

Ponoka Aquaplex Schedule

January - April 2020

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	Pool Schedule: 403-783-0110 Front Desk: 403-783-0131 Visit www.ponoka.ca for upcoming events & schedule updated daily!
	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 Programs 9:30 - 11:45 am	School Programs 9:30 - 11:45 am	School Programs 9:30 - 11:45 am	School Programs 9:30 - 11:45 am	School Programs 9:30 - 11:45 am	
	Lap Swim 11:45 - 1:00 pm	Lap Swim 11:45 - 1:00 pm	Lap Swim 11:45 - 1:00 pm	Lap Swim 11:45 - 1:00 pm	Lap Swim 11:45 - 1:00 pm	
	School Programs 1:00 - 2:30 pm	School Programs 1:00 - 2:30 pm	School Programs 1:00 - 2:30 pm	School Programs 1:00 - 2:30 pm	School Programs 1:00 - 2:30 pm	
Sunday						Saturday
Private Pool Rental Time 1:00 - 2:00 pm	Everyone Welcome Swim 2:30 - 4:00 pm	Lap Swim 2:30 - 4:00 pm	Everyone Welcome Swim 2:30 - 4:00 pm	Lap Swim 2:30 - 4:00 pm	Everyone Welcome Swim 2:30 - 4:00 pm	Red Cross Swim Lessons 10:00 - 1:00 pm
		Adaptive Water Fitness 2:45 - 3:15 pm		Adaptive Water Fitness 2:45 - 3:15 pm		
Everyone Welcome Swim 2:00 - 5:00 pm	Pool Sharks 4:00 - 5:30 pm	Pool Sharks 4:00 - 5:30 pm	Pool Sharks 4:00 - 5:30 pm	Pool Sharks 4:00 - 5:30 pm	JLC 4 - 6 pm	Private Pool Rental Time 1:00 - 2:00 pm
	Red Cross Lessons 5:30 - 7:00 pm	Everyone Welcome Swim 5:30 - 7:00 pm	Red Cross Lessons 5:30 - 7:00 pm	Everyone Welcome Swim 5:30 - 7:00 pm	RC Lessons 4 - 6pm	
At all times: children 7 years & under must have an adult caregiver in the water within arms reach	Everyone Welcome Toonie Swim 7:00 - 9:00 pm	Deep Water Fitness 7:00 - 8:00 pm	Everyone Welcome Toonie Swim 7:00 - 8:00 pm	Water Fitness 7:00 - 8:00 pm	Everyone Welcome Swim 6:00 - 8:00 pm	Have your birthday party at the pool! Call 403-783-0131 for more info and to book the pool to yourself!
		Lap & Adult Swim 7:00 - 9:00 pm		Water Fitness 8:00 - 9:00 pm		

For more information please visit: www.ponoka.ca

Please note schedule is subject to change.