



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.



**THERECC.CA**

\$1392.00

\*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 Wall/Pool/Track/ADC/Arena event schedule changes can also be found on our website.

## KOHLTECH CLIMBING WALL

UPDATED MARCH 4, 2025 3:53 PM

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00am														
6:15am														
6:30am	AQUATICS CENTRE OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY		RECC RIDE Robyn 6:15 am - 7:00 am		AQUATICS CENTRE OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY		DIRTY 30 + ABS Lauren 6:15 am - 7:00 am		AQUATICS CENTRE OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY		RECC RIDE REMIX Robyn 6:15 am - 7:15 am		AQUATICS CENTRE OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY	
6:45am									FUNCTIONAL FITNESS Chrisanne 6:15 am - 7:00 am		AQUATICS CENTRE OPEN 6:15 AM - 8:30 PM CHECK ONLINE SCHEDULE FOR LANE & LEISURE AVAILABILITY		RECC RIDE Robyn 6:15 am - 7:00 am	
7:00am														
7:15am														
7:30am														
7:45am														
8:00am														
8:15am														
8:30am														
8:45am														
9:00am			ZUMBA Heidi 8:30 am - 9:30 am								AQUA ZUMBA 8:00 am - 8:45 am (4 - 5 lanes)		PILATES Hyesun 8:00 am - 9:00 am	
9:15am														
9:30am														
9:45am					AQUA YOGA 9:15 am - 10:00 am									
10:00am			CIRCL Heidi 9:45 am - 10:15 am											
10:15am	AQUA MOVEMENT 10:00 am - 10:45 am													
10:30am														
10:45am			YOGA Jen 10:30 am - 11:30 am											
11:00am														
11:15am														
11:30am														
11:45am														
12:00pm														
12:15pm	ADULT PICKUP HOCKEY (COED) 12:00 pm - 1:00 pm													
12:30pm			FUNCTIONAL FITNESS Lauren 12:15 pm - 1:00 pm											
12:45pm														
1:00pm														
1:15pm														
1:30pm														
1:45pm														
2:00pm														
2:15pm														
2:30pm														
2:45pm	POOL CLOSURE 2:00 pm - 3:30 pm													
3:00pm														
3:15pm														
3:30pm														
3:45pm														
4:00pm														
4:15pm														
4:30pm														
4:45pm	FUNCTIONAL FITNESS Nik 4:30 pm - 5:15 pm													
5:00pm														
5:15pm														
5:30pm														
5:45pm	ZUMBA Henna 5:30 pm - 6:30 pm													
6:00pm														
6:15pm														
6:30pm														
6:45pm	FUNCTIONAL FITNESS Laura 6:30 pm - 7:30 pm													
7:00pm														
7:15pm														
7:30pm														
7:45pm														
8:00pm	SHOTOKAN KARATE* 7:30 pm - 9:00 pm *Pay at studio													
8:15pm														
8:30pm														
8:45pm														
9:00pm														
9:15pm														

PLEASE VISIT [WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/ABOUT/CONDITIONS-OF-USE](http://WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/ABOUT/CONDITIONS-OF-USE) FOR OUR FULL POLICY

# CONDITIONS OF USE





2025



A PERFECT COMBINATION OF LIVE MUSIC & RODEO ACTION

[WWW.NOVASCOTIASTAMPEDE.COM](http://WWW.NOVASCOTIASTAMPEDE.COM)



**DROP-IN FITNESS SCHEDULE**  
**JANUARY 6 - MARCH 30**  
[WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/WINTER](http://WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/WINTER)



**WINTER 2025**