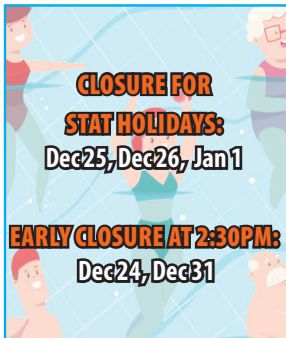




RAINBOW RECREATION CENTRE

WINTER BREAK 2025: DECEMBER 21 - JANUARY 3 • 250 537 1402

SUNDAY OPEN 1pm-5:30pm	MONDAY OPEN 6:30am-8pm		TUESDAY OPEN 8:30am-7:30pm	WEDNESDAY OPEN 6:30am-2:30pm	THURSDAY CLOSED	FRIDAY OPEN 6:30am-8pm	SATURDAY OPEN 8am-4pm	
	LAPS (6) 6:30am-7:45am			LAPS (6) 6:30am-7:45am	CLOSED ALL DAY	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			AQUAFIT: AQUALITE 9:30am-10:30am		AQUAFIT: AQUALITE 9:30am-10:30am		
	TOT SPLASH 10:45am-12pm	LAPS (3) 10:45am-12pm	LAPS & LEISURE 10:45am-12pm	LAPS & LEISURE 10:45am-12pm		LAPS & LEISURE 9:45am-11am		
	CLOSED 12pm-1pm		CLOSED 12pm-1pm	LAPS & LEISURE 10:45am-2:30pm		CLOSED 12pm-1pm	CLOSED 11am-12pm	
EVERYONE WELCOME 1pm-5:30pm <i>*Sensory-Friendly Swim 1pm-2:30pm</i>	EVERYONE WELCOME 1pm-6pm		EVERYONE WELCOME 1pm-6pm				EVERYONE WELCOME 1pm-5:30pm	EVERYONE WELCOME 12pm-2:45pm
	LAPS & LEISURE 6pm-8pm		AQUAFIT: DUAL DEPTH 6:15pm-7:15pm	ADULT ONLY LAPS (2) 6:15pm-7:30pm			FRIDAY NIGHT MADNESS 5:30pm-8pm <i>*No lanes available *WIBIT Open: 6pm-7:30pm</i>	



***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 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 aquatic staff.

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).

FRIDAY NIGHT MADNESS

WIBIT availability is subject to change based on 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 encouraged 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 a calmed whirlpool area.