



RAINBOW RECREATION CENTRE

SPRING 2024 SCHEDULE: MAY 6 - JUNE 29 • 250 537 1402

MONDAY 6:30am-8pm		TUESDAY 8:30am-7:30pm		WEDNESDAY 6:30am-8pm		THURSDAY 8:30am-7:30pm		FRIDAY 6:30am-8pm		SATURDAY 8am-4pm	
LAPS (6) 6:30am-7:45am				LAPS (6) 6:30am-7:45am				LAPS (6) 6:30am-7:45am			
AQUAFIT: ENERGIZER 8am-9am				AQUAFIT: ENERGIZER 8am-9am				AQUAFIT: ENERGIZER 8am-9am		LAPS (6) 8am-9:45am	
AQUAFIT: AQUALITE 9:30am-10:30am		LAPS (6) 8:30am-10:45am		AQUAFIT: AQUALITE 9:30am-10:30am		LAPS (6) 8:30am-10:45am		AQUAFIT: AQUALITE 9:30am-10:30am			
TOT SPLASH 10:45am-12pm	LAPS (3) 10:45am-12pm	LAPS & LEISURE 10:45am-12pm <i>*Possible school booking</i>		TOT SPLASH 10:45am-12pm	LAPS (3) 10:45am-12pm	LAPS & LEISURE 10:45am-12pm <i>*Possible school booking</i>		REGISTERED PROGRAMS ONLY 10:45am-1:15pm		REGISTERED PROGRAMS ONLY 9:45am-12:15pm	
CLOSED 12pm-1pm		CLOSED 12pm-1pm		CLOSED 12pm-1pm		CLOSED 12pm-1pm				EVERYONE WELCOME 12:30pm-3pm	
LAPS & LEISURE 1pm-3:45pm <i>*Possible school booking</i> 1:15pm-2:30pm		LAPS & LEISURE 1pm-3:45pm <i>*Possible school booking</i> 1:15pm-2:30pm		LAPS & LEISURE 1pm-3:45pm <i>*Possible school booking</i> 1:15pm-2:30pm		LAPS & LEISURE 1pm-3:45pm <i>*Possible school booking</i> 1:15pm-2:30pm		EVERYONE WELCOME 1:30pm-5:30pm <i>*Shared with Swim Club</i> 1:30pm-3pm		AQUAFIT: TABATA FUSION 3pm-4pm	
EVERYONE WELCOME 3:45pm-6pm <i>*Shared with Swim Club</i>		EVERYONE WELCOME 3:45pm-6pm <i>*Shared with Swim Club</i>		EVERYONE WELCOME 3:45pm-6pm <i>*Shared with Swim Club</i>		EVERYONE WELCOME 3:45pm-6pm <i>*Shared with Swim Club</i>				LAPS & LEISURE 3pm-4pm	
MASTERS SWIM TRAINING 6:15pm-7:15pm	LAPS (4) 6:15pm-7:15pm	AQUAFIT: DUAL DEPTH 6:15pm-7:15pm	LAPS & LEISURE 6:15pm-7:30pm	MASTERS SWIM TRAINING 6:15pm-7:15pm	LAPS (4) 6:15pm-7:15pm	AQUAFIT: INTERVALS 6:15pm-7:15pm	LAPS & LEISURE 6:15pm-7:30pm	FRIDAY NIGHT MADNESS 5:30pm-8pm <i>NO Lanes</i> <i>*WIBIT 6pm-7:30pm</i>			
LAPS (3) 7:15pm-8pm <i>*Shared with Swim Club</i>				LAPS (3) 7:15pm-8pm <i>*Shared with Swim Club</i>							

CLOSED: May 20
Closed for Annual Maintenance
Mar 29-May 5



No admission 30 mins before closing time

ENERGIZER

Work hard in shallow or deep water with a focus on strength, flexibility and fitness.

AQUALITE

Low-intensity cardio with a focus on balance and core strength.

INTERVALS & TABATA

Aerobic and muscular conditioning workout with full body strength training and high-intensity cardio bursts.

DUAL DEPTH

Cardio, strength, core and flexibility that can be performed in either deep or shallow water.

SHOWER PROGRAM

Showers are available at half price of admissions during lap swim and everyone welcome times only.

LAPS & LEISURE

Pool is divided- half laps, half leisure space. Possible school or camp booking in leisure space. **Limited leisure space during aquafit classes.**

EVERYONE WELCOME SWIM

For anyone to come and enjoy the pool. There is space for our big float toys to come out. Rope swing available as staffing permits. At least 1 lap lane available.

FRIDAY NIGHT MADNESS

WIBIT availability is subject to change based as staffing permits, must be 7 or older to use. Limited leisure space and no lap lanes available at this time.

TOT SPLASH

This drop-in swim time is specifically for baby and toddler families to come and splash around the pool. Small toys are available to play with at this time.

REGISTERED PROGRAMS ONLY

No public access (including pool, hot tub & showers), registered program participants only.

LAPS

Number of laps indicated, subject to change. No leisure space available during these times.