



SUMMER 2026 DROP-IN SCHEDULE

JUNE 29 - AUGUST 30

WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/SUMMER

***SCHEDULE SUBJECT TO CHANGE**

FOR OUR UPDATED SCHEDULES INCLUDING FITNESS CLASSES & 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.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am							
6:15am							
6:30am							
6:45am	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	AQUAFIT Maria 6:30 am - 7:15 am	AQUATICS CENTRE OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY		
7:00am							
7:15am							
7:30am							
7:45am							
8:00am							
8:15am							
8:30am	AQUAFIT Ingrid 8:15 am - 9:00 am	DEEP WATER Ingrid 8:15 am - 9:00 am	AQUA HIIT Deb 8:15 am - 9:00 am	*AQUA CIRCUIT Ingrid 8:15 am - 9:00 am	AQUAFIT Ingrid 8:15 am - 9:00 am	ZUMBA Nik 8:00 am - 9:00 am	
8:45am							
9:00am							
9:15am	AQUAFIT Yulia 9:15 am - 10:00 am	SILVER STRONG Ingrid 9:15 am - 10:15 am	RECC STEP Ingrid 9:15 - 10:15 am	STRENGTH Chico 9:15 - 10:15 am	SILVER STRONG Ingrid 9:15 am - 10:15 am		
9:30am							
9:45am							
10:00am	AQUA MOVEMENT Florence 10:00 am - 10:45 am						
10:15am							
10:30am							
10:45am							
11:00am							
11:15am							
11:30am							
11:45am							
12:00pm							
12:15pm							
12:30pm	FUNCTIONAL FITNESS Chantel 12:15 pm - 1:00 pm	FUNCTIONAL FITNESS Adrian 12:15 pm - 1:00 pm	FUNCTIONAL FITNESS Joel 12:15 pm - 1:00 pm	FUNCTIONAL FITNESS Adrian 12:15 pm - 1:00 pm	FUNCTIONAL FITNESS Joel 12:15 pm - 1:00 pm		
12:45pm							
1:00pm							
1:15pm							
1:30pm	STRENGTH & RESILIENCE Chico 1:00 pm - 2:00 pm		STRENGTH & RESILIENCE Chico 1:00 pm - 2:00 pm				
1:45pm							
2:00pm							
2:15pm							
2:30pm							
2:45pm							
3:00pm							
3:15pm							
3:30pm							
3:45pm							
4:00pm							
4:15pm							
4:30pm							
4:45pm	FUNCTIONAL FITNESS Nik 4:30 pm - 5:15 pm						
5:00pm							
5:15pm							
5:30pm	ADULT STRENGTH Ingrid 5:30 pm - 6:30 pm	ZUMBA Hema 5:30 pm - 6:30 pm	POUND Hema 5:30 pm - 6:30 pm	WALL NUTS EXCLUSIVE PROGRAMMING 5:00 pm - 9:00 pm	BELLY DANCE Ali 5:30 pm - 6:30 pm		
5:45pm							
6:00pm							
6:15pm							
6:30pm							
6:45pm							
7:00pm							
7:15pm							
7:30pm							
7:45pm							
8:00pm	SHOTOKAN KARATE* 7:30 pm - 9:00 pm *Pay at studio						
8:15pm							
8:30pm							
8:45pm							
9:00pm							
9:15pm							

Facebook Instagram @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/WALKING TRACK
- KOHLTECH CLIMBING WALL
- ATHLETE DEVELOPMENT CENTRE

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

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 & 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

RECC WALL CLIMB FIT
WEDNESDAYS 7PM - 8PM

Rock yourself into shape with climbing-themed workouts. Great for new climbers

Kohltech NO REGISTRATION REQUIRED FREE FOR MEMBERS DROP-IN FEE & RENTAL FEE FOR NON-MEMBERS THERECC.CA 902.893.2224

UPDATED JUNE 18, 2026 10:17 am

NOURISH

EATERY CATERING

SUMMER MENU

LET US FUEL YOU WITH
HEALTHY, HOMESTYLE
FOODS!



VISIT US AT THE MAIN ATRIUM

WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/NOURISH



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