

SPRING Pool Schedule



Pincher Creek Swimming Pool

895 Main Street
 Phone: 403-627-2565
 Fax: 403-627-4311
 Hotline: 403-627-4062
www.pinchercreek.ca/swim

Daily Admissions

Age	Drop In Price
Shower/Hot Tub	\$2.00
0-17 yrs	Free
Adult/ Senior (18+) (Parent'n'tot, Family or	\$4.00
Adult (18+)	\$5.75
Senior (55+)	\$4.75
Aquafit	\$6.00
Sr. Aquafit	\$5.00
Masters/ Bootcamp	\$6.00
Single Day Pass add \$1 to drop in price	

April 30th - June 3rd, 2018

Swim Time Explanations

Open Swim: Everyone welcome (Under 8yrs must have a guardian)

Family Swim: Children must be accompanied by an adult 18 years and older in the water

Lane Swim: Everyone welcome to swim lengths

Parent'n'Tot: Adults and Preschoolers (In kiddie pool)

Aquafit: Instructed low impact workout, ages 13 and up

Senior Aquafit: A gentle 45 minute class intended for seniors but everyone is welcome

DEEP END TESTS for children under the age of 13 years. Two widths of the shallow end without pause or touching the bottom of the pool (without help or an aid) and treading water for 1 minute
*****This Schedule is subject to change without notice*****

All children under the age of 8 must be accompanied by a responsible guardian 13yrs or older in the water and complete a swim test in order to swim in the deep end of the pool.

The hot tub is available during any Lane, Open, or Family Swim

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
6am-8am	LANE SWIM		LANE SWIM		LANE SWIM	CALL OUR SCHEDULE HOTLINE @ (403)627-4062					
8am-9am	AQUAFIT		DEEP WATER AQUAFIT		AQUAFIT						
9am-11am	SCHOOL PROGRAMS										
11am-12pm	PARENT 'N'TOT	AQUAFIT	PARENT 'N'TOT	LANE SWIM	PARENT 'N'TOT	LANE SWIM	YOGA AQUAFIT				
12pm-1pm	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	PARENT 'N'TOT	LANE SWIM	PARENT 'N'TOT				
1pm-3pm	SCHOOL PROGRAMS					OPEN SWIM					
3pm-4pm	SENIOR AQUAFIT 3:00-3:45	THERAPY	PARENT 'N'TOT	LANE SWIM	SENIOR AQUAFIT 3:00-3:45	LANE SWIM	THERAPY	PARENT 'N'TOT	SENIOR AQUAFIT 3:00-3:45	OPEN SWIM	
4pm-6pm	DOLPHIN SWIM CLUB						RENTAL AVAILABLE				
6pm-7pm	CNP SWIM	FAMILY SWIM	SWIMMING LESSONS	MASTERS	CNP SWIM CLUB	LANE SWIM	CNP SWIM CLUB	SWIMMING LESSONS	MASTERS	CNP SWIM CLUB	OPEN SWIM
7pm-8pm	SWIM CLUB	OPEN SWIM	JLC	KAYAKING	JLC						

JUNE 29th & AUGUST 31st
 6pm-8pm
 GAMES! TOY! PRIZES



Spring 2018 Membership, Rental, & Program Prices

Membership Pass Prices



Age/Program	1 Month	6 Month	12 Month
0-17 yrs	\$0	\$0	\$0
Adult (18+)	\$47	\$198	\$330
Adult Aquafit	\$49	\$207	\$345
Senior (55+)	\$38	\$162	\$270
Sr. Aquafit	\$40	\$171	\$285

*Aquafit, Sr. Aquafit pass holders can purchase a 4 month pool use pass for \$80 or a 2 month pass for \$40 in addition to the program fee. This allows the user to use the pool during any other open swim times.

Facility Rental Prices



Concession Room	\$10.00/hr	\$20/half day	\$40/day	Concession Room
Locker Rental	collateral	\$7.50/month	\$75/yr	Locker Rental
Private Pool Rental Information				
Private Pool Rental	\$120 (1-29 guests)	\$140 (30-49 guests)	\$160 (50-69 guests)	\$180 (70-89 guests)

Private rental times are available by appointment only. Please check pool schedule for available times. Use of Meeting Room facility is included in the price of rental. \$20 for each additional guard needed. Pool toy available for use for an additional fee of \$20.

We have a number of items for sale at your convenience. Items include: bathing suits, goggles, bathing diapers, bathing caps, shampoo, conditioner, and endurance/conditioning equipment to help develop yourself into a stronger swimmer. Obtain your pleasure craft licence through The Lifesaving Society here. There is a written test and the fee is \$25.00. Study guide also available for \$20.00.



Yoga Aquafit

Aqua yoga is a gentle and very low impact aquatic activity performing yoga postures in the pool. You will develop strength, balance, tune your body while relieving tensions renew energy and increase your range of motion.

Dates: Friday's Starting May 4th
Time: 11:00am-12:00pm
Cost \$6.00 Drop in

Principles of Healthy Child Development

This training will help front-line leaders (i.e. camp counsellors, leaders, coaches, swim instructors) improve the quality of programs they are leading.

More information available on HighFive.org or give us a call at the pool!

Dates: July 19th
Time: 8am-4pm
Cost \$75.00



The best way to play™

Age	Punch Cards	
	10 Punch Pass	20 Punch Pass
Shower/Hot Tub	N/A	
0-17 yrs	Free	Free
Adult (18+)	\$51.75	\$97.75
Adult (18+)/ Senior During Open or Family Swim	\$36.00	\$68.00
Senior (55+)	\$42.75	\$80.75
Bootcamp	\$54	\$102
Daycare	\$27.00	\$54.00
*Aquafit	\$54	\$102
*Sr. Aquafit	\$45	\$85
*Masters	\$54	\$102

Kayaking

Come try our unique kayaking course. For beginners and experienced kayakers. This class is taught by a certified kayak instructor and guarded with certified lifeguards.

Session: January 3rd- May 16th

Wednesdays: 5pm-6pm **until April 25th**

7pm-8pm until end of session

Cost: \$8.00 Drop in \$35.00 for 5 classes
\$120.00 for 20 classes

Summer Swimming Lessons

Pincher Creek Swimming Pool

895 Main Street

Phone: 403-627-2565

Fax: 403-627-4311

Hotline: 403-627-4062

www.pinchercreek.ca/swim

Like us on Facebook



Swimming Lesson Costs

Program Name	Price
Preschool to Swim Kids 2	\$45.00 for 5 Days
Swim Kids 3 to 6	\$47.50 for 5 Days
Swim Kids 7 to 10	\$50.00 for 5 Days
Private Lesson	\$112.50 for 5 Days
Semi-private	\$87.50 for 5 Days

Private and Semi-private lessons are available by appointment only. Please contact the Pool Office for available lesson times and Instructors.

July 2~July 6*

Sea Otter: 9:30am-10:00am
Salamander: 10:00am-10:30am
Swim Kids 1: 9:00am-9:30am
Swim Kids 2: 10:30am-11:00am
Swim Kids 3: 9:45am-10:30am
Swim Kids 5/6: 9:00am-9:45am

July 9~ July 13*

Sea Otter: 9:00am-9:30am
Salamander: 10:00am-10:30am
Sunfish: 10:30am-11:00am
Swim Kids 1: 9:00am-9:30am
Swim Kids 2: 9:30am-10:00am
Swim Kids 3: 9:30am-10:15am
Swim Kids 4: 10:15am-11:00am

July 16~20*

*Starfish/ Duck: 10:30am-11:00am
Sea Otter: 10:30am-11:00am
Salamander: 9:00am-9:30am
Sunfish: 9:30am-10:00am
Crocodile/ Whale: 10:00am-10:30am
Swim Kids 1: 10:00am-10:30am
Swim Kids 2: 10:30am-11:00am
Swim Kids 4: 9:45am-10:30am
Swim Kids 5/6: 9:00am-9:45am
Swim Kids 7/8: 9:00am-10:00am

July 23~ July 27*

*Sea Turtle: 10:30am-11:00am
Salamander: 9:00am-9:30am
Crocodile/ Whale: 9:30am-10:00am
Swim Kids 3: 9:00am-9:45am
Swim Kids 4: 9:45am-10:30am
Swim Kids 9/10: 10:00am-11:00am

July 30~ August 3*

Sea Otter: 9:00am-9:30am
Sea Otter: 11:15am-11:45am
Salamander: 9:30am-10:00am
Swim Kids 1: 9:00am-9:30am
Swim Kids 2: 10:30am-11:00am
Swim Kids 3: 9:45am-10:30am
Swim Kids 4: 9:00am-9:45am
Swim Kids 5/6: 9:30am-10:15am
Swim Kids 7/8: 10:00am-11:00am

August 6~ August 10*

Sea Otter: 9:00am-9:30am
Salamander: 10:30am-11:00am
Crocodile/ Whale: 9:00am-9:30am
Swim Kids 1: 9:30am-10:00am
Swim Kids 2: 10:00am-10:30am
Swim Kids 3: 10:15am-11:00am
Swim Kids 4: 9:30am-10:15am

August 13~ August 17*

Sea Otter: 10:30am-11:00am
Salamander: 10:00am-10:30am
Swim Kids 1: 9:30am-10:00am
Swim Kids 2: 9:00am-9:30am
Swim Kids 5/6: 9:00am-9:45am
Swim Kids 7/8: 9:00am-10:00am
Swim Kids 9/10: 10:00am-11:00am

August 20~24* AM

*Starfish/ Duck: 9:00am-9:30am
Sea Otter: 10:00am-10:30am
Salamander: 9:30am-10:00am
Sunfish: 10:30am-11:00am
Swim Kids 1: 9:00am-9:30am
Swim Kids 1: 10:15am-10:45am
Swim Kids 2: 9:45am—10:15am
Swim Kids 4: 9:00am-9:45am
Swim Kids 7/8: 9:30am-10:30am

August 20~24* PM

Sea Otter: 4:00pm-4:30pm
Salamander: 4:30pm-5:00pm
Swim Kids 1: 5:00pm-5:30pm
Swim Kids 2: 5:30pm-6:00pm
Swim Kids 3: 4:45pm-5:30pm
Swim Kids 5/6: 4:00pm-4:45pm
Swim Kids 9/10: 4:00pm-5:00pm

August 27~ August 31* AM

*Sea Turtle: 10:30am-11:00am
Sea Otter: 9:00am-9:30am
Salamander: 10:00am-10:30am
Crocodile/ Whale: 10:30am-11:00am
Swim Kids 1: 9:30am-10:00am
Swim Kids 2: 10:30am-11:00am
Swim Kids 3: 9:00am-9:45am

Summer lessons will begin on the week of July 2nd until August 20th. Spots are a first come basis and payment will be required during registration. Summer lessons run for 5 consecutive days, for more information please call the pool at (403) 627-2565.

August 27~ August 31* AM

Swim Kids 5/6: 9:45am-10:30am
Swim Kids 9/10: 9:30am-10:30am

August 27~August 31* PM

Sea Otter: 5:30pm-6:00pm
Salamander: 5:00pm-5:30pm
Sunfish: 4:00pm-4:30pm
Swim Kids 1: 4:30pm-5:00pm
Swim Kids 2: 4:00pm-4:30pm
Swim Kids 4: 4:30pm-5:15pm
Swim Kids 7/8: 5:15pm-6:00pm
Swim Kids 9/10: 4:00pm-5:00pm

Pool Schedule Information

Pincher Creek Pool Leadership Programs

Pincher Creek Swimming Pool

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Special Dates

July 2nd
August 6th
11:00am-12:00pm Lane Swim
12:00pm-1:00pm Family Swim
1:00pm-3:00pm Open Swim

Pool Closures

May 21st

Babysitting Courses

Program: Red Cross one day course
Time: 8am-3pm
Cost: \$65.00
Prerequisites: 11+ years old
June 29th



Bronze Medallion & Cross

Cost: \$225.00
Program: Lifesaving Society
Prerequisites: Minimum 13 years of age
July 3rd-6th
8am-4pm

Standard First Aid

Program: A two day course. Recertification is one day.
Cost: Full course \$160.00
Recertification: \$80.00
August 13th & 14th 8am-4pm



National lifeguard- Pool with Standard First Aid

Time: 8am-4pm
Cost: \$475.00
Prerequisites: Minimum 16 years of age on exam date and Bronze Cross
July 9th-14th 8am-4:30pm

Water Safety Instructor

Cost: \$375.00
Program: Red Cross Prerequisites: 15 years, ability to perform **Red Cross** Swim Kids 10 strokes and skills, and **have one** of the following certifications (not required to be current): Emergency First Aid or Bronze Cross
Date/ Time for Stroke Evaluation: June 15th 3pm-7pm or June 28th 4:30pm-8:30pm
Dates/ Time for Class: July 16th-19th 8am-4:30pm

Having a PARTY???

Rent the Pool Saturdays & Sundays

Private Rentals

- Option 1: Pool 11am-12pm
Room 12pm-1pm
- Option 2: Room 3pm-4pm
Pool 4pm-5pm

Renting the Pool

All rental bookings must be made 2 weeks prior to rental date. Call or come in to the pool for more information.

Having a meeting?

Meeting Room Rentals \$10.00/Hour

Adult Lessons

Thursdays: April 19th-June 21st

Basics 1 & 2: Red Cross Swim Basics is a two-level learn-to-swim program for adults and teens. These courses are designed to develop or increase swimmers' comfort in the water through basic flotation, movement, and breathing skills and to foster the basic knowledge, skills, and attitudes needed to stay safe in, on, and around the water.

Red Cross Strokes: Red Cross Swim Strokes is a stand-alone stroke development program for adults and teens, and for participants in Red Cross Swim Kids who require additional work on a stroke to complete the level. The program is designed to further develop strokes chosen by the swimmer in consultation with the Water Safety Instructor, and increase swimming distances and proficiency.

Time: 7:00pm-8:00pm

Cost: \$60.00