



WEEKLY PINCHER CREEK POOL SCHEDULE

April 29 - May 4, 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.	Family Swim, Lane Swim 9:00 am - 11:00 am				Bronze Medallion Course 9am-1230pm	Lane Swim, Parent 'n' Tot	
10 - 11 a.m.					Lane Swim, Parent 'n' Tot 11:00 am - 2:00 pm		Lane Swim, Parent 'n' Tot
11 a.m. - 12 p.m.							
12 - 1 p.m.	Open Swim, Fitness Swim	School Programs	Open Swim, Fitness Swim	School Programs	Rental		
1 - 2 p.m.		Open Swim, Fitness Swim	School Programs	Open Swim, Fitness Swim		School Programs	
2 - 3 p.m.	Open Swim, Fitness Swim	School Programs	Open Swim, Fitness Swim	School Programs	Toonie Swim 1:15 - 3:30 pm	Hot Tub & Shower Availability 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.	
3 - 4 p.m.	AquaFit	AHS Therapy, Lane Swim	AquaFit	AHS Therapy, Lane Swim			
4 - 5 p.m.	Staff Training	Lessons	Lessons	Lessons	Lessons		
5 - 6 p.m.		Lessons	Dolphins Swim Club	Dolphins Swim Club	Dolphins Swim Club		
6 - 7 p.m.		Kayaking Club	Open Swim, Fitness Swim 6:15 - 8:00 pm	Open Swim, Fitness Swim 6:15 - 8:00 pm	Open Swim, Fitness Swim 6:15 - 8:00 pm		
7 - 8 p.m.		Kayaking Club	Open Swim, Fitness Swim 6:15 - 8:00 pm	Open Swim, Fitness Swim 6:15 - 8:00 pm	Open Swim, Fitness Swim 6:15 - 8:00 pm		

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.
Dolphins - The dolphins are our home swim club team. You must register with the Pincher Creek Dolphins club to join.
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.