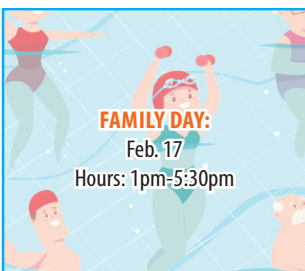




RAINBOW RECREATION CENTRE

WINTER 2025 SCHEDULE: JANUARY 5 - MARCH 15 • 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		LAPS (6) 8am-9:45am	
	AQUAFIT: AQUALITE 9:30am-10:30am		LAPS (6) 8:30am-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	TOT SPLASH 10:45am-12pm	LAPS (3) 10:45am-12pm		LAPS & LEISURE 10:45am-12pm	REGISTERED PROGRAMS ONLY 9:45am-12:30pm
	CLOSED 12pm-1pm	AQUA YOGA 12:05pm-12:50pm	CLOSED 12pm-1pm	AQUA YOGA 12:05pm-12:50pm	REGISTERED PROGRAMS ONLY 10:30am-1:30pm			
EVERYONE WELCOME 1pm-5:30pm <i>*Sensory-Friendly 1pm-2:30pm</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 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>		AQUAFIT: TABATA 2:45pm-3:45pm	ADULT ONLY LAPS (2) 2:45pm-4pm	
	MASTERS SWIM TRAINING 6pm-7pm	AQUAFIT: DUAL DEPTH 6:15pm-7:15pm	ADULT ONLY LAPS (2) 6:15pm-7:30pm	MASTERS SWIM TRAINING 6pm-7pm	LAPS (4) 6:15pm-7pm	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>
	LAPS & LEISURE 7pm-8pm			LAPS & LEISURE 7pm-8pm				



FAMILY DAY:

Feb. 17

Hours: 1pm-5:30pm

No admissions 30 minutes before closing

Schedules may be affected by inclement weather

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.

AQUA YOGA (16+)

This 45 minute shallow water class combines guided meditation, deep stretching and a slower aquafit routine to move the body through a full range of motion.

No sessions during Spring Break

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 in leisure space when indicated.

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). 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 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.