



SPRING 2026 DROP-IN SCHEDULE

MARCH 30 - JUNE 28

WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/SPRING

*SCHEDULE SUBJECT TO CHANGE

FOR OUR UPDATED SCHEDULES INCLUDING PUBLIC SKATING TIMES & CLIMBING WALL AVAILABILITY VISIT WWW.THERECC.CA

*STAY INFORMED WITH TEXT MESSAGES

WHEN PROGRAMS OR FACILITIES CLOSE UNEXPECTEDLY, WE SEND OUT A TEXT MESSAGE TO ALL OF OUR TEXT ALERT SUBSCRIBERS LETTING THEM KNOW! TO SUBSCRIBE, SIMPLY TEXT RECC TO 1 833-209-1001. FROM YOUR MOBILE DEVICE AND FOLLOW THE INSTRUCTIONS WHEN PROMPTED.



@ratheastlinkcc

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: www.therecc.ca

LEGEND

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

* Online registration required at www.ratheastlinkcommunitycentre.ca/spring

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am							
6:15am							
6:30am							
6:45am	AQUATICS CENTRE OPEN	FUNCTIONAL FITNESS	AQUATICS CENTRE OPEN	RECC RIDE	FUNCTIONAL FITNESS	AQUATICS CENTRE OPEN	AQUATICS CENTRE OPEN
7:00am	6:15 AM - 8:30 PM	Ray	6:15 AM - 8:30 PM	Robyn	6:15 am - 7:00 am	8:00 AM - 7:30 PM	8:00 AM - 6:00 PM
7:15am	CHECK ONLINE	6:15 am - 7:00 am	Chrisanne	6:15 am - 7:00 am	6:15 am - 7:00 am	CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY	CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY
7:30am	SCHEDULE FOR LANE & LEISURE AVAILABILITY		SCHEDULE FOR LANE & LEISURE AVAILABILITY				
7:45am							
8:00am							
8:15am							
8:30am	AQUAFIT	ZUMBA	DEEP WATER	FORM & FLOW	AQUA HIIT	ZUMBA	AQUA YOGA
8:45am	Ingrid	Heidi	Ingrid	Hyesun	Deb	Heidi	Hyesun
9:00am	8:15 am - 9:00 am	8:00 am - 9:00 am	8:15 am - 9:00 am	8:00 am - 9:00 am	8:15 am - 9:00 am	8:00 am - 9:00 am	8:15 am - 9:00 am
9:15am							
9:30am	AQUA ZUMBA	SILVER STRONG	AQUA YOGA	BARBELLS & BABIES	STRENGTH	SILVER STRONG	YOGA
9:45am	Heidi	Ingrid	Hyesun	Ray	Chico	Ingrid	Hyesun
10:00am	9:15 am - 10:00 am	9:15 am - 10:15 am	9:15 am - 10:00 am	9:15 - 10:15 am	9:15 - 10:15 am	9:15 am - 10:15 am	8:45 am - 9:45 am
10:15am	(4 - 5 lanes)						
10:30am	AQUA MOVEMENT		AQUAFIT				
10:45am	Florence		Yulia				
11:00am	10:00 am - 10:45 am		10:00 am - 10:45 am				
11:15am							
11:30am							
11:45am							
12:00pm							
12:15pm							
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2:00pm							
2:15pm							
2:30pm							
2:45pm							
3:00pm	AQUATICS CENTRE & SAUNA CLOSURE	AQUATICS CENTRE & SAUNA CLOSURE	WALK & ROLL	AQUATICS CENTRE & SAUNA CLOSURE	AQUATICS CENTRE & SAUNA CLOSURE	AQUATICS CENTRE & SAUNA CLOSURE	
3:15pm	2:00 pm - 4:00 pm	2:00 pm - 4:00 pm	Arena Walking Track	2:00 pm - 4:00 pm	2:00 pm - 4:00 pm	2:00 pm - 4:00 pm	
3:30pm			2:15 pm - 3:30 pm				
3:45pm							
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9:00pm							
9:15pm							

CONDITIONS OF USE

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 AND 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.

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

PERSONAL TRAINING

ASSESSMENT & PERSONALIZED PROGRAMS
ONE-ON-ONE COACHING
PERSONAL TRAINING FOR 2
MOMENTUM COACHING

GET STARTED TODAY!
EMAIL PT@THERECC.CA 902.893.2224
WWW.THERECC.CA

UPDATED APRIL 6, 2026 11:20 am

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