



# 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 1-833-286-7395. 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](http://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](http://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](http://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](http://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](http://WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/ABOUT/CONDITIONS-OF-USE) FOR OUR FULL POLICY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am							
6:15am							
6:30am							
6:45am							
7:00am	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	AQUATICS CENTRE OPEN 8:00 AM - 6:00 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY
7:15am							
7:30am							
7:45am							
8:00am							
8:15am							
8:30am	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	
8:45am							
9:00am							
9:15am							
9:30am	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
9:45am							
10:00am	AQUA MOVEMENT Florence 10:00 am - 10:45 am	STRENGTH Ingrid 10:30 am - 11:30 am	AQUAFIT Yulia 10:00 am - 10:45 am	CIRCL MOBILITY Heidi 10:30 am - 11:30 am	PILATES Hyesun 10:30 am - 11:30 am	AQUA MOVEMENT Florence 10:00 am - 10:45 am	YIN YOGA FUSION Amanda 10:30 am - 11:30 am
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5:00pm	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 Joel 12:15 pm - 1:00 pm	FUNCTIONAL FITNESS Lauren 12:15 pm - 1:00 pm	FUNCTIONAL FITNESS Joel 12:15 pm - 1:00 pm	
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**PERSONAL TRAINING**  
ASSESSMENT & PERSONALIZED PROGRAMS  
ONE-ON-ONE COACHING  
PERSONAL TRAINING FOR 2  
MOMENTUM COACHING

**GET STARTED TODAY!**  
EMAIL [PT@THERECC.CA](mailto:PT@THERECC.CA)

902.893.2224  
[WWW.THERECC.CA](http://WWW.THERECC.CA)

UPDATED MARCH 30, 2026 1:55 pm

# PERSONAL TRAINING

ASSESSMENT & PERSONALIZED PROGRAMS

ONE-ON-ONE COACHING

PERSONAL TRAINING FOR 2

MOMENTUM COACHING



SPRING 2026

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