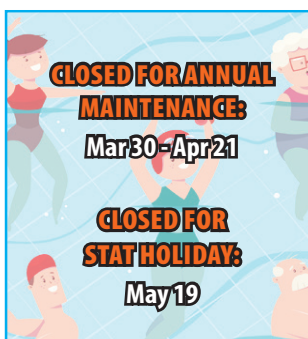




# RAINBOW RECREATION CENTRE

**SPRING 2025 SCHEDULE: APRIL 22 - JUNE 28 • 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 (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-9:45am
	AQUAFIT: AQUALITE 9:30am-10:30am	LAPS (6) 8:30am-10:30am	AQUAFIT: AQUALITE 9:30am-10:30am	LAPS (6) 8:30am-10:30am	AQUAFIT: AQUALITE 9:30am-10:30am	
	TOT SPLASH 10:45am-12pm	LAPS & LEISURE 10:45am-12pm	TOT SPLASH 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	AQUA YOGA 12:05pm-12:50pm	CLOSED 12pm-1pm	AQUA YOGA 12:05pm-12:50pm		
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>	EVERYONE WELCOME 1:30pm-5:30pm <i>*Shared with Swim Club until 3pm</i>	EVERYONE WELCOME 12:30pm-2:45pm
						AQUAFIT: TABATA 2:45pm-3:45pm
	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>		ADULT ONLY LAPS (2) 2:45pm-4pm
	LAPS & LEISURE 6pm-8pm <i>*Shared with Masters Swim Training &amp; Swim Club</i>	AQUAFIT: DUAL DEPTH 6:15pm-7:15pm	LAPS & LEISURE 6pm-8pm <i>*Shared with Masters Swim Training &amp; Swim Club</i>	AQUAFIT: INTERVALS 6:15pm-7:15pm	FRIDAY NIGHT MADNESS 5:30pm-8pm <i>*No lanes available *WIBIT Open: 6pm-7:30pm</i>	
		ADULT ONLY LAPS (2) 6:15pm-7:30pm		ADULT ONLY LAPS (2) 6:15pm-7:30pm		



**\*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.

### AQUA YOGA (16+)

This 45 minute shallow water class combines guided meditation, deep stretching and a slower aquafit routine to move the body through a full range of motion.

**No Aqua Yoga sessions during July & August**

## SHOWER PROGRAM

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

## LAPS & LEISURE

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

**When shared with swim club, only one (1) lap lane available.**

## 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). **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 whirl pool area.