



RAINBOW RECREATION CENTRE

SPRING 2026 SCHEDULE: APRIL 27 - JUNE 27 • 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-9:30am
	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	
REGISTERED PROGRAMS ONLY 10:30am-1pm <i>*No public admission</i>	TOT SPLASH 10:45am-12pm	LAPS (3) 10:45am-12pm	LAPS & LEISURE 10:30am-12pm	TOT SPLASH 10:45am-12pm	LAPS (3) 10:45am-12pm	LAPS & LEISURE 10:30am-12pm
	CLOSED 12pm-1pm	REGISTERED PROGRAMS ONLY 12pm-1pm <i>*No public admission</i>	CLOSED 12pm-1pm	CLOSED 12pm-1pm	CLOSED 12pm-1pm	CLOSED 12pm-1pm
EVERYONE WELCOME 1pm-2:30pm <i>*Sensory-Friendly</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>	LAPS & LEISURE 1pm-3:45pm <i>*Possible school booking</i>	LAPS & LEISURE 10:30am-12pm
EVERYONE WELCOME 2:30pm-5:30pm	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>	EVERYONE WELCOME 1:30pm-5:30pm <i>*Shared with Swim Club 1pm-3pm</i>	EVERYONE WELCOME 12:30pm-2:45pm
	LAPS & LEISURE 6pm-8pm <i>*Shared with Swim Club</i>	AQUAFIT: DUAL DEPTH 6:15pm-7:15pm	ADULT ONLY LAPS (2) 6:15pm-7:30pm	LAPS & LEISURE 6pm-8pm <i>*Shared with Swim Club *Hot Tub Closed 7pm-8pm</i>	AQUAFIT: INTERVALS 6:15pm-7:15pm	ADULT ONLY LAPS (2) 2:45pm-4pm
					FRIDAY NIGHT MADNESS 5:30pm-8pm <i>*No lanes available *WIBIT Open: 6pm-7:30pm</i>	

CLOSED FOR ANNUAL MAINTENANCE:
Mar 30 - Apr 26

REDUCED HOURS:
Victoria Day:
Monday May 18
10am - 3pm

No admission 30 minutes before closing

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 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 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.

16+ SENSORY-FRIENDLY SWIM

A sensory-friendly swim for 16+ featuring no music, dimmed lights, and a calmed whirlpool area.

HOT TUB CLOSED

For maintenance, Wednesdays from 7pm-8pm