FALL 2026 DROP-IN SCHEDULE
AUGUST 31 - DECEMBER 20
WWW.THERECC.CA

***SCHEDULE SUBJECT TO CHANGE**
FOR OUR MOST UP TO DATE SCHEDULE INCLUDING **PUBLIC SKATING TIMES & CLIMBING WALL AVAILABILITY** VISIT WWW.THERECC.CA

***STAY INFORMED WITH TEXT MESSAGES**
WHEN PROGRAMS ARE CANCELLED OR FACILITIES CLOSES UNEXPECTEDLY, WE SEND OUT A TEXT MESSAGE TO ALL OF OUR TEXT ALERT SUBSCRIBERS LETTING THEM KNOW! TO SUBSCRIBE, SIMPLY **TEXT 'JOIN'** TO **1-833-209-1001** FROM YOUR MOBILE DEVICE & FOLLOW THE INSTRUCTIONS WHEN PROMPTED.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	AQUATICS CENTRE & SAUNA OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY	AQUATICS CENTRE & SAUNA OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY	AQUATICS CENTRE & SAUNA OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY	AQUAFIT Maria 6:30 - 7:15 am	AQUATICS CENTRE & SAUNA OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY	AQUATICS CENTRE & SAUNA OPEN 8:00 AM - 7:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY	AQUATICS CENTRE & SAUNA OPEN 8:00 AM - 6:00 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY
6:15am							
6:30am	RECC RIDE Tammy 6:15 - 7:00 am	FUNCTIONAL FITNESS Chrisanne 6:15 - 7:00 am	RECC RIDE Tammy 6:15 - 7:00 am	FUNCTIONAL FITNESS Chrisanne 6:15 - 7:00 am	RECC RIDE Stefania 6:15 - 7:00 am		
6:45am							
7:00am	ZUMBA Heidi 8:00 - 9:00 am		ZUMBA Heidi 8:00 - 9:00 am	YOGA Resmi 8:00 - 9:00 am	ZUMBA Nik 8:00 - 9:00 am		
7:15am							
7:30am	AQUAFIT Ingrid 8:15 - 9:00 am	AQUA DEEP WATER Ingrid 8:15 - 9:00 am	AQUA HIIT Deb 8:15 - 9:00 am	AQUA CIRCUIT Ingrid 8:15 - 9:00 am	AQUAFIT Ingrid 8:15 - 9:00 am	AQUA YOGA Hyesun 8:15 - 9:00 am	
7:45am							
8:00am							
8:15am	AQUA ZUMBA Heidi 9:15 - 10:00 am	AQUAFIT Yulia 9:15 - 10:00 am	AQUA ZUMBA Heidi 9:15 - 10:00 am	AQUAFIT Yulia 9:15 - 10:00 am	AQUAFIT Yulia 9:15 - 10:00 am	BEAT YOGA Hyesun 9:15 - 10:15 am	YOGA Hyesun 8:45 - 9:45 am
8:30am	SILVER STRONG Ingrid 9:15 - 10:15 am	STEP & STRENGTH Ingrid 9:15 - 10:15 am	SILVER STRONG Amanda 9:15 - 10:15 am	SILVER STRONG Candace 9:15 - 10:15 am	SILVER STRONG Ingrid 9:15 - 10:15 am		
8:45am		STRENGTH Chico 9:15 - 10:15 am		STRENGTH Chico 9:15 - 10:15 am			
9:00am	CIRCL Heidi 10:30 - 11:30 am	TAI-CHI Yulia 10:30 - 11:30 am	YOGA Reshmi 10:30 - 11:30 am	TAI-CHI Yulia 10:15 - 11:00 am	MOBILITY Ingrid 10:30 - 11:30 am	COMMUNITY CLIMB 10:00 am - 5:00 pm	
9:15am	STRENGTH Ingrid 10:30 - 11:30 am			MOBILITY Candace 10:30 - 11:30 am		CLIMBING WALL OPEN 10:00 am - 5:00 pm	
9:30am							
9:45am							
10:00am							
10:15am							
10:30am							
10:45am							
11:00am							
11:15am							
11:30am							
11:45am							
12:00pm	STRENGTH IN THE ADC Chico 12:00 - 12:50 pm						
12:15pm							
12:30pm						SHOTOKAN KARATE* 12:30 - 2:00 pm *Pay at studio	
12:45pm							
1:00pm	STRENGTH & RESILIENCE Chico 1:00 - 2:00 pm	FUNCTIONAL FITNESS Ingrid 12:15 - 1:00 pm	FUNCTIONAL FITNESS Joel 12:15 - 1:00 pm	AQUATICS CENTRE & SAUNA OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY	FUNCTIONAL FITNESS Candace 12:15 - 1:00 pm	FUNCTIONAL FITNESS Joel 12:15 - 1:00 pm	COMMUNITY CLIMB 12:00 - 5:00 pm
1:15pm			STRENGTH & RESILIENCE Chico 1:00 - 2:00 pm				CLIMBING WALL OPEN 12:00 - 5:00 pm
1:30pm							
1:45pm							
2:00pm	AQUATICS CENTRE & SAUNA CLOSURE 2:00 - 4:00 pm	AQUATICS CENTRE & SAUNA CLOSURE 2:00 - 4:00 pm	AQUATICS CENTRE & SAUNA CLOSURE 2:00 - 4:00 pm	AQUATICS CENTRE & SAUNA CLOSURE 2:00 - 4:00 pm	AQUATICS CENTRE & SAUNA CLOSURE 2:00 - 4:00 pm		
2:15pm							
2:30pm		WALK & ROLL 2:30 - 3:30 pm					
2:45pm							
3:00pm	CLIMBING WALL OPEN 3:30 - 5:00 pm	CLIMBING WALL OPEN 3:30 - 5:00 pm					
3:15pm							
3:30pm							
3:45pm							
4:00pm							
4:15pm	FUNCTIONAL FITNESS Nik 4:30 - 5:30 pm	PILATES Hyesun 4:30 - 5:20 pm	FUNCTIONAL FITNESS Hyesun 4:30 - 5:20 pm	PILATES Hyesun 4:30 - 5:20 pm	FUNCTIONAL FITNESS Nik 4:30 - 5:30 pm		
4:30pm			STRENGTH Nik 4:30 - 5:30 pm				
4:45pm							
5:00pm	ADULT STRENGTH Ingrid 5:30 - 6:30 pm	POUND Hema 5:30 - 6:30 pm	COMMUNITY CLIMB 5:00 - 7:00 pm	YOGA Hyesun 5:30 - 6:30 pm			POUND Hema 6:00 - 7:00 pm
5:15pm				ADULT STRENGTH Ingrid 5:30 - 6:30 pm			
5:30pm							
5:45pm							
6:00pm			AQUAFIT Maria 7:00 - 7:45 pm		YOGA Resmi 6:00 - 7:00 pm		
6:15pm							
6:30pm			CLIMBFIT 7:00 - 8:00 pm				
6:45pm							
7:00pm	SHOTOKAN KARATE* 7:30 - 9:00 pm *Pay at studio		CLIMBING WALL OPEN 3:30 - 8:00 pm	SHOTOKAN KARATE* 7:30 - 9:00 pm *Pay at studio	COMMUNITY SWIM 6:30 - 8:30 pm $4 per person drop-in		
7:15pm							
7:30pm							
7:45pm							
8:00pm				LEAD CLIMBING 7:00 - 9:00 pm	CLIMBING WALL OPEN 3:30 - 9:00 pm		
8:15pm							
8:30pm							
8:45pm							
9:00pm							
9:15pm							

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 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/ATHLETE DEVELOPMENT CENTRE
- YOUTH 18 AND UNDER MUST HAVE A PARENT/LEGAL GUARDIAN READ AND COMPLETE A LIABILITY WAIVER PRIOR TO ACCESSING THE FITNESS CENTRE AND ATHLETE DEVELOPMENT CENTRE.
- YOUTH AGE 12 YEARS MUST HAVE PARENT/GUARDIAN 16+ SUPERVISION IN THE FITNESS CENTRE AND ATHLETE DEVELOPMENT CENTRE. YOUTH 13 YEARS & UP MAY WORK OUT INDEPENDENTLY.

PLEASE VISIT WWW.THERECC.CA FOR OUR FULL POLICY



@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

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Please visit www.therecc.ca for our holiday hours and closure notices.

MEMBER TYPE	MONTHLY MEMBERSHIP *RECURRING	ANNUAL 1 YEAR PAID-IN-FULL MEMBERSHIP
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
- GROUP FITNESS STUDIO
- GYM
- WILSONS COMPETITIVE POOL
- TIM HORTONS LEISURE POOL
- RECC ARENA/WALKING TRACK
- KOHLTECH CLIMBING WALL
- ATHLETE DEVELOPMENT CENTRE

Online registration required at WWW.THERECC.CA

UPDATED November 20, 2026 3:25 PM

Brett Kissel



THE SIDE YOU'VE NEVER SEEN TOUR

PART III – ACOUSTIC

December 17, 2026

Rath Eastlink Community Centre | Truro, NS

RECC
RATH EASTLINK COMMUNITY CENTRE

Ticketpro

LOCALLY PRESENTED BY

CAT COUNTRY 99.5



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DROP-IN FITNESS SCHEDULE

AUGUST 31 - DECEMBER 20

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