



RAINBOW RECREATION CENTRE

SUMMER 2025 SCHEDULE: JUNE 29 - AUGUST 30 • 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	
	AQUAFIT: AQUALITE 9:30am-10:30am		AQUAFIT: AQUALITE 9:30am-10:30am		AQUAFIT: AQUALITE 9:30am-10:30am	
	REGISTERED PROGRAMS ONLY 10:45am-12:30pm	REGISTERED PROGRAMS ONLY 10:45am-12:30pm	REGISTERED PROGRAMS ONLY 10:45am-12:30pm	REGISTERED PROGRAMS ONLY 10:45am-12:30pm	TOT SPLASH 10:45am-12pm	LAPS (3) 10:45am-12pm
EVERYONE WELCOME 1pm-5:30pm <i>*Sensory-Friendly 1pm-2:30pm</i>	EVERYONE WELCOME 12:30pm-6pm <i>*Shared with camp & Swim Club</i>	EVERYONE WELCOME 12:30pm-6pm <i>*Shared with camp & Swim Club</i>	EVERYONE WELCOME 12:30pm-6pm <i>*Shared with camp & Swim Club</i>	EVERYONE WELCOME 12:30pm-6pm <i>*Shared with camp & Swim Club</i>	EVERYONE WELCOME 12pm-5:30pm <i>*Shared with camp & Swim Club until 3pm</i>	LAPS & LEISURE 9:45am-12:30pm
						EVERYONE WELCOME 12:30pm-2:45pm
	LAPS & LEISURE 6pm-8pm <i>*Shared with Swim Club</i>	AQUAFIT: DUAL DEPTH 6:15pm-7:15pm	LAPS & LEISURE 6pm-8pm <i>*Shared with 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>	AQUAFIT: TABATA 2:45pm-3:45pm
		ADULT ONLY LAPS (2) 6:15pm-7:30pm		ADULT ONLY LAPS (2) 6:15pm-7:30pm		ADULT ONLY LAPS (2) 2:45pm-4pm

**CLOSURE FOR
SWIM MEET:
July 11 at 4:30pm
July 12 & 13, all day**

**CLOSED FOR
STAT HOLIDAY:
August 4**

***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
Pool is divided into half laps, half leisure space. Pool equipment usage is up to the discretion of the aquatic staff. **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.