

DEFROST AT THE RECC



2024 DROP-IN SCHEDULE JANUARY 2 - MARCH 31

WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/WINTER



	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		BOOTCAMP Chrisanne 6:15 am - 7:00 am			
6:45am							
7:00am							
7:15am	LANE SWIMS AVAILABLE COMPETITIVE POOL 6:30 AM - 8:30 PM	LANE SWIMS AVAILABLE COMPETITIVE POOL 6:30 AM - 8:30 PM	LANE SWIMS AVAILABLE COMPETITIVE POOL 6:30 AM - 8:30 PM	LANE SWIMS AVAILABLE COMPETITIVE POOL 6:30 AM - 8:30 PM	LANE SWIMS AVAILABLE COMPETITIVE POOL 6:30 AM - 8:30 PM		
7:30am							
7:45am							
8:00am							
8:15am							
8:30am	HYDRO RIDER Sylvie 8:15 am - 8:45 am	AQUA ZUMBA Heidi 8:00 am - 8:45 am	DEEP WATER CORE Sylvie 8:00 am - 8:45 am		AQUA ZUMBA Heidi 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	DEEP WATER CORE Sylvie 9:00 am - 9:45 am	STRENGTH Laura 8:45 am - 9:45 am	LANE SWIMS AVAILABLE COMPETITIVE POOL 8:30 AM - 5:30 PM
9:30am							
9:45am		ZUMBA Heidi 8:45 am - 9:45 am					
10:00am							
10:15am							
10:30am	AQUA MOVEMENT Florence 10:00 am - 10:45 am	AQUA YOGA Sylvie 9:45 am - 10:30 am	AQUA MOVEMENT Florence 10:00 am - 10:45 am	AQUA MOVEMENT Sylvie 9:45 am - 10:30 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
10:45am							
11:00am		GENTLE YOGA Jen 10:30 am - 11:30 am					
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			
12:30pm							
12:45pm							
1:00pm							
1:15pm							
1:30pm							
1:45pm							
2:00pm							
2:15pm							
2:30pm							
2:45pm	POOL CLOSED 2:00 PM - 3:30 PM	POOL CLOSED 2:00 PM - 3:30 PM	POOL CLOSED 2:00 PM - 3:30 PM	POOL CLOSED 2:00 PM - 3:30 PM	POOL CLOSED 2:00 PM - 3:30 PM		
3:00pm							
3:15pm							
3:30pm							
3:45pm							
4:00pm							
4:15pm							
4:30pm							
4:45pm							
5:00pm		BUTTS & GUTTS Lauren 4:30 pm - 5:20 pm	STRENGTH Chrisanne 4:30 pm - 5:20 pm		COMMUNITY CLIMB 4:00 pm - 6:00 pm		
5:15pm							
5:30pm	ZUMBA Hema 5:15 pm - 6:15 pm	SPIN Robyn 5:30 pm - 6:30 pm	PILATES Hyesun 5:30 pm - 6:30 pm	SPIN/STRENGTH Robyn 5:15 pm - 6:15 pm			
5:45pm							
6:00pm							
6:15pm							
6:30pm							
6:45pm							
7:00pm	AQUA YOGA Sylvie 6:45 pm - 7:30 pm	AQUA FIT Sylvie 6:30 pm - 7:15 pm	YIN YOGA Hyesun 6:30 pm - 7:30 pm	AQUA FIT Joanna 6:15 pm - 7:00 pm	YOGA Hyesun 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**

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 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

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 15 AND UNDER MUST HAVE A PARENT/LEGAL GUARDIAN PRESENT TO BE ALLOWED IN THE CLIMBING AREA UNLESS REGISTERED FOR A 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

AT THE RATH EASTLINK COMMUNITY CENTRE

WE'RE HERE FOR YOU. REACH YOUR FITNESS POTENTIAL WITH US

EMAIL PT@THERECC.CA

GET YOUR
FIT
TOGETHER

ATTEND 10 GROUP FITNESS CLASSES
DURING MARCH FOR A CHANCE TO *WIN*
A RECC HAT & SWEATER



RATH EASTLINK COMMUNITY CENTRE

DEEFROST AT THE RECC

2024 FITNESS CLASS & DROP-IN SCHEDULE

