



WEEKLY PINCHER CREEK POOL SCHEDULE

May 6 - May 11, 2024 – Subject to Change Without Notice

Like us on Facebook
for updated events & programs
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 | | | | Bronze Medallion Course 9am-1230pm | Lane Swim, Parent 'n' Tot |
| 10 - 11 a.m. | | | | | Lane Swim, Parent 'n' Tot | |
| 11 a.m. - 12 p.m. | | | | | | Open Swim, Parent 'n' Tot 12:00 pm - 2:00 pm |
| 12 - 1 p.m. | Open Swim, Fitness Swim | Open Swim, Fitness Swim | Open Swim, Fitness Swim | Open Swim, Fitness Swim | Toonie Swim 1:15 - 3:30 pm | |
| 1 - 2 p.m. | Open Swim, Fitness Swim | AHS Therapy, Lane Swim | AquaFit | AHS Therapy, Lane Swim | Dolphins Swim Club | 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. |
| 2 - 3 p.m. | AquaFit | Dolphins Swim Club | Dolphins Swim Club | Dolphins Swim Club | | |
| 3 - 4 p.m. | Dolphins Swim Club | Piranha Swim Club, Open Swim | Open Swim, Fitness Swim | Piranha Swim Club, Open Swim | Open Swim, Fitness Swim | |
| 4 - 5 p.m. | | Open Swim, Fitness Swim | | Open Swim, Fitness Swim | | |
| 5 - 6 p.m. | Open Swim, Fitness Swim | Open Swim, Fitness Swim | Open Swim, Fitness Swim | Open Swim, Fitness Swim | Open Swim, Fitness Swim | |
| 6 - 7 p.m. | | 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.
JLC - Junior Lifeguard Club is our Lifesaving Sport program which combines athletic ability with lifesaving skills & rescue equipment. You must register with the Pincher Creek Survivors 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.