

Saturday, March 1, 2025

Illumination: Endometriosis Awareness Day

Date and Time: Saturday, March 1 12:00 am - 12:00 am

Address: City Hall

City Hall and Springer Market Square will be lit up yellow for Endometriosis Awareness Month. Endometriosis is a complex chronic disease that is challenging to manage and live with. It occurs when tissue similar to the lining of the uterus grows abnormally elsewhere in the body. Find out more about the [endometriosis network](#).

Find out more [about lighting up City Hall](#).

Proclamation: Amyloidosis Awareness Month

Date and Time: Saturday, March 1 12:00 am - 12:00 am

Address: City Hall

Proclamation: Colorectal Cancer Awareness Month

Date and Time: Saturday, March 1 12:00 am - 12:00 am

Address: City Hall

Sunday, March 2, 2025

Kingston Gets Active - Parent and Tot Open Gym

Date and Time: Sunday, March 2 1:00 pm - 2:00 pm

Address: Artillery Park Aquatic Centre at 382 Bagot St.

Join us this March for Kingston Gets Active, a month filled with free sports and activities for all ages. Register in our [Recreation Portal](#) to secure your spot. Learn more about all [activities and schedules](#).

Monday, March 3, 2025

Illumination: Liver Health Awareness Month

Date and Time: Monday, March 3 12:00 am - 12:00 am

Address: City Hall

City Hall and Springer Market Square will be lit up blue for Liver Health Awareness Month. One in four Canadians is affected by liver disease, up from one in ten Canadians only a decade ago. With a terrifying rise in cases, Liver Canada is working to bring more awareness and education in all the ways Canadians can improve their liver health. Learn more about [Canadian Liver Foundation](#).

Find out more [about lighting up City Hall](#).

Tuesday, March 4, 2025

City Council Meeting

Date and Time: Tuesday, March 4 7:00 pm - 11:00 pm

Wednesday, March 5, 2025

Kingston Gets Active - HIIT

Date and Time: Wednesday, March 5 6:00 pm

Address: INVISTA Centre at 1350 Gardiners Rd.

Join us this March for Kingston Gets Active, a month filled with free sports and activities for all ages. Register in our [Recreation Portal](#) to secure your spot. Learn more about all [activities and schedules](#).

Thursday, March 6, 2025

Municipal Accessibility Advisory Committee

Date and Time: Thursday, March 6 1:00 pm - 2:00 pm

Planning Committee

Date and Time: Thursday, March 6 6:00 pm - 8:00 pm

Friday, March 7, 2025

Illumination: Colorectal Cancer Awareness Month

Date and Time: Friday, March 7 12:00 am - 12:00 am

Address: City Hall

City Hall and Springer Market Square will be lit up blue for Colorectal Cancer Awareness Month. Colorectal cancer is the 4th most diagnosed cancer in Canada. It is the 2nd leading cause of cancer death in men and the 3rd leading cause of cancer death in women. Colorectal Cancer Canada is the nation's non-profit colorectal cancer patient organization. They are dedicated to colorectal cancer awareness and education, supporting patients and caregivers, and advocating on their behalf. Their goal is to reduce the incidence and mortality of colorectal cancer in Canada and to improve the quality of life for patients, their families and caregivers.

Find out more [about lighting up City Hall](#).

Saturday, March 8, 2025

Illumination: International Women's Day

Date and Time: Saturday, March 8 12:00 am - 12:00 am

Address: City Hall

City Hall will be lit up purple for International Women's Day. Purple is the recognized colour of International Women's Day, and is historically associated with efforts to achieve gender equality. International Women's Day is a day to recognize women's achievements and acknowledge the challenges they continue to face in the quest for gender equality.

Kingston Gets Active - Leisure Swim

Date and Time: Saturday, March 8 3:00 pm - 3:45 pm

Address: Artillery Park Aquatic Centre at 382 Bagot St.

Join us this March for Kingston Gets Active, a month filled with free sports and activities for all ages. Register in our [Recreation Portal](#) to secure your spot. Learn more about all [activities and schedules](#).

Tuesday, March 11, 2025

Kingston Gets Active - Healthy Back Program

Date and Time: Tuesday, March 11 1:30 pm

Address: INVISTA Centre at 1350 Gardiners Rd.

Join us this March for Kingston Gets Active, a month filled with free sports and activities for all ages. Register in our [Recreation Portal](#) to secure your spot. Learn more about all [activities and schedules](#).

Wednesday, March 12, 2025

Kingston Gets Active - Leisure Swim

Date and Time: Wednesday, March 12 1:45 pm - 3:15 pm

Address: Artillery Park Aquatic Centre at 382 Bagot St.

Join us this March for Kingston Gets Active, a month filled with free sports and activities for all ages. Register in our [Recreation Portal](#) to secure your spot. Learn more about all [activities and schedules](#).

Kingston Gets Active - Leisure Swim

Date and Time: Wednesday, March 12 3:30 pm - 5:00 pm

Address: Artillery Park Aquatic Centre at 382 Bagot St.

Join us this March for Kingston Gets Active, a month filled with free sports and activities for all ages. Register in our [Recreation Portal](#) to secure your spot. Learn more about all [activities and schedules](#).

Kingston Gets Active - HIIT

Date and Time: Wednesday, March 12 6:00 pm

Address: INVISTA Centre at 1350 Gardiners Rd.

Join us this March for Kingston Gets Active, a month filled with free sports and activities for all ages. Register in our [Recreation Portal](#) to secure your spot. Learn more about all [activities and schedules](#).

Thursday, March 13, 2025

City Hall Illumination: Purim

Date and Time: Thursday, March 13 5:30 pm - 11:55 pm

Address: City Hall

City Hall and Springer Market Square will be illuminated orange to celebrate the holiday of Purim.

Find out more [about lighting up City Hall](#).

Friday, March 14, 2025

Illumination: Kidney Health Month

Date and Time: Friday, March 14 12:00 am - 12:00 am

Address: City Hall

City Hall and Springer Market Square will be lit up red and orange for Kidney Health Month. Kidney disease is a growing health concern, affecting one in ten Canadians. Kidney disease describes a variety of conditions and disorders that affect the kidneys. Most kidney disease attack the filtering units of the kidneys—the nephrons—and damage their ability to eliminate wastes and excess fluids. Kidney disease can range from mild to severe and in some cases, lead to kidney failure (sometimes referred to as end-stage kidney disease).

Find out more [about lighting up City Hall](#).

Saturday, March 15, 2025

Illumination: World Young Rheumatic Disease (WORD) Day

Date and Time: Saturday, March 15 12:00 am - 12:00 am

Address: City Hall

City Hall and Springer Market Square will be lit up blue for World Young Rheumatic Disease (WORD) Day. Rheumatic diseases are a group of inflammatory conditions that affect the joints, muscles, bones, tendons, and ligaments. They can also impact internal organs. [Take a Pain Check Foundation](#) is on a mission to empower youth and young adults with rheumatic disease.

Find out more [about lighting up City Hall](#).

Sunday, March 16, 2025

Illumination: National Poison Prevention Week

Date and Time: Sunday, March 16 12:00 am - 12:00 am

Address: City Hall

City Hall and Springer Market Square will be lit up green for National Poison Prevention Week. In the early 1980s, Poison Centres across Canada began promoting National Poison Prevention Week to raise awareness and provides education about preventing unintentional poisoning.

Find out more [about lighting up City Hall](#).

Monday, March 17, 2025

Illumination: Irish Heritage Day

Date and Time: Monday, March 17 12:00 am - 12:00 am

Address: City Hall

City Hall will be lit up green for Irish Heritage Day. Green is one of the colours of the flag of Ireland and is also the color of a shamrock, a symbol of Ireland, which has also been referred to as the Emerald Isle because of its lush vegetation. St. Patrick's Day is celebrated annually on March 17, the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over 1,000 years.

Kingston Gets Active - Parent and Tot Skate

Date and Time: Monday, March 17 10:30 am - 11:50 am

Address: INVISTA Centre at 1350 Gardiners Rd.

Join us this March for Kingston Gets Active, a month filled with free sports and activities for all ages. Register in our [Recreation Portal](#) to secure your spot. Learn more about all [activities and schedules](#).

Tuesday, March 18, 2025

Kingston Gets Active - Healthy Back Program

Date and Time: Tuesday, March 18 1:30 pm

Address: INVISTA Centre at 1350 Gardiners Rd.

Join us this March for Kingston Gets Active, a month filled with free sports and activities for all ages. Register in our [Recreation Portal](#) to secure your spot. Learn more about all [activities and schedules](#).

Special City Council

Date and Time: Tuesday, March 18 6:00 pm - 7:00 pm

City Council Meeting

Date and Time: Tuesday, March 18 7:00 pm - 11:00 pm

Wednesday, March 19, 2025

Kingston Heritage Properties Committee

Date and Time: Wednesday, March 19 9:30 am - 10:30 am

Kingston Gets Active - HIIT

Date and Time: Wednesday, March 19 6:00 pm

Address: INVISTA Centre at 1350 Gardiners Rd.

Join us this March for Kingston Gets Active, a month filled with free sports and activities for all ages. Register in our [Recreation Portal](#) to secure your spot. Learn more about all [activities and schedules](#).

Thursday, March 20, 2025

Kingston Gets Active - Parent and Tot Stick and Puck

Date and Time: Thursday, March 20 10:30 am - 11:50 am

Address: INVISTA Centre at 1350 Gardiners Rd.

Join us this March for Kingston Gets Active, a month filled with free sports and activities for all ages. Register in our [Recreation Portal](#) to secure your spot. Learn more about all [activities and schedules](#).

Housing and Homelessness Advisory Committee

Date and Time: Thursday, March 20 1:00 pm - 2:00 pm

Planning Committee

Date and Time: Thursday, March 20 6:00 pm - 8:00 pm

Friday, March 21, 2025

Kingston Gets Active - Adult Pickelball

Date and Time: Friday, March 21 1:30 pm - 3:00 pm

Address: Kingston Racquet Centre at 1025 Innovation Dr.

Join us this March for Kingston Gets Active, a month filled with free sports and activities for all ages. Register in our [Recreation Portal](#) to secure your spot. Learn more about all [activities and schedules](#).

Saturday, March 22, 2025

Illumination: Earth Hour

Date and Time: Saturday, March 22 12:00 am - 12:00 am

Address: City Hall

The lights on City Hall will be turned off for Earth Hour. Earth Hour is a worldwide movement organized by the World Wide Fund for Nature (WWF). This event is held annually encouraging individuals, communities, and businesses to turn off nonessential electric lights, for one hour, from 8:30 to 9:30 p.m. on a specific day towards the end of March, as a symbol of commitment to the planet.

Kingston Gets Active - Family Badminton (Ages 10+)

Date and Time: Saturday, March 22 10:30 am - 12:00 pm

Address: Kingston East Community Centre at 779 Highway 15.

Join us this March for Kingston Gets Active, a month filled with free sports and activities for all ages. Register in our [Recreation Portal](#) to secure your spot. Learn more about all [activities and schedules](#).

Monday, March 24, 2025

Illumination: 2025 World Tuberculosis Day

Date and Time: Monday, March 24 12:00 am - 12:00 am

Address: City Hall

City Hall and Springer Market Square will be lit up red for 2025 World Tuberculosis Day. Tuberculosis (TB) is the world's deadliest infectious disease and claimed 1.25 million lives in 2023 alone. The infectious disease can be found in every continent but predominantly affects people living in poorer conditions, including across Canada. World TB Day occurs annually on March 24th, marking the day in 1882 when Dr. Robert Koch discovered the tuberculosis bacterium. On this day, advocates across the world stand in solidarity with the millions of people affected by TB and raise awareness of the need for greater action to eliminate this disease. TB is a relatively unknown and neglected disease; despite the global devastation it has wreaked for centuries.

Find out more [about lighting up City Hall](#).

Committee of Adjustment

Date and Time: Monday, March 24 5:30 pm

Tuesday, March 25, 2025

Kingston Gets Active - Healthy Back Program

Date and Time: Tuesday, March 25 1:30 pm

Address: INVISTA Centre at 1350 Gardiners Rd.

Join us this March for Kingston Gets Active, a month filled with free sports and activities for all ages. Register in our [Recreation Portal](#) to secure your spot. Learn more about all [activities and schedules](#).

Wednesday, March 26, 2025

Proclamation: National Epilepsy Awareness Day

Date and Time: Wednesday, March 26 12:00 am - 12:00 am

Address: City Hall

Illumination: National Epilepsy Awareness Day

Date and Time: Wednesday, March 26 12:00 am - 12:00 am

Address: City Hall

City Hall and Springer Market Square will be lit up purple for National Epilepsy Awareness Day. Epilepsy South Eastern Ontario is a registered charity, providing support services for people with epilepsy and their families, and community education services to reduce the stigma associated with the disorder. Epilepsy is a chronic neurological disorder with no cure, which is frequently seriously disabling. Epilepsy profoundly affects the quality of life for over 4,500 individuals and family members in our community and surrounding rural areas.

Find out more [about lighting up City Hall](#).

Kingston Gets Active - HIIT

Date and Time: Wednesday, March 26 6:00 pm

Address: INVISTA Centre at 1350 Gardiners Rd.

Join us this March for Kingston Gets Active, a month filled with free sports and activities for all ages. Register in our [Recreation Portal](#) to secure your spot. Learn more about all [activities and schedules](#).

Saturday, March 29, 2025

Kingston Gets Active - Leisure Swim

Date and Time: Saturday, March 29 3:00 pm - 3:45 pm

Address: Artillery Park Aquatic Centre at 382 Bagot St.

Join us this March for Kingston Gets Active, a month filled with free sports and activities for all ages. Register in our [Recreation Portal](#) to secure your spot. Learn more about all [activities and schedules](#).

Sunday, March 30, 2025

Kingston Gets Active - Leisure Swim

Date and Time: Sunday, March 30 3:00 pm - 3:45 pm

Address: Artillery Park Aquatic Centre at 382 Bagot St.

Join us this March for Kingston Gets Active, a month filled with free sports and activities for all ages. Register in our [Recreation Portal](#) to secure your spot. Learn more about all [activities and schedules](#).

Monday, March 31, 2025

Illumination: International Transgender Day of Visibility

Date and Time: Monday, March 31 12:00 am - 12:00 am

Address: City Hall

The International Trans Day of Visibility is an annual event occurring on March 31 dedicated to celebrating trans people and raising awareness of discrimination faced by transgender people worldwide. City Hall will be illuminated in pink, white and blue.

Flag Raising: International Transgender Day of Visibility

Date and Time: Monday, March 31 12:00 am - 11:55 pm

Address: Confederation Park

The Transgender Flag will be flown in Confederation Park for the International Transgender Day of Visibility.

<https://events.cityofkingston.ca>