



2024 DROP-IN SCHEDULE

APRIL 2 - JUNE 30

WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/SPRING



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

UPDATED April 19, 2024 3:50 pm

MONDAY

6:00am	
6:15am	
6:30am	SPIN Robyn 6:15 am - 6:45 am
6:45am	
7:00am	
7:15am	LANE SWIMS AVAILABLE COMPETITIVE POOL 6:30 AM - 8:30 PM
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8:30am	HYDRO RIDER Sylvie 8:15 am - 8:45 am
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9:15am	AQUA FIT Sylvie 9:00 am - 9:45 am
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9:45am	ZUMBA Heidi 8:45 am - 9:45 am
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10:15am	CIRCL Heidi 9:45 am - 10:15 am
10:30am	AQUA MOVEMENT Florence 10:00 am - 10:45 am
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4:45pm	CARDIO KICK Laura 4:30 pm - 5:20 pm
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5:45pm	ZUMBA Hema 5:30 pm - 6:30 pm
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7:00pm	ANYTHING GOES AQUAFIT Sylvie 7:00 pm - 7:45 pm
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TUESDAY

6:00am	
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6:30am	DIRTY 30 + ABS Lauren 6:15 am - 7:00 am
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7:15am	LANE SWIMS AVAILABLE COMPETITIVE POOL 6:30 AM - 8:30 PM
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8:30am	AQUA ZUMBA Heidi 8:00 am - 8:45 am
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9:15am	AQUA FIT Sylvie 9:00 am - 9:45 am
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9:45am	SILVER STRONG Amanda 9:15 am - 10:15 am
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10:15am	AQUA YOGA Sylvie 9:45 am - 10:30 am
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4:45pm	BUTTS & GUTTS Lauren 4:30 pm - 5:20 pm
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5:30pm	SPIN Robyn 5:30 pm - 6:30 pm
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6:30pm	AQUA FIT Sylvie 6:30 pm - 7:15 pm
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7:00pm	FLOW YOGA Jen 6:30 pm - 7:30 pm
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WEDNESDAY

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6:30am	SPIN Robyn 6:15 am - 6:45 am
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7:15am	LANE SWIMS AVAILABLE COMPETITIVE POOL 6:30 AM - 8:30 PM
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8:30am	DEEP WATER CORE Sylvie 8:00 am - 8:45 am
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9:15am	AQUA FIT Sylvie 9:00 am - 9:45 am
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9:45am	ZUMBA Heidi 8:45 am - 9:45 am
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10:15am	CIRCL Heidi 9:45 am - 10:15 am
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10:45am	AQUA MOVEMENT Florence 10:00 am - 10:45 am
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4:45pm	STRENGTH Chrisanne 4:30 pm - 5:20 pm
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5:30pm	PILATES Hyesun 5:30 pm - 6:30 pm
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6:30pm	FULL BODY STRETCH Hyesun 6:30 pm - 7:30 pm
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THURSDAY

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6:30am	BOOTCAMP Chrisanne 6:15 am - 7:00 am
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7:15am	LANE SWIMS AVAILABLE COMPETITIVE POOL 6:30 AM - 8:30 PM
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9:15am	AQUA FIT Sylvie 9:00 am - 9:45 am
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9:45am	SILVER STRONG Amanda 9:15 am - 10:15 am
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10:15am	AQUABILITIES Sylvie 9:45 am - 10:30 am
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11:00am	ADULT PICKUP HOCKEY (COED) 11:00 am - 12:00 pm
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6:30pm	SPIN/STRENGTH Robyn 5:30 pm - 6:30 pm
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7:00pm	AQUA FIT Joanna 6:15 pm - 7:00 pm
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7:30pm	BEAT YOGA Hyesun 6:30 pm - 7:30 pm
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FRIDAY

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6:30am	SPIN Robyn 6:15 am - 6:45 am
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7:15am	LANE SWIMS AVAILABLE COMPETITIVE POOL 6:30 AM - 8:30 PM
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9:15am	AQUA ZUMBA Heidi 8:00 am - 8:45 am
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10:00am	VERTICAL DEEP WATER TRAINING Sylvie 9:00 am - 9:45 am
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*SCHEDULE SUBJECT TO CHANGE
FOR OUR UPDATED SCHEDULES
INCLUDING PUBLIC SKATING TIMES
VISIT WWW.THERECC.CA

SATURDAY

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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



CONDITIONS OF USE



SUN KISSED
ENERGY

**THE SUN KISSED
STAGE LINEUP**

**THU
SEPT
26**

**NATALIE
MACMASTER**

HEATHER RANKIN
MATT MINGLEWOOD
GEORGE CANYON

**FRI
SEPT
27**



JESS Δ MOSKALUKE

**SAT
SEPT
28**

THE STANFIELDS *Shanneyganock*

**SUN
SEPT
29**

TOM COCHRANE

Campbell & Johnston

TICKETPRO.CA

EVENT PACKAGES ON SALE NOW



NOVASCOTIASTAMPEDE.COM

COLDSTREAM
CLEAR



SUN KISSED
ENERGY

NOVASCOTIA

RE Events
HERSCIA

Funded by the
Government
of Canada

Canada

Ticketpro

Fresh FITNESSES VIBES



RE SPRING 2024 FITNESS CLASS & DROP-IN SCHEDULE
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