

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. *Hover over the QR code with your phone camera to see the current 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](http://www.pinedaleaquatic.com)



Junior Wrangler Basketball

Register today for our Youth Basketball Program which builds fundamental knowledge with competitive play! Practice times vary but will generally be Mon/Wed or Tue/Thur

January 7—February 29

Divisions:

Grades: 1-2

Grades: 3-4

Grades: 5-6

Cost: Just \$50

Big Thanks to Pinedale Dental and the Smiles for Life Program for supporting Junior Wrangler Basketball!



PINEDALE AQUATIC CENTER WINTER/SPRING 2020 ACTIVITY GUIDE

Mission: To provide a welcoming public facility with a caring staff focused on delivering premier recreational services.

ALL VISITORS TO PAC ARE REQUIRED TO PAY DAILY ADMISSION TO ENTER THE FACILITY

DAILY ADMISSION INCLUDES access to ALL areas of PAC including the competition pool and leisure pool, as well as the gym, climbing wall, lobby, racquetball court, outdoor courts, fitness area, weight room, indoor track, and group fitness classes. General sports equipment (i.e. tennis & racquetball gear) is available for check-out at no additional charge.

DAILY ADMISSION RATES

RESIDENT: (SUBLETTE COUNTY,+Labarge)

Youth (ages 0-18)	FREE
Adult (ages 19-59)	\$5
Senior (ages 60+)	\$3

NON-RESIDENT:

Youth (ages 6-18)	\$4
Ages 5 and under FREE	
Adult (ages 19-59)	\$7
Senior (ages 60-75)	\$5

All Sublette County youth ages 8-18 are required to have a youth membership and swipe in for free entry. Lost or forgotten card fees will apply.



Follow along:@pinedaleaquaticcenter  
PAC is on social media and we update frequently with important information, closures, and also fun photos of what’s going on. Follow along and tag us with #PinedaleAquaticCenter

MEMBERSHIP OPTIONS:

	MONTH	3 MON	6 MON	ANNUAL	10-PUNCH
Adult (ages 19-59)	\$40	\$110	\$210	\$400	\$40
Couple*	\$75	\$210	\$400	\$700	NA
Senior (ages 60+)	\$23	\$65	\$120	\$225	\$23
Super Senior (ages 75+)	FREE	FREE	FREE	FREE	FREE
School Year Pass	Pass runs from Sept 1—May 31			\$300	

\* - A Couple is defined as two adults (19+) who are legally married.  
If requested, proof may include a marriage license or an IRS tax return.

Ask about Military discounts!

CONTACT US

307.367.2832—GUEST SERVICES (ext. 3)

WWW.PINEDALEAQUATIC.COM

DIRECTOR:

Amber Anderson | ext. 6245 | [aanderson@pinedaleaquatic.com](mailto:aanderson@pinedaleaquatic.com)

AQUATIC DEPARTMENT:

Kirby Walker | ext. 6241 | [kwalker@pinedaleaquatic.com](mailto:kwalker@pinedaleaquatic.com)

FACILITY MAINTENANCE:

Russ Adams | ext. 6238 | [radams@pinedaleaquatic.com](mailto:radams@pinedaleaquatic.com)

GUEST SERVICES

Ruth Mack | ext. 6235 | [rmack@pinedaleaquatic.com](mailto:rmack@pinedaleaquatic.com)

RECREATION DEPARTMENT

Jason Burton | ext. 6248 | [jburton@pinedaleaquatic.com](mailto:jburton@pinedaleaquatic.com)

QUICK LINKS:

Scan the following codes in your phone for quick access to information on our website!

FORMS AND RENTAL INFORMATION:



PAC POLICIES AND FACILITY RULES:



HOURS OF OPERATION

MON—FRI: 5am—8pm

SATURDAY: 10am—6pm

SUNDAY: Closed

HOLIDAY/MODIFIED HOURS

New Year’s Day—Closed  
Memorial Day—9am to 3pm  
Annual Shutdown—June 1—6

CHILDREN AGES 7 AND UNDER MUST BE ACCOMPANIED BY AN ADULT IN THE WATER AT ALL TIMES.

Swim diapers are required for children not toilet trained.  
Children ages 5 and older must use appropriate gender locker room or family change room.

POOL HOURS KEY:

Pool open  
Pool closed  
Pool open with water and play features

NOTE: The competition pool will close 2 hours before swim meets on:  
1/31, 2/1, 2/22, 3/12

LEISURE POOL HOURS:

	M	T	W	Th	F	S
5a						
6a						
7a						
8a						
9a						
10a						
11a						
12p						
1p						
2p						
3p						
3:30p						
5p						
6p						
7p (to 7:45pm)						

Areas of the leisure pool may be restricted at times due to fitness classes, swim lessons, or other program use. Visit our website for current schedule.

COMPETITION POOL HOURS:

	M	T	W	Th	F	S
5a						
6a						
7a						
8a						
9a						
10a						
11a						
12p						
1p						
2p						
3p						
3:30p						
5p						
6p						
7p (to 7:45pm)						

Note: Features unavailable during swim lessons. Features may be available upon request during open hours. Schedules are subject to change as determined by PAC programming and staffing needs.

WINTER/SPRING 2020 SCHEDULE—DATES TO REMEMBER

JANUARY

1: Closed—Happy New Year!  
6: School resumes  
7: Jr. Wrangler Basketball begins  
8: Adult Basketball League begins  
10: Little Wrangler Fridays resumes  
13: Racquetball Ladder begins  
13: Young Guns begins  
20: Swim Lessons—Session 1 begins  
22: Ladies Rock begins  
31: High School Boys swim meet

FEBRUARY

1: High School Boys swim meet  
14-17: Challenge Track up  
18: Swim Lessons—Session 2 begins  
22: Middle School Girls swim meet  
29: February Freeze Out tourney  
MARCH  
3: Wyoming Youth Workout begins  
3: Women’s 4s Volleyball begins  
12: Middle School Girls swim meet  
16-20: Spring Break—special hours

19-21: Challenge Track up  
24: Youth Climbing Club begins

APRIL

6: Swim Lessons—Session 3 begins  
9: Underwater Easter Egg Hunt  
10-11: Challenge Track up  
27: Jr. Wrangler Track & Field begins  
MAY  
1: Adult Climbing Competition  
6: Summer Expo  
25: Memorial Day: PAC open 9am-3pm

30: Youth Track Meet

JUNE

1-6: PAC closed for annual shutdown  
8: Summer Season begins



“We don’t stop playing because we grow old; we grow old because we stop playing.” -George Bernard Shaw



PINEDALE AQUATIC CENTER—WINTER/SPRING 2020

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!



Friends of PAC

Friends of PAC is a nonprofit organization that helps PAC maintain its quality program offerings through fundraising, grants and events. Visit the website to learn more and to make a donation: [www.welovepac.com](http://www.welovepac.com)

FACILITY RULES/POLICIES/INFORMATION:

- All patrons must check-in at the front desk prior to participating in activities at PAC. All adults are expected to pay admission when visiting PAC unless spectating an organized program or event or as part of a facility rental.
  - School aged youth are allowed at PAC during school hours only when actively supervised by an adult.
  - All children ages 7 and under must be accompanied, at all times, by an actively supervising adult (age 18+).
  - Shirt & shoes are required in all areas outside of the pools and 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*).
- Failure to follow PAC policies and rules may result in facility privileges being revoked (*see Behavior Expectation on our website, [www.pinedaleaquatic.com](http://www.pinedaleaquatic.com)*).
  - Patrons must be 14 years of age or older to be upstairs without adult supervision.
  - Fitness area open to youth aged 10-13 only when actively supervised by an adult. No youth under 10 allowed in fitness area or on fitness equipment.
  - 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 strictly prohibited in locker rooms.
  - Proper footwear required for racquetball court and fitness studios.

Full list of PAC policies available at [www.pinedaleaquatic.com](http://www.pinedaleaquatic.com) or by request at Guest Services

AQUATIC PROGRAMS:

American Red Cross—Learn To Swim

<b>Session I: Pre-K to Level 3</b> <b>Monday/Wednesday—Jan 20—Feb 12</b> <i>Pre-School Aquatics: 10:30am—11:00am</i> <i>Pre-School Aquatics: 5:15pm—5:45pm</i> <i>Levels 1-3: 4:00pm—4:45pm</i> <i>Levels 1-3: 5:15pm— 6:00pm</i> <b>Cost: \$40</b>	<b>Session II:</b> <b>Tuesday/Thursday—Feb 18—Mar 12</b> <i>Pre-School Aquatics: 10:30am—11:00am</i> <i>Pre-School Aquatics: 5:15pm—5:45pm</i> <i>Levels 1-5: 4:00pm—4:45pm</i> <i>Levels 1-5: 5:15pm— 6:00pm</i> <b>Cost: \$40</b>	<b>Session III:</b> <b>Monday/Wednesday—Apr 6—Apr 29</b> <i>Parent Tot: 5:15pm—5:45pm</i> <i>Pre-School Aquatics: 5:15pm—5:45pm</i> <i>Levels 1-5: 4:00pm—4:45pm</i> <i>Levels 1-5: 5:15pm— 6:00pm</i> <b>Cost: \$40</b>
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**OPEN BOATING:** Bring your (clean) Kayak, SUP, or Canoe into the competition pool to get ready for when the ice melts outside!



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. 3 — Times: 5:30pm—7:30pm

Assessment Dates:

January 16  
February 20  
April 16  
May 21



*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.*

Challenge Track Dates:  
Our fun inflatable obstacle course will be available:

Feb 14—17  
Mar 19—21  
Apr 10—11  
(during rec swim)



**Private Swim Lessons/Get-A-Group:** We offer private swimming lessons for both adults and children. Scheduled at any time during normal PAC operating hours—depending on instructor availability. Save money and get a group of 4 or more for a greatly reduced rate! Submit a request on our website under Youth Programs.  
**Private Lessons: \$20 per 30 min lesson**  
**Get-A-Group: \$40 per person (for 8, 30 min lessons or 6, 45 min lessons)**

RECREATION PROGRAMS:

CHILD CARE:

PAC has DFS licensed child care available for use by our patrons! Find the current child care hours online or at PAC. Get 5 free hours of child care with your new enrollment.

Cost is just \$1/half hour.

Child care may also be available during adult sports leagues. Check the monthly child care schedule for info!

TODD SKINNER MEMORIAL CLIMBING WALL:

**STAFF AVAILABLE:**  
**MON-THUR: 3:30-5:30pm**  
**FRI: 2—5:30pm**  
**SAT: 12—4pm**

PAC belay certified patrons may use the climbing wall during any open times (except during designated program times such as climbing club). Contact Jason at [jburton@pinedaleaquatic.com](mailto:jburton@pinedaleaquatic.com) to ask about certification.

RENT OUR FACILITIES

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

SUMMER EXPO: MAY 6

Local organizations and vendors will be at PAC to tell you what they have planned for you this summer! Free food and great door prizes too.

YOUTH:

Name	Grade	Description	Dates	Times	Fee
<b>Little Wrangler Fridays</b>	<b>K-5</b>	Join us on early release Fridays for a variety of ever-changing active, creative, and educational activities. Register for one or all Fridays!	Fridays Jan 10—May 29 <small>(with some exceptions)</small>	2:00pm—5:15pm	\$7/Friday
<b>Young Guns</b>	<b>6-9</b>	For middle school/early high school students looking to get (or stay) in shape! Participants will find fun and challenging workouts focused on strength, agility, and speed. Programs will be higher intensity, non-weighted workouts.	Mon & Wed Jan 13—Feb 19	3:30pm—4:15pm	\$25
<b>Wyoming Youth Workout</b>	<b>4-5</b>	Get your active kids to PAC today to join the Wyoming Youth Workout group. Workouts include cardiovascular and plyometric, non-weighted activities that improve athletic foundations, skills, and coordination.	Tue & Thu March 3— April 9	4:00pm—4:45pm	\$25
<b>Climbing Club</b>	<b>3-8</b>	Learn how to climb, or take your skills up a level! We’ll use fun games and instructional coaching techniques to help you improve or overcome fears.	Tuesdays Mar 24—Apr 28	5:30pm—6:30pm	\$25
<b>Jr. Wrangler Track and Field</b>	<b>2-6</b>	Learn the fundamentals of running, jumping, and throwing events and practice to prepare for our Youth Track meet on Saturday, May 30 (see details below). Mon & Wed (Grades 2-3) Tues & Thurs (Grades 4-6)	April 27—May 28 <small>(see description)</small>	4:00pm—5:00pm	\$25
<b>Mermaid University</b>	<b>3-6</b>	Come find your inner mermaid with this class. Participants must be comfortable in the water and able to pass a swim test to take this class.	Thursdays Jan 9—Feb 13	4—4:45pm	\$25/\$60 <small>(bring your own or we provide fin/tail)</small>

ADULT:

<b>Basketball League</b>	5 on 5 full court league for ages 16+. Minimum 4 teams. Maximum 8 Teams. Guaranteed 6 games including a single elimination tournament. Teams will be expected to provide at least one player to officiate games each night.	Wednesdays Jan 8—Feb 19	6:30pm—8:30pm	\$30/person <small>(team payment required for registration)</small>
<b>Racquetball Ladder</b>	Come play racquetball in this informal ladder tournament where you schedule the games and report who won. Can you climb to the top?	Jan 13—Mar 13	Players determine game times.	Free With Daily Admission
<b>Ladies Rock</b>	Come climb with and learn from other women at the climbing wall! This is for all ability levels and skills. Learn, get fit, and grow from this awesome sport!	Wednesdays Jan 22—Feb 26	Noon—1pm	\$10 <small>(plus daily admission)</small>
<b>Women’s 4s Volleyball</b>	Women only 4 on 4 Volleyball play for ages 16+. Minimum 4 teams. Maximum 8 teams. Guaranteed 6 games including a single elimination tournament. Child care available.	Tuesdays Mar 3—Apr 21	5:30pm-8pm	\$25/person <small>(team payment required for registration)</small>
<b>Pickleball Play</b>	Dedicated open hours for pickleball play, weekly on our 2 gym courts	Mon/Wed/Fri	7am—10am	Free With Daily Admission

SPECIAL EVENTS:

<b>Adult Climbing Competition</b>	Our annual climbing competition is a great chance to try out some new routes while hanging out with some other climbers! Awesome prizes from our sponsors!	Friday May 1	5:30pm—8pm	\$20 <small>(includes admission)</small>
<b>Underwater Easter Egg Hunt</b>	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.	Thursday April 9	5:30—6pm	FREE
<b>Youth Track Meet</b>	Now on a Saturday! 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.	Saturday May 30	10am	FREE