

# Rainbow Road Indoor Pool Programs

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

## General Swims

### Early Bird/Masters

6:30 - 8:00am on Mondays, Wednesdays & 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.

### Lap & Leisure

9:00am - 11:00am on Mondays, Wednesdays and Fridays and 11am – 1pm 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

1:00 - 2:00pm on Tuesdays and Thursdays

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

3:00 - 6:30pm Monday to Fridays

Everyone is welcome to come down 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. The pool will be shared with the Swim Team from 4-6 on Monday-Thursday.

### Evening Lengths

6:30-8:00pm 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.

### Friday Night Madness

6:30 - 8:00pm on Fridays

For the younger set (12 and up) --- great music, great times. Try out the foosball table.

### Sunday Toonie 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.

## 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. Rainbow Road Indoor Pool offers a selection of aquafit classes to suit everyone's needs.

### **Energizer**

8:00 – 9:00am on Mondays, Wednesdays & Fridays

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

### **Aqualite**

9:30-10:30am on Mondays, Wednesdays & Fridays

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

### **Nooners**

1:00 – 2:00pm on Mondays, Wednesdays & Fridays

Less intense than the morning Energizer session, this class is specifically for those looking for more strength and stretching. An instructor leads the group through a number of exercises designed to get your blood flowing and your muscles moving.