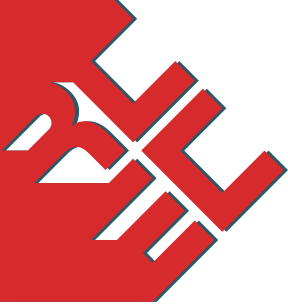


SIZZLING SUMMER

2024 DROP-IN SCHEDULE JULY 2 - SEPTEMBER 1

WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/SUMMER



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am							
6:15am							
6:30am	SPIN Robyn 6:15 am - 6:45 am	DIRTY 30 + ABS Lauren 6:15 am - 7:00 am	SPIN & STRENGTH Robyn 6:15 am - 6:45 am	BOOTCAMP Chrisanne 6:15 am - 7:00 am	SPIN Robyn 6:15 am - 6:45 am		
6:45am							
7:00am							
7:15am	LANE SWIMS AVAILABLE COMPETITIVE POOL 6:15 AM - 8:30 PM	LANE SWIMS AVAILABLE COMPETITIVE POOL 6:15 AM - 8:30 PM	LANE SWIMS AVAILABLE COMPETITIVE POOL 6:15 AM - 8:30 PM	LANE SWIMS AVAILABLE COMPETITIVE POOL 6:15 AM - 8:30 PM	LANE SWIMS AVAILABLE COMPETITIVE POOL 6:15 AM - 8:30 PM		
7:30am							
7:45am							
8:00am							
8:15am							
8:30am	HYDRO RIDER Sylvie 8:15 am - 8:45 am	AQUA YOGA Sylvie 8:00 am - 8:45 am	DEEP WATER CORE Sylvie 8:00 am - 8:45 am	ZUMBA Nik 8:00 am - 9:00 am	AQUA YOGA Sylvie 8:00 am - 8:45 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	STRENGTH Laura 8:45 am - 9:45 am	
9:30am							
9:45am		CIRCL Heidi 9:15 am - 10:15 am					
10:00am							
10:15am	AQUA MOVEMENT Florence 10:00 am - 10:45 am		AQUA MOVEMENT Florence 10:00 am - 10:45 am			YOGA NATALIE 10:00 am - 11:00 am	SPIN & STRENGTH Robyn 10:00 am - 11:00 am
10:30am							
10:45am							
11:00am		GENTLE YOGA Jen 10:30 am - 11:30 am					
11:15am							
11:30am							
11:45am							
12:00pm	ADULT PICKUP HOCKEY (COED) 12:00 pm - 1:00 pm	BOOTCAMP Lauren 12:15 pm - 1 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	COMMUNITY CLIMB 10:00 am - 1:00 pm	
12:15pm							
12:30pm							
12:45pm							
1:00pm							
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4:00pm							
4:15pm							
4:30pm							
4:45pm							
5:00pm		BUTTS & GUTTS Lauren 4:30 pm - 5:20 pm					
5:15pm							
5:30pm							
5:45pm	ZUMBA Hema 5:15 pm - 6:15 pm	TABATA Celene 5:30 pm - 6:30 pm					
6:00pm							
6:15pm							
6:30pm							
6:45pm							
7:00pm	STRENGTH LAURA 6:30 pm - 7:30 pm	BOOTCAMP Celene 6:30 pm - 7:30 pm					
7:15pm							
7:30pm							
7:45pm							
8:00pm							
8:15pm							
8:30pm							
8:45pm							
9:00pm							
9:15pm							

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

@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 Pool/Arena event schedule changes can also be found on our website. Participants for the HydroRider class must pre-register 2 day in advance at 12 pm by contacting our Welcome Desk.

LEGEND

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

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

CONDITIONS OF USE

UPDATED July 10, 2024 7:08 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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NOVASCOTIASTAMPEDE.COM



Funded by the
Government
of Canada

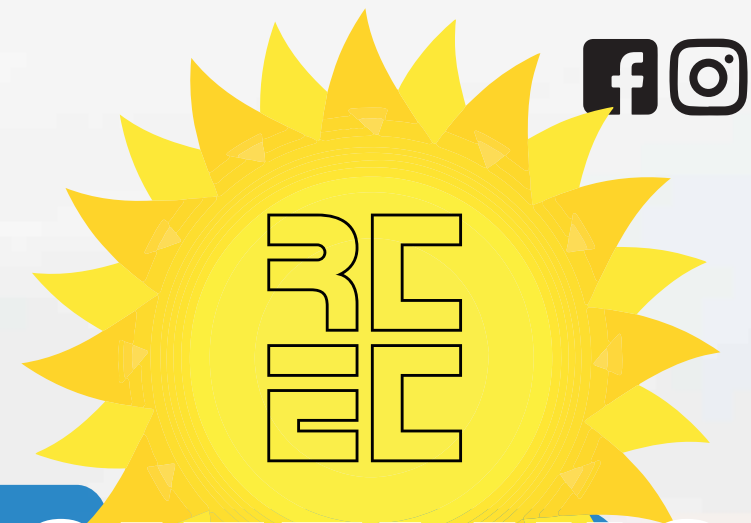


COLDSTREAM
CLEAR



SUN KISSED
ENERGY

THE EVENTS
THERECC.CA



**SIZZLING
SUMMER**

**2024
SUMMER
FITNESS
CLASS &
DROP-IN
SCHEDULE**

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