



RAINBOW RECREATION CENTRE

SUMMER 2024 SCHEDULE: JULY 2 - AUGUST 31 • 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	
REGISTERED PROGRAMS ONLY 10:45am-1:15pm	REGISTERED PROGRAMS ONLY 10:45am-1:15pm	REGISTERED PROGRAMS ONLY 10:45am-1:15pm	REGISTERED PROGRAMS ONLY 10:45am-1:15pm	TOT SPLASH 10:45am-12pm	LAPS & LEISURE 10am-12:30pm
				LAPS (2) 10:45am-12pm	
EVERYONE WELCOME 1:30pm-6pm <i>*Shared with Camps and Swim Club</i>	EVERYONE WELCOME 1:30pm-6pm <i>*Shared with Camps and Swim Club</i>	EVERYONE WELCOME 1:30pm-6pm <i>*Shared with Camps and Swim Club</i>	EVERYONE WELCOME 1:30pm-6pm <i>*Shared with Camps and Swim Club</i>	EVERYONE WELCOME 12pm-5:30pm <i>*Shared with Camps and Swim Club until 3pm</i>	EVERYONE WELCOME 12:30pm-3pm
				AQUAFIT: TABATA FUSION 3pm-4pm	LAPS & LEISURE 3pm-4pm
LAPS (3) 6:15pm-8pm <i>*Shared with Swim Club</i>	AQUAFIT: DUAL DEPTH 6:15pm-7:15pm	LAPS (3) 6:15pm-8pm <i>*Shared with Swim Club</i>	AQUAFIT: INTERVALS 6:15pm-7:15pm	FRIDAY NIGHT MADNESS 5:30pm-8pm NO Lanes <i>*WIBIT 6pm-7:30pm</i>	
	LAPS & LEISURE 6:15pm-7:30pm		LAPS & LEISURE 6:15pm-7:30pm		

Closed: July 1, August 5, September 2
Closed for Swim Meet: July 13
Early Closure: 5pm on July 12



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.

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.

LAPS & LEISURE

Pool is divided- half laps, half 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.

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.