

'Tis the ★ season!

STARS ON ICE

A SPECIAL HOLIDAY PERFORMANCE



DECEMBER 3 ★ 4 PM
RATH EASTLINK
COMMUNITY CENTRE

TICKETS ON SALE NOW
★ TICKETPRO.CA ★

For show information, visit STARSONICE.CA

World Vision | an IMG event | Events | Ticketpro | BOUNCE RADIO 100.9

Date and cast subject to change. Stars on Ice and logo are registered trademarks of International Merchandising Company, LLC. © 2023. All Rights Reserved.

2023
TICKETS ON SALE NOW!
TICKETPRO.CA **2024**



Atlantic Canada Opportunities Agency | Agence de promotion économique du Canada atlantique

NOVA SCOTIA NOUVELLE-ÉCOSSE



CONNECTING THE WORLD
DEC. 10-17 | TRURO, NS

TICKET PACKAGES **ON SALE NOW!**
RATH EASTLINK COMMUNITY CENTRE
TOURNAMENT SCHEDULE NOW AVAILABLE AT WWW.THERECC.CA

Events | THERECC.CA | BOUNCE RADIO 100.9 | Events Truro Colchester

WWW.TICKETPRO.CA



2023 **DROP-IN FITNESS**
FALL SCHEDULE THERECC.CA



RECC FEEL FALL-tastic

2023 DROP-IN SCHEDULE SEPTEMBER 5 - DECEMBER 17 WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/FALL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am							
6:15am							
6:30am	SPIN Robyn 6:15 am - 6:45 am	DIRTY 30 + ABS Scott 6:15 am - 7:00 am		BOOTCAMP Scott 6:15 am - 7:00 am			
6:45am							
7:00am	LANE SWIMS AVAILABLE COMPETITIVE POOL 6:30 AM - 2:00 PM	LANE SWIMS AVAILABLE COMPETITIVE POOL 6:30 AM - 2:00 PM	LANE SWIMS AVAILABLE COMPETITIVE POOL 6:30 AM - 2:00 PM	LANE SWIMS AVAILABLE COMPETITIVE POOL 6:30 AM - 2:00 PM	LANE SWIMS AVAILABLE COMPETITIVE POOL 6:30 AM - 2:00 PM		
7:15am							
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	AQUA 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	DEEP WATER AQUAFIT Sylvie 9:00 am - 9:45 am	STRENGTH Laura 8:45 am - 9:45 am	LANE SWIMS AVAILABLE COMPETITIVE POOL 8:30 AM - 5:30 PM
9:30am							
9:45am		ZUMBA Hema 9:15 am - 10:15 am	SILVER STRONG Amanda 9:15 am - 10:15 am	SILVER STRONG Amanda 9:15 am - 10:15 am			
10:00am							
10:15am	AQUA MOVEMENT Florence 10:00 am - 10:45 am	AQUABILITIES 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 Jennifer 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) 12:00 pm - 1:00 pm	ADULT PICKUP HOCKEY (COED) 12:00 pm - 1:00 pm	ADULT PICKUP HOCKEY (COED) 12:00 pm - 1:00 pm		
12:15pm							
12:30pm		STRENGTH Sue 12:15 pm - 1:00 pm	TABATA TUESDAY Amanda 12:15 pm - 1:00 pm	STRENGTH & ABS Sue 10:30 am - 11:30 am	BOOTCAMP Amanda 12:15 pm - 1:00 pm		
12:45pm							
1:00pm							
1:15pm							
1:30pm							
1:45pm							
2:00pm							
2:15pm							
2:30pm							
2:45pm							
3:00pm							
3:15pm							
3:30pm							
3:45pm							
4:00pm	LANE SWIMS AVAILABLE COMPETITIVE POOL 3:30 PM - 8:30 PM	LANE SWIMS AVAILABLE COMPETITIVE POOL 3:30 PM - 8:30 PM	LANE SWIMS AVAILABLE COMPETITIVE POOL 3:30 PM - 8:30 PM	LANE SWIMS AVAILABLE COMPETITIVE POOL 3:30 PM - 8:30 PM	LANE SWIMS AVAILABLE COMPETITIVE POOL 3:30 PM - 8:30 PM	LANE SWIMS AVAILABLE COMPETITIVE POOL 8:30 AM - 7:30 PM	
4:15pm							
4:30pm							
4:45pm							
5:00pm							
5:15pm							
5:30pm	ZUMBA Hema 5:15 pm - 6:15 pm	SPIN Robyn 5:15 pm - 6:15 pm	PILATES Hyesun 5:15 pm - 6:15 pm	SPIN & STRENGTH Robyn 5:15 pm - 6:15 pm			
5:45pm							
6:00pm		CLIMBING WALL OPEN 4:00 pm - 8:00 pm		COMMUNITY CLIMB 6:00 pm - 7:00 pm			
6:15pm							
6:30pm							
6:45pm	POWER/BALANCE YOGA Hyesun 6:30 pm - 7:30 pm	AQUA FIT Sylvie 6:30 pm - 7:15 pm	YOGA Hyesun 6:30 pm - 7:30 pm	AQUA FIT Sylvie 6:30 pm - 7:15 pm			
7:00pm		FLOW YOGA Jennifer 6:30 pm - 7:30 pm	AQUA FIT Maria 6:45 pm - 7:30 pm	FLOW YOGA Natalie 6:30 pm - 7:30 pm			
7:15pm							
7:30pm							
7:45pm		HYDRO RIDER Sylvie 7:20 pm - 7:50 pm					
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 FOR MEMBERSHIP PRICES CALL 902.893.2224**

@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 Pool/Arena event schedule changes can also be found on our website. Participants for the HydroRider class must pre-register 2 days 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 FOR OUR FULL POLICY

TICKET PACKAGES ON SALE NOW!
WWW.TICKETPRO.CA

RATH EASTLINK COMMUNITY CENTRE
TOURNAMENT SCHEDULE NOW AVAILABLE AT WWW.THERECC.CA

WORLD JUNIORA HOCKEY CHALLENGE
CONNECTING THE WORLD
DEC. 10-17 | TRURO, NS

Canada West | 2017 CHAMPIONS

THE EVENTS, BOUNCE, TICKETPRO, and other logos.