



SPRING 2026 DROP-IN SCHEDULE

MARCH 30 - JUNE 28

WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/SPRING

***SCHEDULE SUBJECT TO CHANGE**

FOR OUR UPDATED SCHEDULES INCLUDING PUBLIC SKATING TIMES & CLIMBING WALL AVAILABILITY VISIT WWW.THERECC.CA

***STAY INFORMED WITH TEXT MESSAGES**

WHEN PROGRAMS OR FACILITIES CLOSE UNEXPECTEDLY, WE SEND OUT A TEXT MESSAGE TO ALL OF OUR TEXT ALERT SUBSCRIBERS LETTING THEM KNOW! TO SUBSCRIBE, SIMPLY TEXT RECC TO 1-833-286-7395. FROM YOUR MOBILE DEVICE AND FOLLOW THE INSTRUCTIONS WHEN PROMPTED.



@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: www.therecc.ca

LEGEND

FITNESS
SPIN
WILSONS COMPETITIVE POOL
TIM HORTONS LEISURE POOL
RECC ARENA
KOHLTECH CLIMBING WALL
ATHLETE DEVELOPMENT CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am							
6:15am							
6:30am	AQUATICS CENTRE OPEN 6:15 - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY	FUNCTIONAL FITNESS Ray 6:15 am - 7:00 am	AQUATICS CENTRE OPEN 6:15 - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY	FUNCTIONAL FITNESS Chrisanne 6:15 am - 7:00 am	AQUATICS CENTRE OPEN 6:15 - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY	RECC RIDE Robyn 6:15 am - 7:00 am	AQUATICS CENTRE OPEN 8:00 AM - 6:00 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY
6:45am							
7:00am							
7:15am							
7:30am							
7:45am							
8:00am							
8:15am							
8:30am	AQUAFIT Ingrid 8:15 am - 9:00 am	ZUMBA Heidi 8:00 am - 9:00 am	AQUAFIT Ingrid 8:15 am - 9:00 am	FORM & FLOW Hyesun 8:00 am - 9:00 am	AQUA HIIT Deb 8:15 am - 9:00 am	ZUMBA Heidi 8:00 am - 9:00 am	BELLY DANCING Ali 8:00 am - 9:00 am
8:45am							
9:00am							
9:15am							
9:30am	AQUA ZUMBA Heidi 9:15 am - 10:00 am (4 - 5 lanes)	SILVER STRONG Ingrid 9:15 am - 10:15 am	AQUA YOGA Hyesun 9:15 am - 10:00 am	BARBELLS & BABIES Ray 9:15 - 10:15 am	STRENGTH Chico 9:15 - 10:15 am	AQUA ZUMBA Heidi 9:15 am - 10:00 am (4 - 5 lanes)	SILVER STRONG Amanda 9:15 am - 10:15 am
9:45am							
10:00am	AQUA MOVEMENT Florence 10:00 am - 10:45 am	STRENGTH Ingrid 10:30 am - 11:30 am	CIRCL MOBILITY Heidi 10:30 am - 11:30 am	PILATES Hyesun 10:30 am - 11:30 am	YIN YOGA FUSION Amanda 10:30 am - 11:30 am	AQUAFIT Yulia 9:30 am - 10:15 am	BARBELLS & BABIES Ray 9:15 - 10:15 am
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2:45pm							
3:00pm	POOL CLOSURE 2:00 pm - 4:00 pm	POOL CLOSURE 2:00 pm - 4:00 pm	POOL CLOSURE 2:00 pm - 4:00 pm	POOL CLOSURE 2:00 pm - 4:00 pm	POOL CLOSURE 2:00 pm - 4:00 pm	POOL CLOSURE 2:00 pm - 4:00 pm	POOL CLOSURE 2:00 pm - 4:00 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	CLIMBING WALL OPEN 3:30 pm - 5:00 pm	CLIMBING WALL OPEN 3:30 pm - 5:00 pm	CLIMBING WALL OPEN 3:30 pm - 5:00 pm	CLIMBING WALL OPEN 3:30 pm - 5:00 pm	CLIMBING WALL OPEN 3:30 pm - 5:00 pm	CLIMBING WALL OPEN 3:30 pm - 5:00 pm
5:15pm							
5:30pm							
5:45pm							
6:00pm	ADULT STRENGTH Ingrid 5:30 pm - 6:30 pm	ZUMBA Hema 5:30 pm - 6:30 pm	WALK & ROLL Arena Walking Track 2:15 pm - 3:30 pm	WALK & ROLL Arena Walking Track 2:15 pm - 3:30 pm	WALK & ROLL Arena Walking Track 2:15 pm - 3:30 pm	WALK & ROLL Arena Walking Track 2:15 pm - 3:30 pm	WALK & ROLL Arena Walking Track 2:15 pm - 3:30 pm
6:15pm							
6:30pm							
6:45pm							
7:00pm	ANYTHING GOES AQUAFIT Yulia 7:00 - 7:45 pm	WALL NUTS EXCLUSIVE PROGRAMMING 5:00 pm - 8:00 pm	WALL NUTS EXCLUSIVE PROGRAMMING 5:00 pm - 8:30 pm	WALL NUTS EXCLUSIVE PROGRAMMING 5:00 pm - 8:30 pm	WALL NUTS EXCLUSIVE PROGRAMMING 5:00 pm - 8:30 pm	WALL NUTS EXCLUSIVE PROGRAMMING 5:00 pm - 8:30 pm	WALL NUTS EXCLUSIVE PROGRAMMING 5:00 pm - 8:30 pm
7:15pm							
7:30pm							
7:45pm							
8:00pm	SHOTOKAN KARATE* 7:30 pm - 9:00 pm *Pay at studio	CLIMBING WALL OPEN 3:30 pm - 8:00 pm	CLIMBING WALL OPEN 3:30 pm - 9:00 pm	CLIMBING WALL OPEN 3:30 pm - 9:00 pm	CLIMBING WALL OPEN 3:30 pm - 9:00 pm	CLIMBING WALL OPEN 3:30 pm - 9:00 pm	CLIMBING WALL OPEN 3:30 pm - 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 AND 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

PERSONAL TRAINING
ASSESSMENT & PERSONALIZED PROGRAMS
ONE-ON-ONE COACHING
PERSONAL TRAINING FOR 2
MOMENTUM COACHING

GET STARTED TODAY!
EMAIL PT@THERECC.CA

902.893.2224
WWW.THERECC.CA

UPDATED MARCH 16, 2026 2:24 pm

PERSONAL TRAINING

ASSESSMENT & PERSONALIZED PROGRAMS

ONE-ON-ONE COACHING

PERSONAL TRAINING FOR 2

MOMENTUM COACHING



SPRING 2026

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