



# RAINBOW RECREATION CENTRE

FALL 2024 SCHEDULE: SEPTEMBER 3 - JANUARY 4 • 250-537-1402

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 (4) 6:30am-7:45am <i>*Shared with Swim Club</i>				LAPS (4) 6:30am-7:45am <i>*Shared with Swim Club</i>				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		LAPS (6) 8:30am-10:30am		AQUAFIT: AQUALITE 9:30am-10:30am		LAPS (6) 8:30am-10:30am		AQUAFIT: AQUALITE 9:30am-10:30am			
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		REGISTERED PROGRAMS ONLY 10:30am-1:30pm		REGISTERED PROGRAMS ONLY 9:45am-12:30pm	
CLOSED 12pm-1pm		REGISTERED PROGRAMS ONLY 12pm-1pm		CLOSED 12pm-1pm		REGISTERED PROGRAMS ONLY 12pm-1pm				EVERYONE WELCOME 12:30pm-3pm	
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		AQUAFIT: TABATA 3pm-4pm	
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>				ADULT ONLY LAPS (2) 3pm-4pm	
MASTERS SWIM TRAINING 6:15pm-7:15pm	LAPS (4) 6:15pm-7pm	AQUAFIT: DUAL DEPTH 6:15pm-7:15pm	ADULT ONLY LAPS (2) 6:15-7:30pm	MASTERS SWIM TRAINING 6:15pm-7:15pm	LAPS (4) 6:15pm-7pm	AQUAFIT: INTERVALS 6:15pm-7:15pm	ADULT ONLY LAPS (2) 6:15-7:30pm	FRIDAY NIGHT MADNESS No Lanes 5:30-8pm <i>WIBIT Open: 6pm-7:30pm</i>			
LAPS & LEISURE 7pm-8pm				LAPS & LEISURE 7pm-8pm							

**CLOSED:** Sept 2, 30, Oct 14, Nov 11, Dec 25 & 26, Jan 1

**EARLY CLOSURE:**  
Oct 31 - 6pm  
Dec 24 & 31 - 3:30pm

**\*No admission 30 mins before closing time\***

**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 lap swim and everyone welcome times only.

**LAPS & LEISURE**

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

Possible school booking 1:15pm-2:30pm

**EVERYONE WELCOME**

Leisure swim space with the opportunity to bring out the ropeswing, mats, tubes, and other bigger pool equipment (subject to pool space and staff's discretion). Shared with swim club 4:30-6pm. **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 PROGRAMS 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 swimmers 16 years and older.

**No leisure space available during these times.**