

September 30 - December 30 Ponoka Aquaplex Schedule

5315 46th Ave Ponoka AB T4J -1J4

Admission Rates	Monday	Tuesday	Wednesday	Thursday	Friday	Info
Pre-K (1-5): \$1.50 Parent & Tot: \$5.00 Child (6-12): \$3.75 Teen (13-17): \$4.75 Adult (18-59): \$5.50 Senior (60+): \$4.75 Family: \$14.00 Senior Fitness: \$5.25 Adult Fitness: \$6.50 Showers: \$3.00	Lap Swim 6:00-8:30 am	Lap Swim 6:00-8:30 am	Lap Swim 6:00-8:30 am	Lap Swim 6:00-8:30 am	Lap Swim 6:00-8:30 am	Recorded Schedule: 403-783-0110 Front Desk: 403-783-0131 Check Town of Ponoka Facebook page for upcoming events and schedule changes.
	Water Fitness 8:30-9:30 am	Water Fitness 8:30-9:30 am	Water Fitness 8:30-9:30 am	Water Fitness 8:30-9:30 am	Water Fitness 8:30-9:30 am	
	School Prrograms 9:30-11:30 am	School Prrograms 9:30-11:30 am	School Prrograms 9:30-11:30 am	School Prrograms 9:30-11:30 am	Everyone Welcome 9:30 - 11:30 am	
	Lap Swim 11:30 -1:00 pm	Lap Swim 11:30 -1:00 pm	Lap Swim 11:30 -1:00 pm	Lap Swim 11:30 -1:00 pm	Lap Swim 11:30 -1:00 pm	
	Everyone Welcome 1:00-4:00 pm	Movin and Groovin Fitness 1:30-2:15pm	Everyone Welcome 1:00-4:00 pm	Movin and Groovin Fitness 1:30-2:15pm	Everyone Welcome 1:00-4:00 pm	
Everyone Welcome 2:30-4:00 pm		Everyone Welcome 2:30-4:00 pm				
Sunday						Saturday
Private Pool Rental Time 1:00-2:00 pm	*Parent and Tot 1:00-4:00pm	*Parent and Tot 1:00-4:00pm	*Parent and Tot 1:00-4:00pm	*Parent and Tot 1:00-4:00pm	*Parent and Tot 1:00-4:00pm	Life Saving Society Swim Lessons 10:00 -1:00 pm
	*1 lap lane 1-4 pm	*1 lap lane 1-4 pm	*1 lap lane 1-4 pm	*1 lap lane 1-4 pm	*1 lap lane 1-4 pm	Private Pool Rental Time 1:00-2:00 pm
Everyone Welcome Swim 2:00-5:00 pm	Pool Sharks 4:00-5:30	Pool Sharks 4:00-5:30	Pool Sharks 4:00-5:30	Pool Sharks 4:00-5:30	JLC 4-6 pm	
	LSS Lessons 5:30 - 6:30 pm	Everyone Welcome Toonie Swim 5:30-7:00 pm	LSS Lessons 5:30 - 6:30 pm	Everyone Welcome Toonie Swim 5:30-7:00 pm	Everyone Welcome 6:00 - 8:00 pm	
At all times: children 7 years & under must have a caregiver in the water within arms reach	Everyone Welcome Swim 6:30-8:00 pm	Deep Water Fitness 7:00-8:00 pm	Everyone Welcome Swim 6:30-8:00 pm	Water Fitness 7:00-8:00 pm	Every Second Week FCSS hosts a free Everyone Welcome Swim Oct 4 & 18 Nov 1, 15 & 29 Dec 13 & 27	Private Pool Rental Time 5:30-6:30 pm
	Water Fitness 8:00-9:00 pm	Lap & Adult Swim 7:00-9:00 pm	Water Fitness 8:00-9:00 pm	Lap & Adult Swim 7:00-9:00 pm		Everyone Welcome Swim 6:30 -8:00 pm

For more information please visit: www.ponoka.ca

Please note schedule is subject to change.

