



RAINBOW RECREATION CENTRE

SPRING BREAK 2024 SCHEDULE: MARCH 17-28 • 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-10am	
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			
LESSONS 10:45am-12pm	TOT SPLASH 10:45am-12pm	LEISURE & LESSONS 10:45am-1:15pm		LESSONS 10:45am-12pm	TOT SPLASH 10:45am-12pm	LEISURE & LESSONS 10:45am-1:15pm		LEISURE & LESSONS 10:45am-1:15pm		EVERYONE WELCOME 10am-3pm	
LEISURE & LESSONS 12pm-1:15pm				LEISURE & LESSONS 12pm-1:15pm							
EVERYONE WELCOME 1:15pm-6pm <i>*Shared with camps 1pm-2:30pm</i>		EVERYONE WELCOME 1:15pm-6pm <i>*Shared with camps 1pm-2:30pm</i>		EVERYONE WELCOME 1:15pm-6pm <i>*Shared with camps 1pm-2:30pm</i>		EVERYONE WELCOME 1:15pm-6pm <i>*Shared with camps 1pm-2:30pm</i>		EVERYONE WELCOME 1:15pm-6pm <i>*Shared with camps 1pm-2:30pm</i>		AQUAFIT: TABATA FUSION 3pm-4pm	LAPS & LEISURE 3pm-4pm
LAPS (6) 6:15pm-8pm		AQUAFIT: DUAL DEPTH 6:15pm-7:15pm	LAPS & LEISURE 6:15pm-7:30pm	LAPS (6) 6:15pm-8pm		AQUAFIT: INTERVALS 6:15pm-7:15pm	LAPS & LEISURE 6:15pm-7:30pm	FRIDAY NIGHT MADNESS 5:30pm-8pm <i>*WIBIT 6pm-7:30pm</i>			

**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 FUSION: Aerobic and muscular conditioning 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 admission 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 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. Small toys are available to play with at this time.

LEISURE & LESSONS: Pool is divided between leisure and lesson space.

LAPS: No leisure space available during these times.