



# 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.



	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	FUNCTIONAL FITNESS Ray 6:15 am - 7:00 am	AQUATICS CENTRE OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY	FUNCTIONAL FITNESS Chrisanne 6:15 am - 7:00 am	AQUATICS CENTRE OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY	RECC RIDE Robyn 6:15 am - 7:00 am	AQUAFIT Maria 6:30 am - 7:15 am	FUNCTIONAL FITNESS Chrisanne 6:15 am - 7:00 am
7:00am								
7:15am								
7:30am								
7:45am								
8:00am								
8:15am	AQUAFIT Ingrid 8:15 am - 9:00 am	ZUMBA Heidi 8:00 am - 9:00 am	DEEP WATER Ingrid 8:15 am - 9:00 am	FORM & FLOW Hyesun 8:00 am - 9:00 am	AQUA HIIT Deb 8:15 am - 9:00 am	ZUMBA Heidi 8:00 am - 9:00 am	AQUA CIRCUIT Ingrid 8:15 am - 9:00 am	BELLY DANCING Ali 8:00 am - 9:00 am
8:30am								
8:45am								
9:00am								
9:15am	AQUA ZUMBA Heidi 9:15 am - 10:00 am (4 - 5 lanes)	SILVER STRONG Ingrid 9:15 am - 10:15 am	AQUA YOGA Hyesun 9:15 am - 10:00 am	BARBELLS & BABIES Ray 9:15 - 10:15 am	STRENGTH Chico 9:15 - 10:15 am	AQUA ZUMBA Heidi 9:15 am - 10:00 am (4 - 5 lanes)	SILVER STRONG Amanda 9:15 am - 10:15 am	AQUAFIT Yulia 9:15 am - 10:00 am
9:30am								
9:45am								
10:00am	AQUA MOVEMENT Florence 10:00 am - 10:45 am	STRENGTH Ingrid 10:30 am - 11:30 am	CIRCL MOBILITY Heidi 10:30 am - 11:30 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			
12:45pm								
1:00pm								
1:15pm								
1:30pm	STRENGTH & RESILIENCE Chico 1:00 pm - 2:00 pm							
1:45pm								
2:00pm								
2:15pm								
2:30pm								
2:45pm	AQUATICS CENTRE & SAUNA CLOSURE 2:00 pm - 4:00 pm		AQUATICS CENTRE & SAUNA CLOSURE 2:00 pm - 4:00 pm	WALK & ROLL Arena Walking Track 2:15 pm - 3:30 pm	AQUATICS CENTRE & SAUNA CLOSURE 2:00 pm - 4:00 pm			
3:00pm								
3:15pm								
3:30pm								
3:45pm								
4:00pm								
4:15pm								
4:30pm	FUNCTIONAL FITNESS Nik 4:30 pm - 5:15 pm	CLIMBING WALL OPEN 4:00 pm - 5:00 pm	BUTTS & GUTTS Lauren 4:30 pm - 5:15 pm	CLIMBING WALL OPEN 4:00 pm - 5:00 pm	STRENGTH & SERENITY Hyesun 4:30 pm - 5:20 pm	COMMUNITY CLIMB 4:00 pm - 7:00 pm	CLIMBING WALL OPEN 3:30 pm - 9:00 pm	
4:45pm								
5:00pm								
5:15pm								
5:30pm	ADULT STRENGTH Ingrid 5:30 pm - 6:30 pm	ZUMBA Hema 5:30 pm - 6:30 pm	WALL NUTS EXCLUSIVE PROGRAMMING 5:00 pm - 8:00 pm	WALL NUTS EXCLUSIVE PROGRAMMING 5:00 pm - 8:00 pm	POUND Hema 5:30 pm - 6:30 pm	CLIMBING WALL OPEN 3:30 pm - 9:00 pm		
5:45pm								
6:00pm								
6:15pm								
6:30pm								
6:45pm								
7:00pm	ANYTHING GOES AQUAFIT Yulia 7:00 - 7:45 pm	MASTERS 7:00 pm - 8:00 pm	CHECK ONLINE SCHEDULE FOR CLIMBING WALL AVAILABILITY	CHECK ONLINE SCHEDULE FOR CLIMBING WALL AVAILABILITY				
7:15pm								
7:30pm								
7:45pm								
8:00pm	SHOTOKAN KARATE* 7:30 pm - 9:00 pm							
8:15pm								
8:30pm								
8:45pm								
9:00pm								
9:15pm								

f @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

### 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



UPDATED MAY 29, 2026 2:08 pm



# JUNE 1ST - JUNE 30TH MOVE INTO SUMMER CHALLENGE

ATTEND A DROP-IN CLASS  
& BE ENTERED TO WIN ...

**1 MONTH**  
RECC MEMBERSHIP

**\$25 GIFT CARD** **NOURISH**  
EATERY CATERING

**GYM BAG**

**THERECC.CA**  
902.893.2224

\*SOME CONDITIONS APPLY. VISIT OUR WEBSITE FOR MORE INFORMATION.



**SPRING 2026**

**DROP-IN FITNESS SCHEDULE**  
**MARCH 30 - JUNE 28**

[WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/SPRING](http://WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/SPRING)