

# TOWN OF PINCHER CREEK SWIMMING POOL SCHEDULE

July 21 - 27, 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	Lessons	Aquafit		Fitness Swim			
9:00AM-10:00AM							Lane Swim Parent 'n' Tot	
10:00AM-11:00AM								
11:00AM-12:00PM	Lane Swim Parent 'n' Tot 11:15 am - 1:00 pm		Closed for	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		Staff Training	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				
4:00PM-5:00PM	Dolphins Swim Club				Open Swim Fitness Swim	Enjoy the Hot Tub during any open, toonie, family, parent 'n' tot, lane, fitness, aquafit, or sensory swim.		
5:00PM-6:00PM								
6:00PM-7:00PM	Open Swim Fitness Swim							
7:00PM-8:00PM								
						Showers are available during regular facility hours.		

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](http://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*



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



[www.pinchercreek.ca/swim](http://www.pinchercreek.ca/swim)



[fb.com/pinchercreekrec](https://fb.com/pinchercreekrec)



895 Main Street, Pincher Creek