

Ponoka Aquaplex 5315 46th Ave Ponoka AB T4J -1J4

Fall/Winter Schedule September 3 - December 31st

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		Water Zumba 8:30-9:30 am
	School/Town Lessons 9:30-11:45 am	School/Town Lessons 9:30-11:45 am	School/Town Lessons 9:30-11:45 am	School/Town Lessons 9:30-11:45 am	School/Town Lessons 9:30-11:45 am		Everyone Welcome 2 Lap Lanes
	*1 lap lane 9:30-11:45	*1 lap lane 9:30-11:45	*1 lap lane 9:30-11:45	*1 lap lane 9:30-11:45	*1 lap lane 9:30-11:45		
	Lap Swim 12:00-1:30 pm	Lap Swim 12:00-1:30 pm	Lap Swim 12:00-1:30 pm	Lap Swim 12:00-1:30 pm	Lap Swim 12:00-1:30		Lap Swim 12:00-1:30
Everyone Welcome 1:30-4:00 pm	Everyone Welcome 1:30-4:00 pm	Everyone Welcome 1:30-4:00 pm	Everyone Welcome 1:30-4:00 pm	Everyone Welcome 1:30-4:00 pm	Everyone Welcome 1:30-4:00 pm		
* Please note Parent and tot and one lap lane may be unavailable on days where we have school bookings. Please call 403-783-0131 for inquiry.	*Parent and Tot 1:30-4:00pm	*Parent and Tot 1:30-4:00 pm	*Parent and Tot 1:30-4:00 pm	*Parent and Tot 1:30-4:00 pm	*Parent and Tot 1:30-4:00 pm	Life Saving Society Swim Lessons 10:00 -1:00pm	
	Saturday						
Sunday	*1 lap lane 1:30-4 pm	*1 lap lane 1:30-4 pm	*1 lap lane 1:30-4 pm	*1 lap lane 1:30-4 pm	*1 lap lane 1:30-4 pm	Private Pool Rental Time 1:00 - 2:00 pm	
Private Pool Rental Time 1:00 - 2:00 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 4-6pm	
Family Swim 2:00 - 3:30pm	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 Week FCSS hosts a free Everyone Welcome Swim Sept 7 & 21 Oct 5 & 19 Nov 2, 16 & 30 Dec 14 & 28	Family Swim 2:00 - 3:30pm	
Everyone Welcome Swim 3:30-5:00 pm	Water Fitness 6:30-7:30	Deep Water Fitness 7:00-8:00pm	Water Fitness 6:30-7:30	Water Zumba 7:00-8:00pm		Everyone Welcome Swim 3:30 - 5:00 pm	
At all times: children 8 yrs & under must have a caregiver in the water within arms reach	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	All children under 36 months are required to wear a swim diaper and a water proof diaper cover. Daipers and cover are available for purchase at the pool.		
For more information please visit: www.ponoka.ca							

Please note schedule is subject to change.