

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

UNDERWATER EASTER EGG HUNT

THURSDAY, MARCH 30
STARTS PROMPTLY AT 5:30PM
A FREE EVENT WITH GOODIE BAGS FOR ALL PARTICIPANTS!

PARENT PARTICIPATION EXPECTED FOR THOSE CHILDREN UNDER 6 YEARS OF AGE

WATCH FOR A SPECIAL APPEARANCE AND PHOTO OPPORTUNITIES WITH THE EASTER BUNNY!

www.pinedaleaquatic.com 307-367-2832

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

www.pinedaleaquatic.com 307.367.2832

FRIENDS OF PAC

Pinedale Aquatic Center

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!

www.welovePAC.com

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

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Do you want to learn to belay? Sign up for our free monthly belay class and learn something new this winter! Registration is required and can be accessed with the QR code below. Classes will be on 1/18, 2/15, 3/15, 4/19, and 5/17 starting at 5:30pm



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**

****Children 5 and older must use gender specific locker rooms or the family change 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 2023



Facility Hours and Operations:

PAC Hours of Operation:
Monday—Friday: 5am—8pm
Saturday: 10am—4pm
Sunday: Closed
Closed:
New Years Day, Memorial Day, and Annual Shutdown(5/29-5/31)

Pool Hours:
Monday—Thursday: 6am—1pm & 3:30pm—7:00pm
Friday: 6am—7pm
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—New Years Day—PAC Closed
 - 2—Fit Kids begins
 - 2—5th/6th Jr. Wrangler Basketball begins
 - 2—3rd/4th Jr. Wrangler Basketball begins
 - 3—Learn to Swim Session 1 begins
 - 3—Intro to Diving class begins
 - 4—Adult Coed Basketball begins
 - 6—Little Wrangler Friday resumes
 - 15—Holiday Sale ends
 - 18—Belay Certification Class
 - 26—Community CPR Class
 - 28—Pinedale Stampede Nordic Ski Race

- February:**
- 6—Adult Coed Broomball Scramble
 - 14—Valentines Date Night
 - 15—Belay Certification Class
 - 18—February Freeze Out
 - 23—Community CPR Class

- March:**
- 1—Wolf’s Head Climbing Challenge begins
 - 6—Women’s 4s Volleyball begins
 - 13—Youth Climbing Club Begins
 - 15—Belay Certification Class
 - 23—Community CPR Class
 - 30—Underwater Easter Egg Hunt

- April:**
- 10—Learn to Swim Session 2 begins
 - 13—Ironman Triathlon Challenge begins

- 18—Little Wrangler Day Camp Registration Opens
- 19—Belay Certification Class
- 25—Jr. Wrangler Track begins
- 27—Community CPR Class

- May:**
- 1—Coed Rec League begins
 - 15—Jr Wrangler Soccer begins
 - 10—Summer Expo
 - 20—PAC Sprint Triathlon
 - 22—Youth Track Meet
 - 25—Community CPR Class
 - 29—Memorial Day—PAC Closed
 - 30-31—Annual Shutdown—PAC Closed

- June:**
- 1—PAC Opens with Summer Hours
 - 5—Little Wrangler Day Camp begins

Daily Admission Rates:

Resident:	Non- Resident:	Find membership rates and additional facility information on our website, or swing by PAC and inquire at Guest Services!
Children (0-5) - Free	Children (0-5) - Free	
Youth (6-18) - \$2.00	Youth (6-18) - \$4.00	
Adult (19-59) - \$5.00	Adult (19-59) - \$10.00	
Senior (60-74) - \$3.00	Senior (60-74) - \$6.00	

www.pinedaleaquatic.com
307-367-2832



PINEDALE AQUATIC CENTER—Winter/Spring 2023

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 on in and see what we have to offer!



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:

American Red Cross—Learn To Swim

Session I:
Tuesday/Thursday—Jan. 3 - Jan. 26
Levels 1-5: 4:15pm—5:00pm
Pre-School Aquatics: 5:15pm—5:45pm
Levels 1-5 & Diving Class: 5:15pm— 6:00pm*
Cost: \$40
**must pass level 3 swim lessons to participate*

A group of children and adults are in a swimming pool, participating in a swim lesson. Some are standing in the shallow water, while others are partially submerged.

Session II:
Monday/Wednesday— April 10 - May 3
Levels 1-5: 4:15pm—5:00pm
Pre-School Aquatics: 5:15pm—5:45pm
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!
Private Lessons: \$20 per 30 min lesson

A black silhouette of a person swimming, with their head above water and arms extended forward.

OPEN BOATING: Bring your (clean) Kayak or paddleboard into the competition pool to practice your skills, meet other local boaters, or be ready for when the ice melts outside! This service is available anytime by request.

A black silhouette of a person in a kayak, holding a paddle.

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 26, February 23, March 23, April 27, May 25 | Times: 5:30pm—7:00pm

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

A red circle with a white cross in the center, representing the American Red Cross logo.

SPECIAL EVENTS:

Program	Dates	Age/Grade	Description	Min/Max	Deadline	Cost	Register
Pinedale Stampede	1/28	Jr. and Adult Divisions	This Nordic ski race is run by PAC, the Sublette Trails Association and Friends of PAC. This race is part of the Wydaho Nordic Ski Series.	n/a	Onsite registration available	Jr./5K: \$25 11/22K: \$55 Onsite: \$70	online
Valentines Date Night	2/14 6-9pm	6 weeks - 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. Also, send your child's pajamas and their favorite blanket/stuffed animal and we will have them ready to take home and put to bed.	8/16 MAX: 2 -infants MAX: 6-1yr-Pre-K MAX: 8 -K-10 years	2/10	\$15/child	call
Summer Expo	5/10 3:30-6pm	n/a	Get ready for summer in Sublette County. Vendors will be on hand to share information about all the youth and family happenings coming this summer. Food and fun for all!	n/a	n/a	FREE	n/a
PAC Sprint Triathlon	5/20	Jr. and Adult Divisions	Are you looking for a triathlon close to home? Check out our Sprint Tri. The swimming portion will be completed in the pool, and both the biking and running will start and end at PAC. This is a great beginner triathlon and is sure to be fun!	n/a	Reg: 5/1 Late: 5/20	Reg: \$30 Late: \$50	online
Youth Track Meet	5/22	K-8th 4:00pm	All athletes, ages 5-14 are invited to join us for this FREE youth track meet. Choose your running or field events and show up at the HS track for some fun and friendly competition. Pre-registration required.	n/a	5/17	FREE	online

RECREATION PROGRAMS:

YOUTH:

Program	Dates	Age/Grade	Description	Min/Max	Deadline	Cost	Register
Little Wrangler Friday	1/6 - 5/26 2:30-5:15pm	K-5	Join us on early release Fridays for a variety of active and creative activities. Register for one or all Fridays. Sign up early, space is limited! NO LWF 3/3, 3/17, 4/7, 4/14 or 5/12	MAX: 25 students each Friday	when full	\$7/day	call
3-4 Grade Jr. Wrangler Basketball	1/2 - 2/11	3rd-4th	Jr. Wrangler Basketball is PAC’s co-ed youth basketball league. This fundamentally-based basketball program will teach basketball basics, teamwork, fair play, and sportsmanship while introducing competitive play at games.	MAX: 48 players	Reg: 12/26 Late: 1/3 or when full	Reg: \$50 Late: \$60	online
5-6 Grade Jr. Wrangler Basketball	1/2 - 2/18	5th-6th	Jr. Wrangler Basketball is PAC’s co-ed youth basketball league. This fundamentals-based basketball program will teach basketball basics, teamwork, fair play, and sportsmanship while introducing competitive play at games.	MAX: 50 players	Reg: 12/26 Late: 1/3 or when full	Reg: \$50 Late: \$60	online
Youth Climbing Club	3/13-3/29 (M/W)	K-3 (4-5pm) 4-8 (5-6pm)	Sign your budding climber up for this awesome program that will teach them how to climb, but also how to build confidence and overcome fears!	4/12	when full	\$25	call
Jr. Wrangler Track	4/25-5/18 4-5pm	3rd-5th	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. This program will get your athlete ready for our annual Youth Track Meet on Monday, May 22.	MAX: 20 athletes	Reg: 4/18 Late: 4/25 or when full	Reg: \$35 Late: \$45	online
Jr. Wrangler Soccer	5/15-6/23	K-8th	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.	K-1st MAX: 40 2nd-3rd MAX: 48 4th-5th MAX: 50 6th—8th MAX: 30	Reg: 5/8 Late: 5/15 or when full	Reg: \$50 Late: \$60	online

Little Wrangler Day Camp registration will open on April 18. This program sells out fast, so mark your calendars! Our popular summer program will offer 3 options. A 1st-3rd group, a 4th-6th group, and a Tues/Thur only group and will run from June 5-August 18. Watch for more details as we get closer.

ADULT: Leagues and Challenges

Program	Dates	Age/Grade	Description	Min/Max	Deadline	Cost	Register
Winter Lap Swim Challenge	12/21-3/20	16+	Set a personal lap swim goal to keep you swimming during the winter. Prizes for reaching your goal, as well as other fun achievements.	n/a	n/a	FREE	onsite
Coed Basketball	1/4 - 2/22 Wednesday Nights	16+	New this year, our basketball league will be coed, and one woman will be expected to be on the floor the entire game, however you can have more than one woman on your roster. Players will call their own fouls. The league will end with a single-elimination tournament.	4/8 teams	Reg: 12/21 Late: 12/28 or when max teams is reached	Reg: \$25/ player Late: \$10 fee	online
Broomball Scramble	2/6 6-8pm	16+	Want to give broomball a try? Join us at the outdoor ice rink at Wrangler Park. We will put teams together onsite and set up a game schedule for the evening. Bring your own helmet!	8/24 players	n/a	FREE	onsite
Warbonnet Climbing Challenge	3/1 - 5/27		Get yourself ready to climb this summer by joining us for this challenge. Climb three of the longest routes on Warbonnet Peak for a total of 3200ft, which is about 115 times up our wall.	n/a	n/a	FREE	onsite
Women’s 4s Volleyball	3/6-5/1 Monday Nights	16+	Get a group of friends together and join us for some volleyball fun. Guaranteed 6 games, with a single-elimination tournament to end the season. No games on 4/6.	4/8 teams	Reg: 2/20 Late: 2/27 or when max	Reg: \$25/ player Late: \$10	online
Ironman Triathlon Challenge	3/1 - 5/1	14+	Join us for our triathlon challenge in preparation for our Sprint Triathlon on May 20. This is a great chance for you to train to compete or a way to stay active during our 2nd winter. Winner of the challenge will receive a free entry for our PAC sprint triathlon.	n/a	n/a	FREE	onsite
Coed Rec League	5/1-5/22 Mondays	16+	Join us on Mondays in May for some competitive fun. We will host a brief season of either flag football, kickball, or ultimate frisbee. Keep an eye out for more details coming later this winter.	4/8	Reg: 417 Late: 4/24 or when max teams is reached	Reg: \$10/ player Late:\$10 fee	online