



WEEKLY PINCHER CREEK POOL SCHEDULE

March 31 - April 6, 2025 – Subject to Change Without Notice



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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 65+
\$6
- Family
\$16
- Shower
\$3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY & SUNDAY
6 - 8 a.m.	Lane Swim		Lane Swim		Lane Swim	
8 - 9 a.m.	Aquafit		Aquafit		Fitness Swim	
9 - 10 a.m.	School Programs					Lane Swim, Parent 'n' Tot 9:00 am - 12:00 pm
10 - 11 a.m.						
11 a.m. - 12 p.m.						
12 - 1 p.m.	Lane Swim, Parent 'n' Tot 12:15 am - 2:00 pm					Open Swim 12:15 - 4:00 pm
1 - 2 p.m.						
2 - 3 p.m.	Open Swim, Fitness Swim		Sensory Swim 1:30 - 3:00 pm	Open Swim, Fitness Swim	Toonie Swim 1:15 - 3:30 pm	
3 - 4 p.m.	Aquafit 3:00 - 3:45 pm	AHS Therapy, Lane Swim	Aquafit 3:00 - 3:45 pm	AHS Therapy, Lane Swim		
4 - 5 p.m.	Open Swim, Fitness Swim	Open Swim, Fitness Swim	Toonie Swim 4:00 - 4:45 pm	Open Swim, Fitness Swim	Open Swim, Fitness Swim	Swim Instructor Course Friday 2:00 pm - 8:00 pm Saturday & Sunday 9:00 am - 4:00 pm
5 - 6 p.m.			Kayaking Club			
6 - 7 p.m.		JLC 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.