



# WEEKLY PINCHER CREEK POOL SCHEDULE

April 22 - 27, 2024 – Subject to Change Without Notice



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Fb.com/pinchercreekrec

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

- Toddler 0 - 3  
Free
- Child 4 - 7  
\$4
- Youth 8 - 17  
\$5
- Adult 18+  
\$7
- Senior 55+  
\$6
- Family  
\$16
- AquaFit  
\$8
- AquaFit 55+  
\$6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 - 8 a.m.	Lane Swim		Lane Swim		Lane Swim	
8 - 9 a.m.	AquaFit		AquaFit		Fitness Swim	
9 - 10 a.m.	School Programs					
10 - 11 a.m.						
11 a.m. - 12 p.m.	Lane Swim, Parent 'n' Tot <b>11:15 am - 2:00 pm</b>			Lane Swim, Parent 'n' Tot <b>11:15 am - 1:00 pm</b>	Lane Swim, Parent 'n' Tot <b>10:00 am - 1:00 pm</b>	Lane Swim, Parent 'n' Tot
12 - 1 p.m.						
1 - 2 p.m.				Open Swim, Fitness Swim		School Programs
2 - 3 p.m.	Open Swim, Fitness Swim	Open Swim, Fitness Swim	Open Swim, Fitness Swim			
3 - 4 p.m.	AquaFit	Open Swim, Fitness Swim	AquaFit	AHS Therapy, Lane Swim	Toonie Swim <b>1:15 - 3:30 pm</b>	
4 - 5 p.m.	Toonie Swim <b>4:00 - 5:45 pm</b>	Lessons	Lessons	Lessons		
5 - 6 p.m.						<b>Hot Tub &amp; Shower Availability</b>  The hot tub is available during open swim, family swim, parent & tot, lane swim, toonie swim, fitness swim & aquaFit. The showers are available during regular facility hours.
6 - 7 p.m.	Open Swim, Fitness Swim	Kayaking Club	Open Swim, Fitness Swim	Open Swim, Fitness Swim	Open Swim, Fitness Swim	
7 - 8 p.m.						

**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 who is 16 years old or older.  
**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.  
**Toonie Swim** – An open swim for just \$2.00.  
**Kayaking Club** - Join the Pinch-O-Crow Creekers for an evening of kayaking instruction and activities.  
**Rental** - For those wanting to rent the pool for private functions like birthday parties, celebrations or similar. Please book no less than 5 days prior to your desired date.