

TOWN OF PINCHER CREEK SWIMMING POOL SCHEDULE

July 7 - 13, 2025 – Subject to Change Without Notice

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM-8:00AM	Lane Swim		Lane Swim		Lane Swim		
8:00AM-9:00AM	Aquafit		Aquafit		Fitness Swim		
9:00AM-10:00AM	Lessons				Lane Swim Parent 'n' Tot		
10:00AM-11:00AM							
11:00AM-12:00PM	Lane Swim Parent 'n' Tot 11:15 am - 1:00 pm					Lane Swim & Parent 'n' Tot	
12:00PM-1:00PM							
1:00PM-2:00PM	Open Swim 1:15 pm - 3:00 pm				Toonie Swim 1:15 pm - 3:30 pm	Open Swim 12:15 pm - 4:00 pm	
2:00PM-3:00PM							
3:00PM-4:00PM	Aquafit 3:00 pm - 3:45 pm	AHS Therapy	Aquafit 3:00 pm - 3:45 pm	AHS Therapy		<i>Enjoy the Hot Tub during any open, toonie, family, parent 'n' tot, lane, fitness, aquafit, or sensory swim.</i> <hr/> <i>Showers are available during regular facility hours.</i>	
4:00PM-5:00PM	Dolphins Swim Club				Open Swim Fitness Swim		
5:00PM-6:00PM							
6:00PM-7:00PM	Open Swim Fitness Swim						
7:00PM-8:00PM							

Lessons will be running during these coloured blocks

Daily Drop-In Admission

Toddler 0 - 3	Child 4 - 7	Youth 8 - 17	Adult 18+	Senior 65+	Family	Shower
Free	\$4	\$5	\$7	\$6	\$16	\$3



Pool: 403-627-2565 | Rec: 403-627-4322 | HOTLINE: 403-627-4062



www.pinchercreek.ca/swim



[Fb.com/pinchercreekrec](https://www.facebook.com/pinchercreekrec)



895 Main Street, Pincher Creek



SWIM DESCRIPTIONS

NOTE: All children under 8 years of age require active supervision at all times; caregivers must be 16 years or older, in the water, and within arm's reach

Open Swim

Designed For: Individuals and families of all ages

Swim Purpose: General recreational swim

Toonie Swim

Designed For: Individuals and families of all ages

Swim Purpose: Open Swim at a reduced price (\$2.00)

Family Swim

Designed For: Families - children must be with an adult (18+) in the water

Swim Purpose: Family focused swim time

Parent 'n' Tot

Designed For: Parents or caregivers with children under the age of 6

Swim Purpose: Playful water time in designated areas

Lane Swim

Designed For: Swimmers who are able to swim at least 25m

Swim Purpose: Continuous lap swimming for training, stroke development, or fitness

Fitness Swim

Designed For: Individuals focusing on physical activity

Swim Purpose: Swimming lengths, aquawalking, or low impact water fitness

Aquafit

Designed For: Individuals aged 13+

Swim Purpose: Instructor led, low impact water workout

Sensory Swim

Designed For: Individuals who prefer a quiet, low sensory environment

Swim Purpose: Calmer swim experience with reduced noise

AHS Aquatic Therapy

Designed For: Individuals referred by Alberta Health Services

Swim Purpose: Therapeutic aquatic exercises led by Alberta Health Services staff

Lessons

Designed For: Individuals of all ages

Swim Purpose: Instruction focused on swimming skills and water safety knowledge

Note: Must be registered in advanced

School Programs

Designed For: School groups

Swim Purpose: Curriculum based swim instruction, fitness, and aquatic education

Note: Must be booked in advanced

Pool Rental

Designed For: Private groups or individuals

Swim Purpose: Celebrations, hosting events, or to enjoy exclusive use of the pool

Note: Must be booked in no less than 10 days in advance

Dolphins Swim Club

Designed For: Swimmers registered in the Dolphins swim program

Swim Purpose: Competitive swim training and team development



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