club 105 613-392-5400 | 61 Bay St., Trenton www.trentonclub105.com |
| Skiing (Downhill) Snowboarding | Batawa Ski Hill | Batawa Ski Hill 613-398-6568 info@batawaskihill.com | 99 Ski Club Lane, Batawa www.batawaskihill.com |
| Skiing (Cross-country) | Lower Trent Trail | Friends of the Trail Donna Endicott 613-966-3280 friendsofthetrail@yahoo.com | Stockdale Road north to Glen Ross on abandoned railway bed www.friendsofthetrail.ca |
| Skating | Frankford Figure Skating Club | Tanya MacDonald 613-394-1016 adminteam@frankfordfsc.ca | PO Box 561, Frankford, K0K 2C0 www.frankfordfsc.ca |
| | Quinte Blades Speed skating Club | Cheryl Quennville 613-966-2252 cquenn@cogeco.ca | Trenton Arena www.quinteblades.reach.net |
| | Trenton Figure Skating Club | Lisa Refausse 613-394-3540 lisa.refausse@forces.gc.ca | 109 Dundas St. E., Trenton K8V 1M0 www.trentonfsc.ca |
| Snowshoeing | Batawa Ski Hill | 613-398-6568 admin@batawaskihill.com | 99 Ski Club Lane www.batawaskihill.com |
| | Lower Trent Trail | Friends of the Trail Donna Endicott 613-966-3280 friendsofthetrail@yahoo.com | www.friendsofthetrail.ca |
| Soccer | Bay of Quinte Men's Soccer | Dwane Barratt the.office@on.aibn.com | www.bqmsl.com |
| | Trenton City Sockers | Mike Whitehead sockers19@gmail.com | www.trentonsockers.com |

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| | Quinte West Soccer Club | Kim Thurston 613-965-6283 qwsc@bellnet.ca | 204 Dundas St. East, Trenton www.quintewestsoccerclub.com |
| Special Olympics | Various Sports | Debbie Carriere 613-827-4189 Dcarriere3@cogeco.ca | 500-trenton.freehostia.com/contact.htm |
| Swimming | | See Aquatics & Pools | |
| Twirlers (Batons) | Brighton/Trenton Twirlers | 613-394-5078 | |
| Walking club | Trillium Walkers | Denise Dini 613-392-7620 | |
| Walking Trails/Tracks | Outdoor Walking Trails | See Hiking Trails | |
| | Indoor walking track | Quinte Branch YMCA 613-394-9622 info@bellevillemca.ca | 50 Monogram Place, Trenton www.ymcabellevillequinte.ca |
| Yoga | Yoga | Quinte West Recreation & Tourism Services 613-392-2841 | Tucker's Corners www.city.quintewest.on.ca |
| | Yoga | Quinte Branch YMCA 613-394-9622 info@bellevillemca.ca | 50 Monogram Place, Trenton www.ymcabellevillequinte.ca |

Financial Assistance:

Canadian Tire Jump Start: Offers financial assistance, up to \$300 per session, to qualifying children and youth, ages 4 to 18, for registration, equipment or transportation costs for most recreation activities. Contact 1-877-616-6600

Playing For Keeps/Quinte Children's Foundation: Offers financial assistance, up to \$150 a year, to qualifying children and youth, ages 4 to 18, who reside in Hastings County. Contact 613-962-9291 ext. 8.

Quinte West YMCA: Offers financial assistance on a case by case basis. Inquire at the Welcome Desk

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.

Content is provided as an information-sharing service and inclusion is not an endorsement by the Health Unit, the Physical Activity Network or its members.

Updating will occur regularly and we will attempt to be current. If you are aware of any errors or omissions, please contact Marie Clarke at the Health Unit at 613-966-5513 ext 309.

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