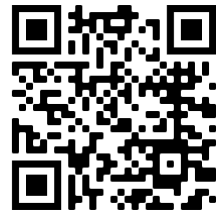


Group Fitness Classes and Personal Training



We have a wide range of fitness class offerings for all levels. From Aerobics to Yoga, and with classes in our studios and pools! Find our current schedule online or at PAC Guest Services. Also, join our PAC Fitness Group on Facebook to get updates on new classes and cancelations!



Fitness Calendar

PAC also offers personal training for those who need a little more knowledge. Sign up for 1 or more days with our trainers to get yourself motivated for a lifetime of fitness. Our website has more information and rates on our fitness/personal training offerings: www.pinedaleaquatic.com



Scholarships for PAC programs are available through Friends of PAC. Visit the website to apply or to donate to support PAC programming and those who are in need in our community!

CONTACT US

307.367.2832—GUEST SERVICES (ext. 1) WWW.PINEDALEAQUATIC.COM

DIRECTOR:

Amber Anderson | ext. 6245 | aanderson@pinedaleaquatic.com

AQUATIC DEPARTMENT:

Kirby Walker | ext. 6241 | kwalker@pinedaleaquatic.com

FACILITY MAINTENANCE:

Klief Guenther | ext. 6238 | kguenther@pinedaleaquatic.com

GUEST SERVICES

Ruth Mack | ext. 6235 | rmack@pinedaleaquatic.com

RECREATION DEPARTMENT

Joe Steege | ext. 6243 | jsteege@pinedaleaquatic.com

Deanna Fildey | ext. 6244 | dfildey@pinedaleaquatic.com

ANNUAL HOLIDAY SALE:

Pinedale Aquatic Center
HOLIDAY SALE

10% off purchases of \$20 or more
 December 15 - January 15

get a membership
 register for activities
 buy gift cards

PINEDALE AQUATIC CENTER

www.pinedaleaquatic.com 307.367.2832

10% off also includes online registration for programs like Junior Wrangler Basketball, Adult leagues, and more!

Facility Policies, Rules, and Information:

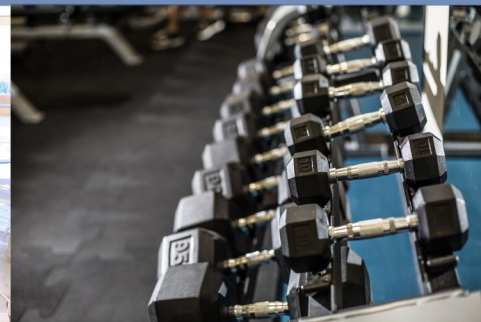
- * All patrons must check-in at the front desk upon entry to PAC. All patrons are expected to pay admission when visiting PAC unless spectating during an organized program or event or as part of a facility rental/league/tournament.
- * All children 7 and under must be accompanied by an actively supervising responsible person aged 16+, including in the water.
- * Shirt & shoes are required in all areas outside of the pools and locker rooms.
- * Patrons must be 14 years of age or older—or accompanied by an actively supervising responsible party 18 or older — to be upstairs at PAC.
- * Weight room open to those 16 years of age and over who are actively participating. Youth aged 14-15 may use weight room when actively supervised by an adult. Youth under 14 prohibited in the weight room.
- * Camera/Phone use prohibited in locker rooms
- * PAC is located on SCSD#1 premises. No alcohol, tobacco, e-cigarettes, firearms, or pets are allowed in the building or surrounding areas (except service dogs, as defined by ADA & WY State Statute 35-13-205).
- * Program refunds subject to \$10 processing fee and must be requested at least 5 business days in advance of the first day of the program.

PINEDALE AQUATIC CENTER

ACTIVITY GUIDE



WINTER/SPRING 2024



Facility Hours and Operations:

PAC Hours of Operation:

Monday—Friday: 5am—8pm

Saturday: 10am—4pm

Sunday: Closed

Holiday Closures:

New Years Day and Memorial Day

Pool Hours:

Monday—Thursday: 6am—1pm & 3:30pm—7pm

Friday: 6am—7pm (6pm for comp pool)

Saturday: 10am—3:45pm (2pm for comp pool)

Rec swim starts at 3:30pm (2pm Fridays & 10am Saturdays)

note: water features will not be available during swim lessons and areas may be unavailable during swim practices or meets. Pools close at 6pm for staff training once a month



Dates to Remember:

January:

- 1—Closed (New Years Day)
- 2—Fitness Class Raffle begins
- 2—Fitness Class Challenge begins
- 5—Little Wrangler Friday's resume
- 8—Jr. Wrangler Basketball begins (3/4 & 5/6 BOYS)
- 8—Adult Open Gym Basketball begins
- 9—Session 1: Teen Fit @ 3:30pm
- 9—Swim Lessons Session 1 begins
- 16—Session 2: Teen Fit @ 3:30pm
- 23—Session 3: Teen Fit @ 3:30pm
- 30—Session 4: Teen Fit @ 3:30pm

February:

- 1—February Fitness Challenge Begins
- 8-10—Wyoming Sr. Winter Games
- 14—Valentines Date Night
- 20—Kindergarten Basketball Camp begins

March:

- 1—March Fitness Challenge Begins
- 4—Women's 4s Volleyball begins
- 4—Youth Climbing Club begins
- 4—Swim Lessons Session 2 begins
- 28—Underwater Easter Egg Hunt

April:

- 1-5—SCSD #1 Spring Break—watch for special hours
- 8—April Fitness Challenge Begins
- 16—Swim Lessons Session 3 begins
- 22—Jr. Wrangler Track begins

May:

- 9—Mother's Day Tea in Childcare
- 20—Youth Track Meet
- 21—Jr. Wrangler Track begins
- 27—Closed (Memorial Day)

Climbing Wall:

The Todd Skinner Memorial Climbing Wall is available to PAC certified climbers during open facility hours.

The climbing wall is staffed:

Monday—Thursday: 3:30pm—5:30pm

Friday: 2pm—5:30pm

Saturday: Noon—4pm

Child Care:

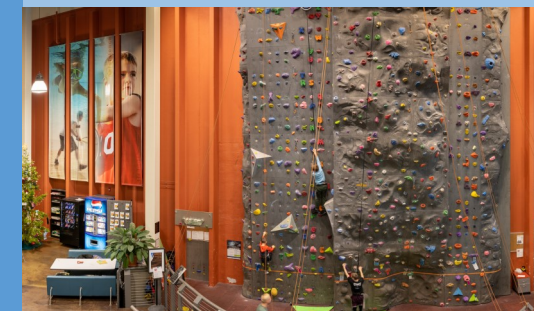
PAC has Child Care available for our patrons while on-site. Cost is just \$1 per 1/2 hour.

Come check out this awesome service for new babies through age 7.

Tuesday—Thursday: 8am—11:30am

Monday and Wednesday: 5:15pm-7:45pm*

**availability subject to change*



Daily Admission Rates:

Resident:

Children (0-5) - Free
 Youth (6-18) - \$3.00
 Adult (19-59) - \$6.00
 Senior (60-74) - \$4.00

Non- Resident:

Children (0-5) - Free
 Youth (6-18) - \$4.00
 Adult (19-59) - \$10.00
 Senior (60-74) - \$6.00

Find membership rates and additional facility information on our website, or swing by PAC and inquire at Guest Services!

www.pinedaleaquatic.com

307-367-2832



PINEDALE AQUATIC CENTER—WINTER/SPRING 2024

Winter/Spring at PAC

It's our busiest season at PAC. Cold weather, New Year's resolutions, and basketball season bring youth and adults indoors. Whether you're climbing, swimming, playing in a league, or just trying to squeeze some workouts into your busy schedule, PAC is a great place for everyone during the colder months of the long Wyoming winter. Come inside and play with us!

PAC ANNIVERSARY—2024—Come celebrate our 16th anniversary on February 8, 2024! We'll have some party favors and snacks available and admission is "Pay whatever you feel PAC is worth to you."



PARTY RENTALS

Rent our party room and have a pool party, climbing wall party, or add on our bounce house or other awesome offerings!

RENT OUR FACILITIES

PAC also offers facility rentals for meetings, classroom sessions, and special events. Find rental information on our website!

AQUATIC PROGRAMS:

Session I:

Tuesday/Thursday—Jan 9—Feb 1

Pre-School Aquatics: 5:15pm—5:45pm

Levels 1-4: 4:15pm—5:00pm

Levels 1-5: 5:15pm—6:00pm

Cost: \$40

Session II:

Monday/Wednesday—Mar 4—Mar 27

Pre-School Aquatics: 5:15pm—5:45pm

Levels 1-4: 4:15pm—5:00pm

Levels 1-5: 5:15pm—6:00pm

Cost: \$40

Session III:

Tuesday/Thursday—April 16—May 9

Pre-School Aquatics: 5:15pm—5:45pm

Levels 1-4: 4:15pm—5:00pm

Levels 1-5: 5:15pm—6:00pm

Cost: \$40

Private Swim Lessons: We offer private swimming lessons for both adults and children. Scheduled at any time during normal PAC operating hours—depending on instructor availability. Register online today!



Lifeguard In-services: Lifeguard training is a priority at PAC and our pools will be closed either the first Monday or Tuesday of the month at 6pm for in-services. **Interested in being a lifeguard? Contact Kirby at kwalker@pinedaleaquatic.com**

Community CPR/First Aid Courses:

Get your American Red Cross First Aid & CPR certification at PAC! Just \$50 Register by calling 307-367-2832 ext. 1

Assessment Dates:

January 23 @ 1:00pm

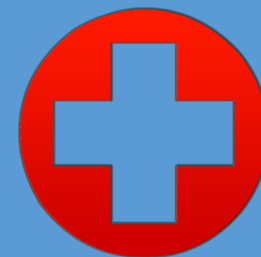
February 20 @ 5:30pm

March 19 @ 1:00pm

April 23 @ 5:30pm

May 21 @ 1:00pm

Note: Courses are primarily done online with a short face-to-face skills assessment. Instructors will mail you a link to course materials upon registration. Allow 3 to 5 hours to complete the online component.



SPECIAL EVENTS:

Program	Dates	Age/Grade	Description	Min/Max	Deadline	Cost	Register
Valentines Day Date Night	2/14 (6-9pm)	6weeks—10 years	Enjoy a night out! We will have activities for the kids and end the night with a movie. Parents are responsible for providing any food needed for children.	8/16 MAX: 2 -infants MAX: 6-1yr-Pre-K MAX: 8 -K-10 years	2/10	\$15 per child	call
Underwater Easter Egg Hunt	3/28 (5:30pm)	Pre K—5th	Come join us in the pool to find Easter eggs and get a free goodie bag. For Pre-K through 5th grade. Parents are expected to join with youth under 8.	n/a	n/a	FREE	n/a
Youth Track Meet	5/20 (4pm)	Ages 5-14	Our annual FREE youth track meet! Sign up online for this awesome event, where you choose 3 events (running and field events) to compete in!	n/a	5/16	FREE	online

RECREATION PROGRAMS:

YOUTH:

Program	Dates	Age/Grade	Description	Min/Max	Deadline	Cost	Register
Little Wrangler Friday	1/5 - 5/24	K-5	Join us on early release Fridays for a variety of active, creative, and educational activities. Register for one or all Fridays, and sign up early, as space is limited. NO LWF on 2/16, 3/1, 3/29, 4/5, 4/26, and 5/10	MAX: 25 students each Friday	when full	\$7/day	call
3-4 Grade Jr. Wrangler Basketball	1/8 - 2/24	3rd - 4th	3rd and 4th grade basketball is here! Sign up online for this fantastic program that will set a foundation for your growing basketball star!	MAX: 48 players	Reg: 12/26 Late: 1/2 or when full	Reg: \$50 Late: \$60	online
5-6 Grade BOYS Jr. Wrangler Basketball	1/8 - 2/24	5th - 6th	New this year, we will be splitting our oldest group of Jr. Wranglers based on gender to help better prepare our athletes for middle school sports. Our mission hasn't changed, but how we accomplish that mission will look a little different.	MAX: 50 players	Reg: 12/26 Late: 1/2 or when full	Reg: \$50 Late: \$60	online
Kindergarten Basketball Camp	2/20-2/29 (Tues/Wed/Thurs)	K	A great introductory camp to basic basketball skills for your Kindergartener.	MAX: 25 players	Reg: 2/12 Late: 2/19	Reg: \$25 Late: \$35	online
Teen Fit	1/9, 1/16, 1/23, and 1/30	13 year olds	Youth that are 13 and want to use the Fitness Area can join us for one of these classes and have special access to the fitness area M-Th from 3:15-5:00pm. Must participate in class to use the fitness area during these limited times.	N/A	N/A	FREE	N/A
Jr. Wrangler Track	4/22 - 5/16	3rd-5th grade (Days TBD)	Take part in our introduction to track and field skills. We'll teach the fundamentals of running, jumping, and throwing - skills that are the foundation of track & field as well as nearly every other sport. Coach Joe Steege will get your athlete ready for our annual Youth Track Meet on Monday, May 20th	8/25	Reg: 4/10 Late: 4/19 or when full	Reg: \$35 Late: \$45	online
Jr. Wrangler Soccer	5/21 - 6/27	K-1st grade 2nd-3rd grade 4th-5th grade 6th-8th grade	Jr. Wrangler Soccer is our fundamental based soccer program that will teach soccer skills, teamwork, fair play, and sportsmanship while introducing competitive play at games. *Grades based on 2023/2024 school year	K-1: MAX 40 2-3: MAX 48 4-5: MAX 50 6-8: MAX 30	Reg: 5/6 Late: 5/14 or when full	Reg: \$50 Late: \$60	online
Little Wrangler Day Camp	6/3 - 8/16	1st-3rd grade 4th-6th grades Tue/Thur	LWDC is PAC's ever-changing active, creative, and educational day camp for kids entering first through sixth grade. Throughout the summer, we will incorporate a variety of indoor and outdoor experiences available in the Pinedale area, with focuses on creative play, building friendships, and adventurous opportunities. Please note that this is an active program. Please do not register your child if they are unable or unwilling to participate in daily activities that require walking and riding bikes several miles in a day. Register early, as space is limited! NO CAMP JULY 4 and JULY 5	20 per group	when full	\$30/day	

ADULT SPORTS AND CHALLENGES:

Program	Dates	Age/Grade	Description	Min/Max	Deadline	Cost	Register
Adult Basketball Open Gym	1/8 - 2/26 (Mon) 6pm-8pm	N/A	PAC will host a coed open gym on Monday nights. Games will be played with PAC's house rules (rotating games and teams). Join us during the cold winter months for some fun activity.	N/A	N/A	Free with daily admission	N/A
Women's 4s Volleyball	3/4 - 4/29 (Mon)	16+	Participants must be at least 16 years old to participate in PAC leagues. Guaranteed 6 games, with a single-elimination tournament to end the season. No games on 4/1. Looking for a team? Let us know and we'll help form teams from our Free Agent list (not a guarantee).	4/8 teams	2/26 or when league max is reached	\$25/player	online
Pickleball Play	Mon—Fri (M-Th: 8-11am F: 7:30-9:30am)	Adult	Open pickleball play on both indoor courts. Come in and meet other players! Grouped and missed play based on the day	n/a	n/a	Free with daily admission	n/a