

MARCH BREAK



SWIM WITH MERMAIDS
MONDAY, MAR 13th 11 - 1 PM



PRESENTED BY
SERPENTINE
STUDIOS

ONLINE REGISTRATION ONLY
WWW.THERECC.CA

FREE EVENTS

COMMUNITY HEALTH BOARD
& MAGGIE'S PLACE

COMMUNITY CLIMB
MONDAY, MAR 13th 2 - 5 PM



Maggie's Place
A Resource Centre for Families



TRURO and AREA
Community Health Board



TIM HORTONS SPONSORED
COMMUNITY SKATES
MONDAY, MAR 13th 1 - 3 PM
TUESDAY, MAR 14th 2 - 4 PM



TIM HORTONS SPONSORED
COMMUNITY CLIMBS
WEDNESDAY, MAR 15th 3 - 5 PM
THURSDAY, MAR 16th 2 - 4 PM

Tim Hortons

DROP IN CLASSES

AQUA FIT TUESDAY
WITH SYLVIE MAR 7
6:30 PM

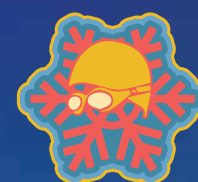
YOGA SATURDAY
WITH HYE SUN MAR 11
10:00 AM

AQUA MOVEMENT THURSDAY
WITH TRACEY MAR 16
10:00 AM

CLIMB FIT THURSDAY
WITH MIKAEL MAR 23
5:15 PM

ZUMBA MONDAY
WITH HEMA MAR 27
5:15 PM

PILATES THURSDAY
WITH HYE SUN MAR 30
6:30 PM



625 ABENAKI RD,
TRURO NS
902.893.2224

REE
RATH EASTLINK COMMUNITY CENTRE



Warm-up this Winter

**FITNESS CLASS &
DROP-IN SCHEDULE**
JANUARY 3 - MARCH 26, 2023
WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/WINTER

Warm-up
this
Winter



2023 DROP-IN SCHEDULE JANUARY 3 - MARCH 26

WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/WINTER

UPDATED JANUARY 13, 2023



f @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	\$60.89	\$669.81
ADULT +1	\$99.99	\$1099.92
STUDENTS/ SENIORS	\$40.19	\$442.12
STUDENTS/ SENIORS +1	\$75.84	\$834.27
FAMILY	\$114.99	\$1264.94

*One-time facility enhancement fee for each new recurring membership

*PRICES INCLUDE TAX

All programs and schedules are "weather permitting" and are dependent on current public health restrictions and 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 day in advance at 12 pm contacting our Welcome Desk.

LEGEND

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

*SCHEDULE SUBJECT TO CHANGE
FOR OUR UPDATED SCHEDULES
INCLUDING PUBLIC SKATING TIMES
VISIT WWW.THERECC.CA

6:00am
6:15am
6:30am
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LANE SWIMS AVAILABLE
COMPETITIVE POOL
6:30 AM - 8:30 PM

LANE SWIMS AVAILABLE
COMPETITIVE POOL
6:30 AM - 8:30 PM

LANE SWIMS AVAILABLE
COMPETITIVE POOL
6:30 AM - 8:30 PM

LANE SWIMS AVAILABLE
COMPETITIVE POOL
6:30 AM - 8:30 PM

LANE SWIMS AVAILABLE
COMPETITIVE POOL
6:30 AM - 8:30 PM

LANE SWIMS AVAILABLE
COMPETITIVE POOL
8:30 AM - 7:30 PM

LANE SWIMS AVAILABLE
COMPETITIVE POOL
8:30 AM - 5:30 PM

HYDRO RIDER
Sylvie
8:15 am - 8:45 am

Must pre-register at
noon on Saturday

AQUA ZUMBA
Heidi
8:00 am - 8:45 am

HYDRO RIDER
Sylvie
8:15 am - 8:45 am

Must pre-register at
noon on Monday

AQUA ZUMBA
Heidi
8:00 am - 8:45 am

AQUA CORE
Sylvie
8:00 am - 8:45 am

AQUA FIT
Sylvie
9:00 am - 9:45 am

ZUMBA
Heidi
9:15 am - 10:15 am

AQUA FIT
Tracey
9:00 am - 9:45 am

SILVER STRONG
Heather
9:15 am - 10:15 am

AQUA FIT
Sylvie
9:00 am - 9:45 am

ZUMBA TONE
Heidi
9:15 am - 10:15 am

AQUA FIT
Tracey
9:00 am - 9:45 am

GENTLE YOGA
Hyesun
9:15 am - 10:15 am

AQUA FIT
Sylvie
9:00 am - 9:45 am

FUN FRIDAY
Scott
9:15 am - 10:15 am

AQUA MOVEMENT
Florence
10:00 am - 10:45 am

YOGA
Hyesun
10:00 am - 11:00 am

SPIN & STRENGTH
Robyn
10:00 am - 11:00 am

AQUA MOVEMENT
Florence
10:00 am - 10:45 am

PILATES
Hyesun
10:30 am - 11:30 am

AQUA MOVEMENT
Tracey
10:00 am - 10:45 am

SPIN & STRENGTH
Heather
10:30 am - 11:30 am

AQUA MOVEMENT
Florence
10:00 am - 10:45 am

TRX
Heather
10:30 am - 11:20 am

AQUA MOVEMENT
Tracey
10:00 am - 10:45 am

STRENGTH & ABS
Sue
10:30 am - 11:30 am

AQUA MOVEMENT
Florence
10:00 am - 10:45 am

ZUMBA
Heidi
10:30 am - 11:30 am

ADULT PICKUP
HOCKEY
(COED)
12:00 pm - 1:00 pm

DIRTY 30 + ABS
Sue
12:15 pm - 1 pm

ADULT PICKUP
HOCKEY
(COED)
12:00 pm - 1:00 pm

TABATA TUESDAY
Heather
12:15 pm - 1:00 pm

BOOTCAMP
Heather
12:15 pm - 1:00 pm

ADULT PICKUP
HOCKEY
(COED)
12:00 pm - 1:00 pm

SPIN
Heather
12:15 pm - 1:00 pm

WAR
Joel
12:15 pm - 1:00 pm

COMMUNITY CLIMB
10:00 am - 1:00 pm

MAT PILATES
HYESUN
11:15 am - 12:15 pm

MASTERS
11:30 am - 12:30 pm

POOL CLOSED
2:00 PM - 3:30 PM

POOL CLOSED
2:00 PM - 3:30 PM

POOL CLOSED
2:00 PM - 3:30 PM

POOL CLOSED
2:00 PM - 3:30 PM

POOL CLOSED
2:00 PM - 3:30 PM

POOL CLOSED
2:00 PM - 3:30 PM

COMMUNITY CLIMB
3:00 pm - 5:00 pm

ZUMBA
Hema
5:15 pm - 6:15 pm

CLIMBING WALL OPEN
2:00 pm - 9:00 pm

SPIN
Robyn
5:15 pm - 6:15 pm

CLIMBING WALL OPEN
2:00 pm - 9:00 pm

SPIN & CORE
Sue
5:15 pm - 6:15 pm

CLIMBING WALL OPEN
2:00 pm - 9:00 pm

CLIMBFIT
Mikael
5:15 pm - 6:00 pm

VARIOUS STYLE CLASSES/
INSTRUCTORS
5:15 pm - 6:15 pm

CLIMBING WALL OPEN
2:00 pm - 9:00 pm

AQUA FIT
Tracey
6:45 pm - 7:30 pm

POWER/
BALANCE YOGA
Hyesun
6:30 pm - 7:30 pm

AQUA FIT
Sylvie
6:30 pm - 7:15 pm

STRENGTH
Robyn
6:30 pm - 7:30 pm

AQUA FIT
Tracey
6:45 pm - 7:30 pm

FLOW YOGA
Natalie
6:30 pm - 7:30 pm

AQUA FIT
Sylvie
6:15 pm - 7:00 pm

PILATES
Hyesun
6:30 pm - 7:30 pm

MASTERS
7:00 pm - 8:00 pm

COMMUNITY SWIM
6:30 pm - 8:30 pm

CLIMBING WALL OPEN
10:00 am - 5:00 pm

COMMUNITY CLIMB
1:00 pm - 4:00 pm

CLIMBING WALL OPEN
12:00 pm - 8:00 pm

WE'RE HIRING

FOR CURRENT CAREER
OPPORTUNITIES VISIT:
WWW.THERECC.CA



EVENTS STAFF

MEMBER EXPERIENCE SPECIALIST

FITNESS INSTRUCTORS

PREP COOKS & LINE COOKS

MANY MORE OPPORTUNITIES!

RECC DROP-IN RATES

*Prices include tax

ADULTS	\$8.50
SENIORS (60+)	\$6.50
STUDENTS	\$6.50
FAMILY	\$19.00

2 ADULTS & ANY NUMBER OF
DEPENDENTS
UNDER THE AGE OF 21

*+ \$5 SHOE & HARNESS RENTAL PER
PERSON FOR CLIMBING WALL
OR \$10 PER FAMILY

10 VISIT PASS

*Prices include tax

ADULTS	\$68.00
SENIORS (60+)	\$50.00
STUDENTS	\$50.00
FAMILY	-

*10 VISIT PASSES ARE VALID FOR 3
MONTHS FROM THE DATE OF
PURCHASE