



RAINBOW RECREATION CENTRE

WINTER 2026 SCHEDULE: JANUARY 4 - MARCH 14 • 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	
	TOT SPLASH 10:45am-12pm	LAPS (3) 10:45am-12pm	TOT SPLASH 10:45am-12pm	LAPS (3) 10:45am-12pm	REGISTERED PROGRAMS ONLY 10:30am-1:30pm <i>*No public admission</i>	LAPS (6) 8am-9:30am
	CLOSED 12pm-1pm	LAPS & LEISURE 10:45am-12pm	CLOSED 12pm-1pm	CLOSED 12pm-1pm		REGISTERED PROGRAMS ONLY 9:30am-12:30pm <i>*No public admission</i>
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>	EVERYONE WELCOME 1:30pm-5:30pm	EVERYONE WELCOME 12:30pm-2:45pm
EVERYONE WELCOME 2:30pm-5:30pm	EVERYONE WELCOME 3:45pm-6pm	EVERYONE WELCOME 3:45pm-6pm	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-8pm <i>*Shared with Masters</i>	AQUAFIT: DUAL DEPTH 6:15pm-7:15pm	LAPS & LEISURE 6pm-8pm	AQUAFIT: INTERVALS 6:15pm-7:15pm		ADULT ONLY LAPS (2) 2:45pm-4pm
		ADULT ONLY LAPS (2) 6:15pm-7:30pm		ADULT ONLY LAPS (2) 6:15pm-7:30pm	FRIDAY NIGHT MADNESS 5:30pm-8pm <i>*No lanes available *WIBIT Open: 6pm-7:30pm</i>	

REDUCED HOURS:
Family Days Mon Feb 16
10am-3pm

**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. Possible school booking in shared leisure space.

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.
No WIBIT Feb 6 during Dive In Theatre event.

TOT SPLASH
This drop-in 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.