



2024 DROP-IN SCHEDULE

SEPTEMBER 3 - DECEMBER 21

WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/FALL



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--|--|--|--|--|--|--|
| 6:00am | | | | | | | |
| 6:15am | | | | | | | |
| 6:30am | RECC RIDE Robyn 6:15 am - 7:00 am | DIRTY 30 + ABS Lauren 6:15 am - 7:00 am | RECC RIDE REMIX Robyn 6:15 am - 7:15 am | FUNCTIONAL FITNESS Chrisanne 6:15 am - 7:00 am | RECC RIDE Robyn 6:15 am - 7:00 am | *SCHEDULE SUBJECT TO CHANGE FOR OUR UPDATED SCHEDULES INCLUDING PUBLIC SKATING TIMES VISIT WWW.THERECC.CA | |
| 6:45am | | | | | | | |
| 7:00am | AQUATICS CENTRE OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY. | AQUATICS CENTRE OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY. | AQUATICS CENTRE OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY. | AQUATICS CENTRE OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY. | AQUATICS CENTRE OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY. | | |
| 7:15am | | | | | | | |
| 7:30am | | | | | | | |
| 7:45am | | | | | | | |
| 8:00am | | | | | | | |
| 8:15am | | | | | | | |
| 8:30am | HYDRO RIDER 8:15 am - 8:45 am Must pre-register at noon on Saturday | AQUA ZUMBA Heidi 8:00 am - 8:45 am | PILATES YOGA REMIX Hyesun 8:00 am - 9:00 am | DEEP WATER CORE 8:00 am - 8:45 am | DANCEFIT Nik 8:00 am - 9:00 am | AQUA YOGA 8:00 am - 8:45 am | AQUA ZUMBA Heidi 8:00 am - 8:45 am |
| 8:45am | | | | | | | |
| 9:00am | | | | | | | |
| 9:15am | | | | | | | |
| 9:30am | AQUA FIT 9:00 am - 9:45 am | | | | | | |
| 9:45am | | | | | | | |
| 10:00am | | | | | | | |
| 10:15am | | | | | | | |
| 10:30am | AQUA MOVEMENT Florence 10:00 am - 10:45 am | | | | | | |
| 10:45am | | | | | | | |
| 11:00am | | | | | | | |
| 11:15am | | | | | | | |
| 11:30am | | | | | | | |
| 11:45am | | | | | | | |
| 12:00pm | | | | | | | |
| 12:15pm | | | | | | | |
| 12:30pm | ADULT PICKUP HOCKEY (COED) 12:00 pm - 1:00 pm | | | | | | |
| 12:45pm | | | | | | | |
| 1:00pm | | | | | | | |
| 1:15pm | | | | | | | |
| 1:30pm | | | | | | | |
| 1:45pm | | | | | | | |
| 2:00pm | | | | | | | |
| 2:15pm | | | | | | | |
| 2:30pm | | | | | | | |
| 2:45pm | | | | | | | |
| 3:00pm | POOL CLOSURE 2:00 pm - 3:30 pm | | | | | | |
| 3:15pm | | | | | | | |
| 3:30pm | | | | | | | |
| 3:45pm | | | | | | | |
| 4:00pm | | | | | | | |
| 4:15pm | | | | | | | |
| 4:30pm | | | | | | | |
| 4:45pm | | | | | | | |
| 5:00pm | FUNCTIONAL FITNESS Nik 4:30 pm - 5:15 pm | | | | | | |
| 5:15pm | | | | | | | |
| 5:30pm | | | | | | | |
| 5:45pm | | | | | | | |
| 6:00pm | ZUMBA Henna 5:30 pm - 6:15 pm | | | | | | |
| 6:15pm | | | | | | | |
| 6:30pm | | | | | | | |
| 6:45pm | | | | | | | |
| 7:00pm | STEP & STRENGTH Laura 6:30 pm - 7:30 pm | | | | | | |
| 7:15pm | | | | | | | |
| 7:30pm | AQUA FIT 7:00 pm - 7:45 pm | | | | | | |
| 7:45pm | | | | | | | |
| 8:00pm | SHOTOKAN KARATE* 7:30 pm - 9:00 pm | | | | | | |
| 8:15pm | | | | | | | |
| 8:30pm | | | | | | | |
| 8:45pm | | | | | | | |
| 9:00pm | | | | | | | |
| 9:15pm | | | | | | | |

@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 Wall/Pool/Track/ADC/Arena event schedule changes can also be found on our website. Participants for the HydroRider class can pre-register 2 days in advance at 12pm by contacting our welcome desk 902-893-2224. Max 5 participants, first call/first serve, must wear water shoes.

LEGEND

| |
|--------------------------|
| FITNESS |
| SPIN |
| WILSONS COMPETITIVE POOL |
| TIM HORTONS LEISURE POOL |
| RECC ARENA |
| KOHLTECH CLIMBING WALL |

UPDATED DECEMBER 12 2024 2:15 PM

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

- 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



WHAT'S BETTER
THAN CHRISTMAS ...?



Produced by
Q productions
las vegas, inc.

A HOLIDAY CIRQUE SPECTACULAR

**BUY
TICKETS
NOW!**

 **Ticketpro**

DEC 21ST | DOORS 6:30 PM | EVENT 7:30 PM | THE RECC - TRURO, NS

**Rodeo**

**FALL 2024
FITNESS CLASS &
DROP-IN SCHEDULE**

WWW.THERECC.CA