

Rainbow Road Indoor Pool Programs

262 Rainbow Road
250 537 1402

In addition to the specific lap swim times, there is usually a lane open for those who would like to swim lengths.

General Swims

Early Bird

6:30 – 8am on Mondays, Wednesdays and Fridays

What a great way to start your day! The pool is set up in standard layout with a fast, medium and slow lane and a wider lane for those leisure swimmers.

Parent & Pre

10 – 11am on Tuesdays and Thursdays

This time is perfect for Moms and Dads to enjoy a quieter swim with their younger kids. Childminding available.

Lap & Leisure

11am – 1pm on Monday through Friday

A nice way to break up your day. The pool is set up in standard layout with a fast, medium and slow lane and a wider lane for those leisure swimmers.

Adult & Youth

2 – 3pm on Mondays, Wednesdays and Fridays

This time is set-aside for older folks who would like to enjoy the pool with older people. It is also a great time for our high school PE classes to use the pool.

Everyone Welcome

3 – 6:30pm on Monday to Friday

Everyone is welcome to come on down after school and enjoy the pool during this time. There will be a lane open for those who would like to swim lengths and all the toys will be available for those who would like to play around.

Evening Lengths

6:30 – 8pm on Mondays and Wednesdays

This is a fantastic way to end your day. Come on down and enjoy the hot tub and soak your day away. The pool is set up in standard layout with a fast, medium and slow lane and a wider lane for those leisure swimmers.

Sunday Tweekie Swim

1:30 – 5:30pm on Sundays

Swim for 4 hours for just two dollars. This is a perfect time for families to enjoy the pool. All the toys are available and there is space to swim lengths as well.

Friday Night Madness

6:30-8pm on Fridays

For the younger set --- great music, great times. Try out the foosball table. The large blow up slide is only in the water during this swim. No lanes available.

Water Fitness Classes

It is a proven fact that exercising in water is a great way to increase the resistance on your body as you move, yet it's easy on the joints since the bounce takes a lot of the weight. There is also an increase in the calories burned because your body is losing heat while in the water. Add these factors onto a great workout directed by one of our certified instructors and you will feel the difference right away.

Energizer

8 – 9am on Mondays, Wednesdays and Fridays

This class will challenge you to work hard in shallow or deep water. The qualified instructor will guide you through a number of exercises which will help with your strength, flexibility and fitness.

Nooners

1 – 2pm on Mondays, Wednesdays and Fridays

This class is specific for those looking for more strength and stretching. A qualified instructor leads the group through a number of exercises designed to get your blood flowing and your muscle moving.

Easy Does It

2 –3pm on Tuesdays and Thursdays

Just like the name says..... Great if you are just starting out, have joint problems, or are recovering from an injury.

Down & Deep

5:30 – 6:30pm on Mondays, Wednesdays and Fridays

This class is done in deep water only with each person wearing a flotation belt. The qualified instructor takes the group through exercises specific for deep water. It's a great way to end your day. An on-deck core workout is offered before this class from 5:00pm to 5:30pm for an additional cost of \$2.35.