

April is Kingston Get's Active Month! Join local sports, recreation and fitness organizations all over Kingston for FREE ACTIVITIES. View and download the calendar here!

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# April is Kingston Gets Active Month!

Have you heard about Kingston Gets Active Month?

During the month of April, local sports and recreation organizations host FREE activities across Kingston!

What have you been thinking about trying lately? Perhaps you've always wanted to try your hand at swimming, martial arts or a group fitness class. Now is the time to get out there and give it a try! Visit our website to download a [free calendar](#) of events and be sure to check out our Kingston Gets Active [Search Tool](#) to find an activity that suits your needs. There's something for all ages and abilities!

If you're getting active in the Kingston community, help us spread the word on social media by using the hashtags [#KGAMonth](#), [#ActiveYGK](#) and [#KingstonGetsActive](#) on [Facebook](#), [Twitter](#) and Instagram!

[VIEW & PRINT THE KGA MONTH CALENDAR](#)

**01 SUNDAY**  
KGA MONTH STARTS!  
KINGSTON DRUM CIRCLE:  
4:30-6:15pm, All Ages

**02 MONDAY**  
KINGSTON COMMUNITY HEALTH CENTRE:  
Exercise for Chronic Pain, 1:30-2:30pm  
QUEEN'S ATHLETICS & RECREATION:  
Group Cycle! 3:30-4:20pm; RSVP required

**03 TUESDAY**  
INNERTOUCHE FITNESS & WELLNESS:  
Therapeutic Pilates for back pain 9:30-10:25am;  
RSVP required  
KINGSTON COMMUNITY HEALTH CENTRE:  
Keep Well Gentle Fitness, 10-11am & 12-1pm

**04 WEDNESDAY**  
EarlyON CHILD AND FAMILY CENTRE:  
Gym Activity (Holy Name School) 1:30-3pm  
KINGSTON COMMUNITY HEALTH CENTRE:  
Chair Yoga, 1-1:45pm

**05 THURSDAY**  
INNERTOUCHE FITNESS & WELLNESS: Yogalates,  
5:15-6:10pm; RSVP required  
KINGSTON COMMUNITY HEALTH CENTRE:  
Keep Well Gentle Fitness, 10-11am & 12-1pm  
Exercise for Chronic Pain, 1:30-2:30pm

**06 FRIDAY**  
HAYABUSA ACADEMY:  
Brazilian Jiu Jitsu, 6:30-7:30pm; RSVP Required  
INNERTOUCHE FITNESS & WELLNESS:  
Pilates, 12:30-1:25pm; RSVP required

**07 SATURDAY**  
HAYABUSA ACADEMY:  
Fitness Kickboxing, 10:05-10:50am;  
RSVP Required  
QUEEN'S ATHLETICS & RECREATION:  
Recreational Swim, 11:30-1:30pm

**08 SUNDAY**  
KINGSTON RINGETTE ASSOCIATION:  
INVISTA Centre, Fine Line Pad  
Come Try Ringette! 2-3:30pm; RSVP preferred

QUEEN'S ATHLETICS & RECREATION:  
Recreational Swim, 11:30-1:30pm  
Group Cycle!  
3:30-4:20pm; RSVP required  
KINGSTON DRUM CIRCLE:  
4:30-6:15pm, All Ages

**09 MONDAY**  
KINGSTON COMMUNITY HEALTH CENTRE:  
Exercise for Chronic Pain, 1:30-2:30pm  
CITY OF KINGSTON:  
Artillery Park Aquatic Centre,  
Youth Open Gym Time 3-5pm

**10 TUESDAY**  
KINGSTON COMMUNITY HEALTH CENTRE:  
Keep Well Gentle Fitness, 10-11am & 12-1pm  
HAYABUSA ACADEMY:  
Muay Thai Kickboxing, 6:30-7:30pm  
INNERTOUCHE FITNESS & WELLNESS:  
Therapeutic Pilates for back pain 9:30-10:25am;  
RSVP required  
Energy Pilates, 5-5:55pm; RSVP Required  
KINGSTON ELITE CHEER ALL-STAR  
CHEERLEADING:  
Workshop 6:30-7:20pm; RSVP required

**11 WEDNESDAY**  
EarlyON CHILD AND FAMILY CENTRE:  
Gym Activity (Holy Name School) 1:30-3pm  
KINGSTON COMMUNITY HEALTH CENTRE:  
Chair Yoga, 1-1:45pm  
KINGSTON VELO CLUB:  
Get out and ride! Wolfe Island 25km,  
12:30-2:30pm

**12 THURSDAY**  
INNERTOUCHE FITNESS & WELLNESS:  
Power Walk Pilates, 8:15-9:15am; RSVP required  
Restorative and Detoxifying, 5:15-6:10pm;  
RSVP required  
KINGSTON COMMUNITY HEALTH CENTRE:  
Keep Well Gentle Fitness, 10-11am & 12-1pm  
Exercise for Chronic Pain, 1:30-2:30pm

**13 FRIDAY**  
CITY OF KINGSTON:  
Artillery Park Aquatic Centre,  
Quick Fit 4 Lunch @ 12:15-1pm  
Youth Open Gym 3-5pm  
Leisure Swim @ 8-9:30pm  
INNERTOUCHE FITNESS & WELLNESS:  
Pilates, 12:30-1:25pm; RSVP required

**14 SATURDAY**  
CITY OF KINGSTON:  
Artillery Park Aquatic Centre,  
Aqua Fitness @ 10:45-11:40am  
Weekend Warrior Fitness @ 11-11:45am  
Lane Swim @ 11:45-1:25pm

**15 SUNDAY**  
QUEEN'S ATHLETICS & RECREATION:  
Group Cycle! 3:30-4:20pm; RSVP required  
CITY OF KINGSTON:  
INVISTA Centre, Public Skating @ 2:30-4:15pm  
KINGSTON DRUM CIRCLE:  
4:30-6:15pm, All Ages

**16 MONDAY**  
KINGSTON COMMUNITY HEALTH CENTRE:  
Exercise for Chronic Pain, 1:30-2:30pm  
KINGSTON VELO CLUB:  
Get out and ride! West End 30km, 6-8pm

**17 TUESDAY**  
INNERTOUCHE FITNESS & WELLNESS:  
Therapeutic Pilates for back pain 9:30-10:25 am;  
RSVP required  
Energy Pilates, 5-5:55pm; RSVP Required  
KINGSTON COMMUNITY HEALTH CENTRE:  
Keep Well Gentle Fitness, 10-11am & 12-1pm

**18 WEDNESDAY**  
EarlyON CHILD AND FAMILY CENTRE:  
Gym Activity (Holy Name School) 1:30-3pm  
KINGSTON COMMUNITY HEALTH CENTRE:  
Chair Yoga, 1-1:45pm  
KINGSTON VELO CLUB:  
Get out and ride! Wolfe Island 25km, 12:30-2:30pm

**19 THURSDAY**  
KINGSTON COMMUNITY HEALTH CENTRE:  
Keep Well Gentle Fitness, 10-11am & 12-1pm  
Exercise for Chronic Pain, 1:30-2:30pm  
KINGSTON VELO CLUB:  
Get out and ride! Cataraqui Loop 35km, 6-8pm  
INNERTOUCHE FITNESS & WELLNESS:  
Power Walk Pilates, 8:15-9:15am; RSVP required  
Yogalates, 5:15-6:10pm; RSVP required

**20 FRIDAY**  
INNERTOUCHE FITNESS & WELLNESS:  
Pilates, 12:30-1:25pm; RSVP required  
HAYABUSA ACADEMY:  
Brazilian Jiu Jitsu, 6:30-7:30pm; RSVP Required  
CITY OF KINGSTON:  
Artillery Park Aquatic Centre,  
Youth Night Gym & Swim, 8-9:30pm

**21 SATURDAY**  
HAYABUSA ACADEMY:  
Fitness Kickboxing, 10:05-10:50am;  
RSVP Required  
QUEEN'S ATHLETICS & RECREATION:  
Recreational Swim, 11:30-1:30pm

**22 SUNDAY**  
QUEEN'S ATHLETICS & RECREATION:  
Recreational Swim, 11:30-1:30pm  
KINGSTON CELEBRATION:  
Join us for Earth Day Celebration in Belle Park!  
1-5pm, All Ages

**23 MONDAY**  
KINGSTON COMMUNITY HEALTH CENTRE:  
Exercise for Chronic Pain, 1:30-2:30pm  
KINGSTON VELO CLUB:  
Get out and ride! West End 30km, 6-8pm

**24 TUESDAY**  
KINGSTON COMMUNITY HEALTH CENTRE:  
Keep Well Gentle Fitness, 10-11am & 12-1pm  
INNERTOUCHE FITNESS & WELLNESS:  
Energy Pilates, 5-5:55pm; RSVP Required

**25 WEDNESDAY**  
EarlyON CHILD AND FAMILY CENTRE:  
Gym Activity (Holy Name School) 1:30-3pm  
KINGSTON COMMUNITY HEALTH CENTRE:  
Chair Yoga, 1-1:45pm

**26 THURSDAY**  
KINGSTON COMMUNITY HEALTH CENTRE:  
Keep Well Gentle Fitness, 10-11am & 12-1pm  
Exercise for Chronic Pain, 1:30-2:30pm  
INNERTOUCHE FITNESS & WELLNESS:  
Power Walk Pilates, 8:15-9:15am; RSVP required  
Restorative and Detoxifying, 5:15-6:10pm;  
RSVP required  
HAYABUSA ACADEMY:  
Muay Thai Kickboxing, 6:30-7:30pm  
KINGSTON VELO CLUB:  
Get out and ride! Cataraqui Loop 35km, 6-8pm

**27 FRIDAY**  
CITY OF KINGSTON:  
Artillery Park Aquatic Centre,  
Quick Fit 4 Lunch @ 12:15-1pm  
Youth Open Gym 3-5pm

**28 SATURDAY**  
KINGSTON TENNIS CLUB:  
Junior Open House, 11-1:30pm,  
Rain date: April 29th

**29 SUNDAY**  
CITY OF KINGSTON:  
Artillery Park Aquatic Centre,  
Lane Swim @ 8-9am

**30 MONDAY**  
CITY OF KINGSTON:  
Artillery Park Aquatic Centre,  
Quick Fit 4 Lunch @ 12:15-1pm

**31 TUESDAY**  
KINGSTON COMMUNITY HEALTH CENTRE:  
Exercise for Chronic Pain, 1:30-2:30pm



Active for Life Kits  
Sports and active equipment for all ages



Active play and games for families and organizations



Active play and games for children birth to age 6

## KGA Steering Committee



HEART & STROKE FOUNDATION



CRNC  
Community Response to Neighbourhood Concerns



Métis Nation of Ontario



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