



# RAINBOW RECREATION CENTRE

WINTER 2023 SCHEDULE: January 1 - March 18 • 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-3pm	
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	EVERYONE WELCOME 10:45am-12pm *Possible school booking		TOT SPLASH 10:45am-12pm	LAPS (3) 10:45am-12pm	EVERYONE WELCOME 10:45am-12pm *Possible school booking		LESSONS ONLY 10:45am-2pm		LESSONS ONLY 10am-1pm	
CLOSED 12pm-1pm		CLOSED 12pm-1pm		CLOSED 12pm-1pm		CLOSED 12pm-1pm					
LAPS (6) 1pm-3:45pm *Possible school booking 1pm-2:30pm (3+)		LAPS (6) 1pm-3:45pm *Possible school booking 1pm-2:30pm (3+)		LAPS (6) 1pm-3:45pm *Possible school booking 1pm-2:30pm (3+)		LAPS (6) 1pm-3:45pm *Possible school booking 1pm-2:30pm (3+)				EVERYONE WELCOME 1pm-3pm	
EVERYONE WELCOME 3:45pm-6pm *shared with Swim Club		EVERYONE WELCOME 3:45pm-6pm *shared with Swim Club		EVERYONE WELCOME 3:45pm-6pm *shared with Swim Club		EVERYONE WELCOME 3:45pm-6pm *shared with Swim Club		LAPS (3) 2pm-5:30pm			
MASTERS SWIM TRAINING 6:15pm-7:15pm	LAPS ONLY (3) 6:15pm-7:15pm	AQUAFIT: DEEP END 6:15pm-7:15pm	LAPS (2) 6:15pm-7:30pm	MASTERS SWIM TRAINING 6:15pm-7:15pm	LAPS (3) 6:15pm-7:15pm	AQUAFIT: INTERVALS 6:15pm-7:15pm	LAPS (2) 6:15pm-7:30pm	EVERYONE WELCOME (3) 2pm-8pm			
LAPS (6) 7:15pm-8pm				LAPS (6) 7:15pm-8pm				*WIBIT 6pm-7:30pm (no lanes)			

**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:** Aerobic and muscular conditioning workout with full body strength training and high-intensity cardio bursts.

**DEEP WATER:** A full body workout that increases cardiovascular fitness, muscle strength, range of motion, and balance. Participants should be comfortable in deep water. Flotation equipment is provided.

**MASTERS SWIM TRAINING:** Get stronger, faster and improve your strokes with this coached lap swimming workout. For regular lap swimmers. Registered or drop-in.

**EVERYONE WELCOME SWIM:** For anyone to come and enjoy the pool. There is space for our float toys to come out. Rope swing available as staffing permits. At least 1 lap lane available.

**WIBIT INFLATABLE OBSTACLE COURSE:** Must be 7 or older to use. WIBIT availability is subject to change as staffing permits. 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.

**LAP:** No leisure space available during these times. If space permits, a water walking lane will be available.

### SPRING BREAK SCHEDULE

Monday March 20 -  
Saturday April 1.  
Pool Schedule available  
online and at the pool  
Wednesday March 1.

### ANNUAL MAINTENANCE SHUTDOWN

Postponed to Aug 28 - Sep 30

