

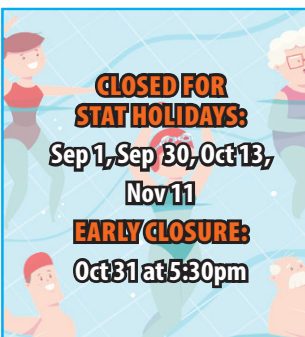


RAINBOW RECREATION CENTRE

FALL 2025 SCHEDULE: AUGUST 31 - DECEMBER 20 • 250 537 1402

SUNDAY OPEN 1pm-5:30pm	MONDAY OPEN 6:30am-8pm		TUESDAY OPEN 8:30am-7:30pm		WEDNESDAY OPEN 6:30am-8pm		THURSDAY OPEN 8:30am-7:30pm		FRIDAY OPEN 6:30am-8pm		SATURDAY OPEN 8am-4pm			
	LAPS (4) 6:30am-7:45am <i>*Shared with Swim Club</i>				LAPS (4) 6:30am-7:45am <i>*Shared with Swim Club</i>				LAPS (6) 6:30am-7:45am					
	AQUAFIT: ENERGIZER 8am-9am				AQUAFIT: ENERGIZER 8am-9am				AQUAFIT: ENERGIZER 8am-9am					
	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		LAPS (6) 8am-9:45am			
	TOT SPLASH 10:45am-12pm	LAPS (3) 10:45am-12pm	LAPS & LEISURE 10:45am-12pm		TOT SPLASH 10:45am-12pm	LAPS (3) 10:45am-12pm	LAPS & LEISURE 10:45am-12pm		REGISTERED PROGRAMS ONLY 10:30am-1:30pm		REGISTERED PROGRAMS ONLY 9:45am-12:30pm			
	CLOSED 12pm-1pm		REGISTERED PROGRAMS ONLY 12pm- 1pm		CLOSED 12pm-1pm		REGISTERED PROGRAMS ONLY 12pm- 1pm				EVERYONE WELCOME 12:30pm-2:45pm			
EVERYONE WELCOME 1pm-5:30pm <i>*Sensory-Friendly 1pm-2:30pm</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>		LAPS & LEISURE 1pm-3:45pm <i>*Possible school booking</i>		AQUAFIT: TABATA 2:45pm-3:45pm			ADULT ONLY LAPS (2) 2:45pm-4pm	
		EVERYONE WELCOME 3:45pm-6pm <i>*Shared with Swim Club</i>		EVERYONE WELCOME 3:45pm-6pm <i>*Shared with Swim Club</i>		EVERYONE WELCOME 3:45pm-6pm <i>*Shared with Swim Club</i>		EVERYONE WELCOME 3:45pm-6pm <i>*Shared with Swim Club</i>						
	LAPS & LEISURE 6pm-8pm		AQUAFIT: DUAL DEPTH 6:15pm-7:15pm		ADULT ONLY LAPS (2) 6:15pm-7:30pm		LAPS & LEISURE 6pm-8pm		AQUAFIT: INTERVALS 6:15pm-7:15pm		ADULT ONLY LAPS (2) 6:15pm-7:30pm		FRIDAY NIGHT MADNESS 5:30pm-8pm <i>*No lanes available *WIBIT Open: 6pm-7:30pm</i>	
													Open for LAPS & LEISURE 10:45am-12pm on select Fridays*	

Open
for LAPS
& LEISURE
10:45am-12pm
on select
Fridays*



*No admission 30 minutes
before closing*

AQUAFIT

ENERGIZER (16+)

Work hard in shallow or deep water with a focus on strength, flexibility and fitness.

AQUALITE (16+)

Low-intensity cardio with a focus on balance and core strength.

INTERVALS & TABATA (16+)

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

DUAL DEPTH (16+)

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 public swim times.

LAPS & LEISURE

Designated public pool space is divided into half laps, half leisure space. Pool equipment usage is up to the discretion of the aquatics staff. Possible school booking in these blocks.

*FRIDAY LAPS & LEISURE APPLICABLE DATES:

Sep 5, 19 & Oct 3, 17 & Nov 14

EVERYONE WELCOME

Leisure swim space with the opportunity to bring out the rope swing, mats, tubes, and other bigger pool equipment (subject to pool space and staff's discretion). When shared with swim club, there will be only one (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 families with babies and toddlers to come and splash around the pool. Small toys are available to play with at this time.

REGISTERED PROGRAM ONLY

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

LAPS

Number of laps indicated (subject to change). Patrons are encourage to circle swim in lap lanes. No leisure space available during these times.

ADULT ONLY LAPS

A lap time for 16 years or older. No leisure space available during these times.

SENSORY-FRIENDLY SWIM

An everyone welcome swim with no music, dimmed lights, and calmed whirlpool area.