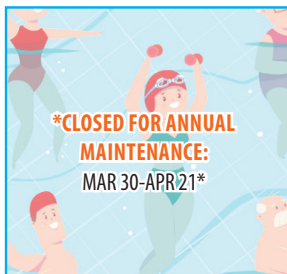




# RAINBOW RECREATION CENTRE

**SPRING BREAK 2025 SCHEDULE: MARCH 16 - MARCH 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		AQUAFIT: AQUALITE 9:30am-10:30am		LAPS (6) 8am-9:45am
	LEISURE & LESSONS 10:45am-1pm	LEISURE & LESSONS 10:45am-1pm	LEISURE & LESSONS 10:45am-1pm		LEISURE & LESSONS 10:45am-1pm	TOT SPLASH 10:45am-12pm	LAPS (3) 10:45am-12pm
EVERYONE WELCOME 1pm-5:30pm <i>*Sensory-Friendly 1pm-2:30pm</i>	EVERYONE WELCOME 1pm-6pm <i>*Shared with camp 1pm-3pm</i>	EVERYONE WELCOME 1pm-6pm <i>*Shared with camp 1pm-3pm</i>	EVERYONE WELCOME 1pm-6pm <i>*Shared with camp 1pm-3pm</i>	EVERYONE WELCOME 1pm-6pm <i>*Shared with camp 1pm-3pm</i>	EVERYONE WELCOME 12pm-5:30pm <i>*Shared with camp 1pm-3pm</i>	EVERYONE WELCOME 12:30pm-2:45pm	
							AQUAFIT: TABATA 2:45pm-3:45pm
	LAPS & LEISURE 6:15pm-8pm	AQUAFIT: DUAL DEPTH 6:15pm-7:15pm	ADULT ONLY LAPS (2) 6:15pm-7:30pm	LAPS & LEISURE 6:15pm-8pm	AQUAFIT: INTERVALS 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>



**\*CLOSED FOR ANNUAL  
MAINTENANCE:  
MAR 30-APR 21\***

**\*No admissions 30 minutes  
before closing\***

**Schedules may be affected  
by inclement weather**

**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 aquatic staff.

**LEISURE & LESSONS**

Pool is divided into half lesson space (no access to the public), and half leisure space with access to the hot tub. **One lap lane will be available.**

**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).

**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). **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 whirl pool area.