

Pool Kayaking

<http://ponoka.maxgalaxycanada.net/Home.aspx>

Want to learn the basics of Kayaking? How to roll? Come down to the Ponoka Aquaplex during March for lessons or drop-in.

Coaches will be available and in the water with you. Feel safe and comfortable as they teach you fundamentals in maneuvering your kayak, wet exits and entries, proper clothing and use of equipment, as well as safety skills and precautions.

Contact the Aquaplex if your interest in the NCCP Coach Training for Kayaks, available the first weekend of March.



Pre-Registered Lessons Prices

Adult: \$15.00
Teen/Senior: \$12.50
Child: \$10.50
Family: \$32.00
(2 Adults; 2 under 18)
Add a child for \$6.00

Drop-in with Coach Prices

Adult: \$15.00
Teen/Senior: \$12.50
Child: \$10.50
Family: \$32.00
(2 Adults; 2 under
Add a child for \$6.00



For More Information or to Register

Call Ponoka Aquaplex @ 403.783.0131

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						2
3 NCCP COACH TRAINING 8 HRS	4	5 Drop-in Kayak Adults 7-9pm	6	7	8 Drop-In Kayaks 14+ 8-9pm Main/Deep Tank	9
10 Drop-In Kayaks All Ages 11am-1pm	11	12 Drop-In Kayaks Adults 7-9pm Deep Tank	13	14 Drop-In Kayak All Ages 4-5:30pm	15 Drop-In Kayak All Ages 4-6pm	16 Drop-In Kayak All aged 10am -12pm
17 Drop-In Kayaks All Ages 11am-1pm	18 Kayak Lessons Pre-Register 9:30-1030am Ages 8-13 10:30-11:30 14 + Drop-In Kayaking All Ages 4:00-5:30pm	19 Kayak Lessons Pre-Register 9:30-1030am Ages 8-13 10:30-11:30 14+ Drop-In Kayaking All Ages 4:00-5:30pm	20 Kayak Lessons Pre-Register 9:30-1030am Ages 8-13 10:30-11:30 14+ Drop-In Kayaking All Ages 4:00-5:30pm	21 Kayak Lessons Pre-Register 9:30-1030am Ages 8-13 10:30-11:30 14+ Drop-In Kayaking All Ages 4:00-5:30pm	22 Kayak Lessons Pre-Register 9:30-1030am Ages 8-13 10:30-11:30 14+ Drop-In Kayak All Ages 4-6pm	23

March Schedule Ponoka Aquaplex

5315 46 Ave Ponoka AB T4J 1J4

(Please see Spring Break Schedule and Kayaking Schedule for additional information)

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/Town Lessons 9:30-11:45am	School/Town Lessons 9:30-11:45am	School/Town Lessons 9:30-11:45am	School/Town Lessons 9:30-11:45am	School/Town Lessons 9:30-11:45am	
	Lap Swim 11:45-1:00pm	Lap Swim 11:45-1:00pm	Lap Swim 11:45-1:00pm	Lap Swim 11:45-1:00pm	Lap Swim 11:45-1:00pm	
* Parent and tot and one lap lane may be unavailable on days where we have school bookings. Please call 403-783-0131 for inquiry.	School/Town Lessons 1:00-2:30 pm	School/Town Lessons 1:00-2:30 pm	School/Town Lessons 1:00-2:30 pm	School/Town Lessons 1:00-2:30 pm	School/Town Lessons 1:00-2:30 pm	Saturday Life Saving Society Swim Lessons 10:00 -1:00pm
	Everyone Welcome 3:00-4:00 pm	Everyone Welcome 3:00-4:00 pm	Everyone Welcome 3:00-4:00 pm	Everyone Welcome 3:00-4:00 pm	Everyone Welcome 3:00-4:00 pm	
Sunday Drop-in Kayaking All Ages March 10&17 11-1pm	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 4-6pm	Private Pool Rental Time 1:00 - 2:00pm
Private Pool Rental 1:00 - 2:00pm	LSS Lessons 5:30 - 6:30 pm	Family Toonie Swim 5:30-7:00	LSS Lessons 5:30 - 6:30 pm	Family Toonie Swim 5:30-7:00	Everyone Welcome 6:00 - 8:00 Every Second Friday FCSS hosts a free Everyone Welcome Swim Dates March 8th and 22nd	Everyone Welcome Swim 2:00-4:00pm
Family Swim 2:00 - 3:30pm Pool Closed March 3rd	Water Fitness 6:30-7:30	Drop-in Adult Kayaking March 5 & 12th 7:00-9:00pm	Water Fitness 6:30-7:30	Deep Water Fitness 7:00-8:00pm		Family Swim 4:00-5:30pm
Everyone Welcome Swim 3:30-5:00 pm Pool Closed March 3rd	Everyone Welcome Swim 7:30-9:00pm	Lap & Adult Swim 7:00-9:00pm	Everyone Welcome Swim 7:30-9:00pm	Lap & Adult Swim 7:00-9:00pm		Private Pool Rental Time 5:30-6:30pm
At all times: children 7 yrs & under must have an adult caregiver in the water within arms reach						Everyone Welcome Swim 6:30-8:00pm
For more information please visit: www.ponoka.ca **Please note schedule is subject to change.**						
~ Lap Lane + Parent & Tot open all day except during Fitness & Lessons~						