



# 2024 DROP-IN SCHEDULE APRIL 2 - JUNE 30

WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/SPRING



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am							
6:15am	SPIN Robyn 6:15 am - 6:45 am		SPIN Robyn 6:15 am - 6:45 am		SPIN Robyn 6:15 am - 6:45 am		
6:30am		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				
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			
9:30am		ZUMBA Heidi 8:45 am - 9:45 am	ZUMBA Heidi 8:45 am - 9:45 am				
9:45am		SILVER STRONG Amanda 9:15 am - 10:15 am		SILVER STRONG Amanda 9:15 am - 10:15 am			
10:00am		CIRCL Heidi 9:45 am - 10:15 am	CIRCL Heidi 9:45 am - 10:15 am				
10:15am	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	AQUABILITIES Sylvie 9:45 am - 10:30 am			
10:30am							
10:45am		GENTLE YOGA Jen 10:30 am - 11:30 am					
11:00am							
11:15am							
11:30am							
11:45am							
12:00pm	ADULT PICKUP HOCKEY (COED) 12:00 pm - 1:00 pm	ADULT PICKUP HOCKEY (COED) 12:00 pm - 1:00 pm		ADULT PICKUP HOCKEY (COED) 11:00 am - 12:00 pm			
12:15pm							
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	CARDIO KICK Laura 4:30 pm - 5:20 pm	BUTTS & GUTTS Lauren 4:30 pm - 5:20 pm	STRENGTH Chrisanne 4:30 pm - 5:20 pm	ZUMBA Nik 4:30 pm - 5:20 pm	COMMUNITY CLIMB 4:00 pm - 6:00 pm		
5:00pm							
5:15pm							
5:30pm							
5:45pm	ZUMBA Hema 5:30 pm - 6:30 pm	SPIN Robyn 5:30 pm - 6:30 pm	PILATES Hyesun 5:30 pm - 6:30 pm	SPIN/STRENGTH Robyn 5:30 pm - 6:30 pm			
6:00pm							
6:15pm							
6:30pm							
6:45pm							
7:00pm	ANYTHING GOES AQUAFIT Sylvie 7:00 pm - 7:45 pm	AQUA FIT Sylvie 6:30 pm - 7:15 pm	FULL BODY STRETCH Hyesun 6:30 pm - 7:30 pm	AQUA FIT Joanna 6:15 pm - 7:00 pm	BEAT YOGA Hyesun 6:30 pm - 7:30 pm		
7:15pm		FLOW YOGA Jen 6:30 pm - 7:30 pm					
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](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 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](http://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**





**SUN KISSED**  
ENERGY

**THE SUN KISSED  
STAGE LINEUP**

**THU  
SEPT  
26**

**NATALIE  
MACMASTER**

HEATHER RANKIN  
MATT MINGLEWOOD  
GEORGE CANYON

**FRI  
SEPT  
27**

THE ROAD HAMMERS



JESS Δ MOSKALUKE

**SAT  
SEPT  
28**

THE STANFIELDS

*Shanneyganock*

**SUN  
SEPT  
29**

TOM COCHRANE

Campbell & Johnston

TICKETPRO.CA

**EVENT ON SALE  
PACKAGES NOW**



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Government  
of Canada



COLDSTREAM  
CLEAR



SUN KISSED  
ENERGY

NOVASCOTIA



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# Fresh FITNESSES VIBES



**RE  
EC** **SPRING 2024 FITNESS CLASS  
& DROP-IN SCHEDULE**  
[WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/SPRING](http://WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/SPRING)