



RAINBOW RECREATION CENTRE

SPRING BREAK 2026: MARCH 15 - 29 • 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 | | LAPS (6) 8:30am-10:30am | | LAPS (6) 8:30am-10:30am | |
| | LAPS & LESSONS 10:45am-12:30pm | LAPS & LEISURE 9:30am-11am |
| | | | | | | CLOSED 11am-12pm |
| EVERYONE WELCOME 1pm-2:30pm <i>*Sensory-Friendly</i> | EVERYONE WELCOME 12:30pm-3pm <i>*Shared with camps</i> | EVERYONE WELCOME 12pm-2:45pm |
| EVERYONE WELCOME 2:30pm-5:30pm | EVERYONE WELCOME 3pm-6pm | EVERYONE WELCOME 3pm-6pm | EVERYONE WELCOME 3pm-6pm | EVERYONE WELCOME 3pm-6pm | EVERYONE WELCOME 3pm-5:30pm | AQUAFIT: TABATA 2:45pm-3:45pm |
| | 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) 2:45pm-4pm |
| | | | | | FRIDAY NIGHT MADNESS 5:30pm-8pm <i>*No lanes available</i> <i>*WIBIT Open: 6pm-7:30pm</i> | |

CLOSED FOR ANNUAL MAINTENANCE:
Mar30 - Apr26

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.

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.

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). A minimum of one (1) lap lane will be 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.

LEISURE & LESSON
Pool is divided into half lesson space, half leisure space with access to the hot tub. One lap lane will be available.

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.