



Rainbow Road Indoor Pool

the **FUN** place to be this summer!

Rainbow Road Winter Schedule 2011/12

Schedule in effect Sept. 25, 2011 to Apr. 28, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird 6:30 - 8		Early Bird 6:30 - 8		Early Bird 6:30 - 8	C L O S E D	
Energizer 8 - 9		Energizer 8 - 9		Energizer 8 - 9		
Lessons & Lap 9 - 11		Lessons & Lap 9 - 11		Lessons & Lap 9 - 11		
	Parent & Pre 10 - 11		Parent & Pre 10 - 11			
Lap & Leisure 11 - 1	Lap & Leisure 11 - 1	Lap & Leisure 11 - 1	Lap & Leisure 11 - 1	Lap & Leisure 11 - 1		
Nooner 1 - 2	Lap & Lessons 1 - 2	Nooner 1 - 2	Lap & Lessons 1 - 2	Nooner 1 - 2		
Adult/Youth 2 - 3	Easy Does It 2 - 3	Adult/Youth 2 - 3	Easy Does It 2 - 3	Adult/Youth 2 - 3		Toonie Swim 1:30 - 5:30
Everyone Welcome 3 - 6:30	Everyone Welcome 3 - 6:30	Everyone Welcome 3 - 6:30	Everyone Welcome 3 - 6:30	Everyone Welcome 3 - 6:30		
Core 5 - 5:30		Core 5 - 5:30		Core 5 - 5:30		
Down & Deep/Everyone Welcome 5:30-6:30		Down & Deep/Everyone Welcome 5:30-6:30		Down & Deep/Everyone Welcome 5:30-6:30		
Evening Lap 6:30 - 8:00		Evening Lap 6:30 - 8:00		Friday Night Madness 6:30 - 8:00		

WATER FITNESS CLASSES

Energizer

This class will challenge you to work hard in shallow or deep water, guided through a number of exercises which will help with your strength, flexibility and fitness.

Nooners

For those looking for more strength and stretching, these exercises are designed to get your blood flowing and your muscles moving.

Down & Deep

This class is done in deep water only with each person wearing a flotation belt. The exercises are specific for deep water.

Easy Does It Water Fit

If you have had hip or knee trouble or have had heart problems, then this is the class for you. This low intensity, cardio exercise class is perfect for those needing to focus on balance and core strength.

Friday Night Madness

This is a fun time for the younger folks in our community to come out and enjoy the pool. Periodically special events will be planned for this time slot.

Parent and Pre

This class is designed for parents with preschoolers. The parent enjoys a water fitness class while the child becomes acclimatized to the water.

GENERAL ADMISSION (includes HST)

Adult (19+)	Youth (13-18)	Child (4-12)	Family (max 5)
\$5.45	\$4.35	\$3.25	\$13.10
1 month \$60.00	1 month \$48.00	1 month \$36.00	1 month \$143.90
Annual \$599.55	Annual \$479.70	Annual \$359.76	Annual \$858.50
10x pass \$49.00	10x pass \$39.24	10x pass \$29.46	10x pass \$117.75
20x pass \$92.65	20x pass \$74.14	20x pass \$55.65	20x pass \$222.45

Tot (3 & under) NO CHARGE

Lessons 1/2 hour class \$56.20/10 lessons
Lessons 3/4 hour class \$66.45/10 lessons
1/2 hour private lesson \$21.80
1/2 hour semi-private lesson (2 people) \$32.70
Waterfit Pass \$7.65 drop in
1 month pass \$70.90 / 10x \$68.70

Please contact us at 250-537-1402 for MORE information and to register.
262 Rainbow Road www.recreationexcellence.com