



RAINBOW RECREATION CENTRE

FALL 2026 SCHEDULE: AUGUST 30 - DECEMBER 19 • 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	
	COMBO AQUAFIT 8am-9am			COMBO AQUAFIT 8am-9am				
	COMBO AQUAFIT 9:30am-10:30am		LAPS (6) 8:30am-10:45am	COMBO AQUAFIT 9:30am-10:30am		LAPS (6) 8:30am-10:45am	COMBO AQUAFIT 9:30am-10:30am	
REGISTERED PROGRAMS ONLY 10:30am-1pm <i>*No public admission</i>	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 <i>*No public admission</i>	REGISTERED PROGRAMS ONLY 9:30am-12:30pm <i>*No public admission</i>
	CLOSED 12pm-1pm		REGISTERED PROGRAMS ONLY (STRENGTH AND STRETCH) 12pm-1pm <i>*No public admission</i>	CLOSED 12pm-1pm		REGISTERED PROGRAMS ONLY (STRENGTH AND STRETCH) 12pm-1pm <i>*No public admission</i>		
EVERYONE WELCOME 1pm-5:30pm	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 1:30pm-5:30pm	EVERYONE WELCOME 12:30pm-2:45pm
	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>		AQUAFIT: TABATA 2:45pm-3:45pm
	LAPS & LEISURE 6pm-7pm		AQUAFIT: DUAL DEPTH 6:15pm-7:15pm	ADULT ONLY LAPS (2) 6:15pm-7:30pm	LAPS & LEISURE 6pm-8pm <i>*Hot Tub Closed 7pm-8pm</i>		FRIDAY NIGHT MADNESS 5:30pm-8pm <i>*No lanes available *WIBIT Open: 6pm-7:30pm</i>	
	LAPS & LEISURE 7pm-8pm <i>*Sensory-Friendly</i>							



**REDUCED HOURS FOR
STAT HOLIDAYS:**

10am-3pm
**M Sep 7, W Sep 30,
M Oct 12, W Nov 11**

***No admission 30 minutes
before closing***

COMBO AQUAFIT (16+)

Work at your own pace in shallow or deep water with a focus on strength, flexibility and fitness.

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.

STRENGTH AND STRETCH (AQUA YOGA) (16+)

A 45 minute shallow water class combines deep stretching, and a slower aquafit routine. **REGISTRATION REQUIRED.**

SHOWER PROGRAM

Showers are available at half price of admissions during public swim times only.

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.

EVERYONE WELCOME SWIM

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

A laps & leisure swim with no music, dimmed lights (safety permitting), and a calm whirlpool area.