



# RAINBOW RECREATION CENTRE

WINTER 2024 SCHEDULE: JANUARY 2 - MARCH 16 • 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			
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>		LESSONS ONLY 10:45am-1:15pm		LESSONS ONLY 10am-12:30pm	
CLOSED 12pm-1pm		CLOSED 12pm-1pm		CLOSED 12pm-1pm		CLOSED 12pm-1pm					
LAPS & LEISURE 1pm-3:45pm <i>*Possible school booking</i>		LAPS & LEISURE 1pm-3:45pm <i>*Possible school booking</i>		LAPS & LEISURE 1pm-3:45pm <i>*Possible school booking</i>		LAPS & LEISURE 1pm-3:45pm <i>*Possible school booking</i>				EVERYONE WELCOME 12:30pm-3pm	
EVERYONE WELCOME 3:45pm-6pm <i>*Shared with Swim Club 4:30pm-6pm</i>		EVERYONE WELCOME 3:45pm-6pm <i>*Shared with Swim Club 4:30pm-6pm</i>		EVERYONE WELCOME 3:45pm-6pm <i>*Shared with Swim Club 4:30pm-6pm</i>		EVERYONE WELCOME 3:45pm-6pm <i>*Shared with Swim Club 5pm-6pm</i>		EVERYONE WELCOME 1:15pm-5:30pm		AQUAFIT: TABATA FUSION 3pm-4pm	
MASTERS SWIM TRAINING 6:15pm-7:15pm	LAPS (3) 6:15pm-7:15pm	AQUAFIT: DUAL DEPTH 6:15pm-7:15pm	LAPS & LEISURE 1pm-3:45pm	MASTERS SWIM TRAINING 6:15pm-7:15pm	LAPS (3) 6:15pm-7:15pm	AQUAFIT: INTERVALS 6:15pm-7:15pm	LAPS & LEISURE 1pm-3:45pm	FRIDAY NIGHT MADNESS 5:30pm-8pm <i>*WIBIT 6pm-7:30pm</i>			
LAPS (6) 7:15pm-8pm				LAPS (6) 7:15pm-8pm							

**CLOSED:** Jan 1  
**REDUCED HOURS:** Feb 19, 1:30-5:30pm  
**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 to come and splash around the pool. Small toys are available to play with at this time.

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

**LAPS:** No leisure space available during these times.