



2024 DROP-IN SCHEDULE SEPTEMBER 3 - DECEMBER 21

WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/FALL



Facebook Instagram @ratheastlinkcc

***SCHEDULE SUBJECT TO CHANGE FOR OUR UPDATED SCHEDULES INCLUDING PUBLIC SKATING TIMES VISIT WWW.THERECC.CA**

FACILITY HOURS

MON	6AM - 9PM
TUE	6AM - 9PM
WED	6AM - 9PM
THU	6AM - 9PM
FRI	6AM - 9PM
SAT	8AM - 8PM
SUN	8AM - 8PM

CONTACT

625 ABENAKI RD
TRURO, NS
B2N 0G6

902.893.2224

THERECC.CA

Please visit www.therecc.ca for our holiday hours and closure notices.

MEMBER TYPE	MONTHLY MEMBERSHIP *RECURRING	ANNUAL MEMBERSHIP *1 YEAR PAID IN FULL
ADULT	\$67.00	\$737.00
ADULT +1	\$110.00	\$1210.00
STUDENTS/ SENIORS	\$45.00	\$487.00
STUDENTS/ SENIORS +1	\$84.00	\$918.00
FAMILY	\$127.00	\$1392.00

*One-time facility enhancement fee for each new recurring membership

*PRICES INCLUDE TAX

All programs and schedules are "weather permitting" and are subject to change. Please check out our website www.therecc.ca or call our Welcome Desk at 902-893-2224 for schedule confirmation. Open/Lane swimming times and Wall/Pool/Track/ADC/Arena event schedule changes can also be found on our website. Participants for the HydroRider class can pre-register 2 days in advance at 12pm by contacting our welcome desk 902-893-2224. Max 5 participants, first call/first serve, must wear water shoes.

LEGEND

FITNESS
SPIN
WILSONS COMPETITIVE POOL
TIM HORTONS LEISURE POOL
RECC ARENA
KOHLTECH CLIMBING WALL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am							
6:15am	RECC RIDE Robyn 6:15 am - 7:00 am	DIRTY 30 + ABS Lauren 6:15 am - 7:00 am	RECC RIDE REMIX Robyn 6:15 am - 7:15 am	FUNCTIONAL FITNESS Chrisanne 6:15 am - 7:00 am	RECC RIDE Robyn 6:15 am - 7:00 am		
6:30am							
6:45am							
7:00am	AQUATICS CENTRE OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY.	AQUATICS CENTRE OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY.	AQUATICS CENTRE OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY.	AQUATICS CENTRE OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY.	AQUATICS CENTRE OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY.		
7:15am							
7:30am							
7:45am							
8:00am							
8:15am							
8:30am	HYDRO RIDER Sylvie 8:15 am - 8:45 am <small>Must pre-register at noon on Saturday</small>	AQUA ZUMBA Heidi 8:00 am - 8:45 am	DEEP WATER CORE Sylvie 8:00 am - 8:45 am	DANCEFIT Nik 8:00 am - 9:00 am	AQUA YOGA Sylvie 8:00 am - 8:45 am	AQUA ZUMBA Heidi 8:00 am - 8:45 am	PILATES Hyesun 8:00 am - 9:00 am
8:45am							
9:00am							
9:15am	AQUA FIT Sylvie 9:00 am - 9:45 am	AQUA FIT Sylvie 9:00 am - 9:45 am	AQUA FIT Sylvie 9:00 am - 9:45 am	AQUA FIT Sylvie 9:00 am - 9:45 am	AQUA FIT Sylvie 9:00 am - 9:45 am	VERTICAL TRAINING Sylvie 9:00 am - 9:45 am	
9:30am							
9:45am							
10:00am	CIRCL Heidi 9:45 am - 10:15 am	AQUA YOGA Sylvie 9:45 am - 10:30 am		CIRCL Heidi 9:15 am - 10:15 am	SILVER STRONG Adrian 9:15 am - 10:15 am	ZUMBA Heidi 9:15 am - 10:15 am	CARDIO KICKBOXING Laura 9:30 am - 10:30 am
10:15am	AQUA MOVEMENT Florence 10:00 am - 10:45 am		AQUA MOVEMENT Florence 10:00 am - 10:45 am				
10:30am							
10:45am							
11:00am							
11:15am							
11:30am							
11:45am							
12:00pm							
12:15pm	ADULT PICKUP HOCKEY (COED) 12:00 pm - 1:00 pm	ADULT PICKUP HOCKEY (COED) 12:00 pm - 1:00 pm	ADULT PICKUP HOCKEY (COED) 12:00 pm - 1:00 pm	ADULT PICKUP HOCKEY (COED) 12:00 pm - 1:00 pm	ADULT PICKUP HOCKEY (COED) 12:00 pm - 1:00 pm	ADULT PICKUP HOCKEY (COED) 12:00 pm - 1:00 pm	ADULT PICKUP HOCKEY (COED) 12:00 pm - 1:00 pm
12:30pm							
12:45pm							
1:00pm							
1:15pm							
1:30pm							
1:45pm							
2:00pm							
2:15pm							
2:30pm	POOL CLOSURE 2:00 pm - 3:30 pm	POOL CLOSURE 2:00 pm - 3:30 pm	POOL CLOSURE 2:00 pm - 3:30 pm	POOL CLOSURE 2:00 pm - 3:30 pm	POOL CLOSURE 2:00 pm - 3:30 pm	POOL CLOSURE 2:00 pm - 3:30 pm	POOL CLOSURE 2:00 pm - 3:30 pm
2:45pm							
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3:45pm							
4:00pm							
4:15pm							
4:30pm							
4:45pm	FUNCTIONAL FITNESS Nik 4:30 pm - 5:15 pm	BUTTS & GUTTS Lauren 4:30 pm - 5:15 pm	FUNCTIONAL FITNESS Chrisanne 4:30 pm - 5:15 pm	FUNCTIONAL FITNESS Nik 4:30 pm - 5:15 pm	FUNCTIONAL FITNESS Nik 4:30 pm - 5:15 pm	FUNCTIONAL FITNESS Nik 4:30 pm - 5:15 pm	FUNCTIONAL FITNESS Nik 4:30 pm - 5:15 pm
5:00pm							
5:15pm							
5:30pm	ZUMBA Heima 5:30 pm - 6:15 pm	FUNCTIONAL FITNESS Chrisanne 5:30 pm - 6:15 pm	PILATES Chrisanne 5:30 pm - 6:30 pm	RECC RIDE Robyn 5:30 pm - 6:30 pm	RECC RIDE Robyn 5:30 pm - 6:30 pm	RECC RIDE Robyn 5:30 pm - 6:30 pm	RECC RIDE Robyn 5:30 pm - 6:30 pm
5:45pm							
6:00pm							
6:15pm							
6:30pm							
6:45pm	STEP & STRENGTH Laura 6:30 pm - 7:30 pm	WALL NUTS EXCLUSIVE PROGRAMMING	WALL NUTS EXCLUSIVE PROGRAMMING	WALL NUTS EXCLUSIVE PROGRAMMING	WALL NUTS EXCLUSIVE PROGRAMMING	WALL NUTS EXCLUSIVE PROGRAMMING	WALL NUTS EXCLUSIVE PROGRAMMING
7:00pm	AQUA FIT Sylvie 7:00 pm - 7:45 pm	FLOW YOGA Hyesun 6:30 pm - 7:30 pm	WALL NUTS EXCLUSIVE PROGRAMMING	WALL NUTS EXCLUSIVE PROGRAMMING	WALL NUTS EXCLUSIVE PROGRAMMING	WALL NUTS EXCLUSIVE PROGRAMMING	WALL NUTS EXCLUSIVE PROGRAMMING
7:15pm							
7:30pm							
7:45pm							
8:00pm	SHOTOKAN KARATE* 7:30 pm - 9:00 pm	MASTERS 7:30 pm - 8:30 pm	AQUA FIT Sylvie 7:00 pm - 7:45 pm	AQUA FIT Sylvie 7:00 pm - 7:45 pm	YOGA Hyesun 6:30 pm - 7:30 pm	RECC RIDE Robyn 5:30 pm - 6:30 pm	YOGA Hyesun 6:30 pm - 7:30 pm
8:15pm							
8:30pm							
8:45pm							
9:00pm							
9:15pm							

TO PROVIDE AN ENJOYABLE ATMOSPHERE FOR ALL OUR USERS WE ASK FOR YOUR SUPPORT TO ADHERE TO THE FOLLOWING CONDITIONS WHEN VISITING OUR FACILITY.

- AQUATICS CENTRE**
 - CHILDREN 12 & UNDER MUST HAVE AN ADULT (16+ YRS) REMAIN WITHIN THE AQUATIC CENTRE
 - CHILDREN 7 AND UNDER MUST HAVE AN ADULT (16+ YRS) WITHIN ARM'S LENGTH AT ALL TIMES WHILE IN THE POOL
- CLIMBING WALL**
 - YOUTH 18 AND UNDER MUST HAVE A PARENT/LEGAL GUARDIAN READ AND COMPLETE A LIABILITY WAIVER PRIOR TO ANY CLIMBING
 - YOUTH 12 AND UNDER MUST BE SUPERVISED BY SOMEONE AGE 16+ TO BE PERMITTED WITHIN THE CLIMBING AREA (UNLESS ATTENDING A REGISTERED YOUTH PROGRAM)
- FITNESS CENTRE**
 - YOUTH 18 AND UNDER MUST HAVE A PARENT/LEGAL GUARDIAN READ AND COMPLETE A LIABILITY WAIVER PRIOR TO FITNESS CENTRE ACCESS
 - YOUTH AGE 12 YEARS MUST HAVE PARENT/GUARDIAN 16+ SUPERVISION IN THE FITNESS CENTRE. YOUTH 13 YEARS & UP MAY WORK OUT INDEPENDENTLY.

CONDITIONS OF USE

PLEASE VISIT WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/ABOUT/CONDITIONS-OF-USE FOR OUR FULL POLICY

NOVASCOTIASTAMPEDE.COM

UPDATED SEPTEMBER 11, 2024 9:32 AM

NS PROVINCIAL EXHIBITION COMPLEX
73 RYLAND AVENUE, BIBLE HILL NS

CENTRAL
NOVA SCOTIA
SPORTS & ENTERTAINMENT



2024

TICKETS ON SALE NOW
TICKETPRO.CA

THU SEPT 26	NATALIE MACMASTER HEATHER RANKIN MATT MINGLEWOOD GEORGE CANYON	FRI SEPT 27	THE ROAD HAMMERS JESS & MOSKALUKE	SAT SEPT 28	THE STANFIELDS Shanneyganock	SUN SEPT 29	TOM COCHRANE Campbell & Johnston
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Government
of Canada



SUN KISSED
ENERGY



RODEO KREW

FALL 2024
FITNESS CLASS &
DROP-IN SCHEDULE

WWW.THERECC.CA