

Group Fitness Classes and Personal Training

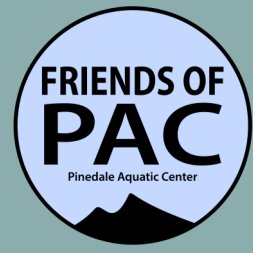


We have a wide range of fitness class offerings for all levels. From Aerobics to Yoga, and with classes in our studios and pools! Find our current schedule online or at PAC Guest Services. Also, join our PAC Fitness Group on Facebook to get updates on new classes and cancelations!



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



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 WWW.PINEDALEAQUATIC.COM

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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

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 exercising. 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

PINEDALE AQUATIC CENTER

WINTER/SPRING 2025



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

Dates to Remember:

January:

- 1—Closed (New Years Day)
- 2—2025 Minute Challenge begins
- 6—Child care returns
- 6—Fitness Class Raffle begins
- 6—Jr. Wrangler Basketball begins (3/4 & 5/6 BOYS)
- 7—Session 1: Teen Fit @ 3:30pm
- 13—Swim Lessons begin
- 14—Session 2: Teen Fit @ 3:30pm
- 17-18—High School Swim Meet
- 21—Session 3: Teen Fit @ 3:30pm
- 28—Session 4: Teen Fit @ 3:30pm

February:

- 14-15—USA Swim Meet
- 20-23—Wyoming Sr. Winter Games
- 25—Stronger Together begins
- 25—Kindergarten Basketball Camp begins

March:

- 3—Women's 4s Volleyball begins
- 7-8—Sublette Soccer Tournament—Gym Closed
- 18—Middle School Swim Meet
- 28—Middle School Swim Meet
- 31-4/4—SCSD #1 Spring Break—watch for special hours

April:

- 15—LWDC Google Form Registration opens
- 16—LWDC Registration call backs begin
- 22—Jr. Wrangler Track begins

May:

- 8—Mother's Day Tea in Childcare
- 19—Youth Track Meet
- 21—Jr. Wrangler Soccer begins
- 26—Closed (Memorial Day)

Pool Hours:

Monday—Thursday: 6am—1pm & 3:30pm—7pm

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

Extended Leisure Pool/Hot Tub closure expected this winter. Watch for more details!

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: 8:30am—Noon

Evening hours begin in March*

**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 2025

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—2025—Come celebrate our 17th anniversary on February 8, 2025 and join us for some special birthday treats.



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:

Monday/Wednesday—Jan 13—Feb 5

Levels 1-4: 4:15pm—5:00pm

Pre-K: 5:15pm-5:45pm

Levels 1-4: 5:15pm— 6:00pm

Cost: \$40 | Call 307-367-2832 to register



Lifeguard Certification Course:

Interested in becoming a certified lifeguard? Contact Kirby at kwalker@pinedaleaquatic.com for more information about class dates

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

Assessment Dates:

January 21 @ 5:30pm

February 18 @ 1:00pm

March 18 @ 5:30pm

April 22 @ 1:00pm

May 20 @ 5:30pm

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.



Upcoming swim meets: High School: January 17 and January 18 | MS: March 18 and March 28 | USA: February 14 and February 15

The competition pool will be closed to the public during swim meets .

SPECIAL EVENTS:

Program	Dates	Age/Grade	Description	Min/Max	Deadline	Cost	Register
Youth Track Meet	5/19 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
3-4 Grade Jr. Wrangler Basketball	1/6- 2/22	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: 12/23 Late: 12/30 or when full	Reg: \$50 Late: \$60	online
5-6 Grade BOYS Jr. Wrangler Basketball	1/6- 2/22	5th - 6th	We will be split 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	MAX: 40 players	Reg: 12/23 Late: 12/30 or when full	Reg: \$50 Late: \$60	online
Kindergarten Basketball Camp	2/25-3/6 (Tues/Wed/ Thurs) 4pm - 5pm	K	A great introductory camp to basic basketball skills for your Kindergartener.	MAX: 25 players	Reg: 2/11 Late: 2/18 or when full	Reg: \$25 Late: \$35	online
Teen Fit	1/7, 1/14, 1/21, and 1/28 3:30pm	13 year olds	Youth that are 13 can join us for one of these classes and gain special access to the fitness area M-Th from 3:15-5:00pm from Jan.– May .	N/A	N/A	FREE	N/A
Stronger Together: A Girls Running Community	2/25 - 4/24 Tue/Thur 4pm - 5pm	3rd - 6th grade girls	We will use running as a means to build strong friendships, promote well being, celebrate achievements and encourage each other towards personal goals.	8/20	Reg: 2/12 Late: 2/19 or when full	Reg: \$50 Late: \$60	online
Jr. Wrangler Track	4/22 - 5/15 Tue/Thur. 4pm - 5pm	3rd-5th grade	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 19th	8/25	Reg: 4/8 Late: 4/18 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 2024/2025 school year	K-1: MAX 40 2-3: MAX 48 4-5: MAX 50 6-8: MAX 30	Reg: 5/7 Late: 5/14 or when full	Reg: \$50 Late: \$60	online
Little Wrangler Day Camp	6/2 - 8/15 Mon—Fri 7:45a-m— 5:15pm	1st-2nd grade 3rd-5th grades	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	25 per group	when full	M-Th: \$35 Fri: \$27	Online

ADULT SPORTS AND CHALLENGES:

Program	Dates	Age/Grade	Description	Min/Max	Deadline	Cost	Register
Women's 4s Volleyball	3/3 - 4/28 Monday Evenings	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	2/24 or when league max is reached	\$25/player	online
Pickleball Play	Mon—Fri 8am - Noon Evenings*	Adult	Open pickleball play on both indoor courts. Come in and meet other players! Grouped and mixed play based on time of day. *Evening hours available and are dependent on other PAC programming	n/a	n/a	Free with daily admission	n/a
2025 Exercise Minutes Challenge	1/6—3/1	All	Join us in the 2025 Minute Challenge and log 2025 minutes of exercise at PAC in the New Year. All finishers will be entered to win a 10 punch pass or month pass to PAC.	n/a	n/a	Free with daily admission	Sign up in lobby