



# WEEKLY PINCHER CREEK POOL SCHEDULE

January 13 - January 18, 2025 – 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](http://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 65+  
\$6
- Family  
\$16
- Shower  
\$3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 - 8 a.m.	Lane Swim		Lane Swim		Lane Swim	Lane Swim
8 - 9 a.m.	AquaFit		AquaFit		Fitness Swim	7:00 - 8:45 am
9 - 10 a.m.	Lane Swim, Family Swim					JLC - A
10 - 11 a.m.	9:00 am - 11:00 am					JLC - B
11 a.m. - 12 p.m.	Lane Swim, Parent 'n' Tot				Lane Swim, Family Swim	Lane Swim, Parent 'n' Tot
12 - 1 p.m.	11:15 am - 2:00 pm				10:00 am - 1:00 pm	
1 - 2 p.m.						Open Swim
2 - 3 p.m.	Open Swim, Fitness Swim		Sensory Swim	Open Swim, Fitness Swim	Toonie Swim	12:15 - 3:00 pm
3 - 4 p.m.	AquaFit	AHS Therapy, Lane Swim	AquaFit	AHS Therapy, Lane Swim	1:15 - 3:30 pm	Rental
3:00 - 3:45 pm			3:00 - 3:45 pm			
4 - 5 p.m.	Open Swim, Fitness Swim	Open Swim, Fitness Swim	Toonie Swim	Open Swim, Fitness Swim	Open Swim, Fitness Swim	<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.
5 - 6 p.m.		4:00 - 5:45 pm	4:00 - 4:45 pm			
6 - 7 p.m.		JLC	Kayaking Club			
		6:00 - 8:00 pm				

**Lockers:** Locks for lockers are not provided. Please bring your own lock to secure your items in the changerooms.

**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.

**Sensory Swim** – Everyone welcome. An inclusive swim for those looking for a reduce noise environ-

**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.

**School Programs** – School swimming lessons, fitness and aquatic programming. Teachers must pre-book these programs, no drop ins.