



# WEEKLY PINCHER CREEK POOL SCHEDULE

**August 8 - 14, 2022 – Subject to Change Without Notice**



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Pool Phone: 403-627-2565  
Rec Office Phone: 403-627-4322  
**HOTLINE: 403-627-4062**  
www.pinchercreek.ca/swim  
895 Main Street Pincher Creek

## Daily Drop-In Admission

Shower  
\$2

4 - 7 years  
\$3

8 - 17 years  
\$4

Family  
\$14

Adult (18+)  
\$6

Senior (55+)  
\$5

AquaFit \$7

Senior AquaFit \$5.50

**POOL OPEN  
THESE SATURDAYS**

**July 16**

**August 13**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY								
6 - 8 a.m.	Lane Swim	CLOSED	Lane Swim	CLOSED	CLOSED	CLOSED	CLOSED								
8 - 9 a.m.	AquaFit		AquaFit												
9 - 10 a.m.	Swimming Lessons							CLOSED	CLOSED						
10 - 11 a.m.										Pool Rental					
11 a.m. - 12 p.m.											Lane Swim, Parent 'n' Tot				
12 - 1 p.m.	CLOSED	CLOSED													
1 - 2 p.m.			Open Swim												
2 - 3 p.m.				Open Swim											
3 - 3:45 p.m.												AquaFit	AHS Aquatic Renewal, referral only	AquaFit	AHS Therapy, referral only
4 - 5 p.m.												Dolphins Swim Club	Dolphins Swim Club	Dolphins Swim Club	Dolphins Swim Club
5 - 6 p.m.					CLOSED	CLOSED									
6 - 7 p.m.							CLOSED					Open Swim, Lane Swim	CLOSED	Open Swim, Lane Swim	
7 - 8 p.m.								CLOSED	CLOSED						CLOSED

## Swimming Lessons & Leadership Courses

The pool offers group, private & semi private swimming lessons as well as leadership training programs. Please ask at the front desk for more information and to register for classes.

**Open Swim** – Everyone welcome, those under the age of 8 years old must be accompanied in the water within arms reach by a parent or guardian.

**Family Swim** – Families welcome to swim together. Children must be accompanied in the water within arms reach by an adult 18 years and older.

**Fitness Swim** - This swim is for those looking to swim lengths, aquawalk, jog, or similar fitness activity.

**Lane Swim** – Those swimming lengths of the pool for fitness, training and stroke practice. You should be able to swim a minimum of one 25 m length of the pool independently.

**Parent and Tot** – Adults and preschoolers (those ages 6 and under) swim & play in wading pool, hot tub, slide

**AquaFit** – Instructed low-impact workout, ages 13 and up.

**AHS Aquatic Therapy** - Alberta Health Services Therapy class, must be referred by AHS to participate.

## Hours Reduction

The pool schedule is experiencing a reduction in hours due to a staffing shortage. Please check the schedule weekly for changes.