

Winter 2019 Courses /Lessons

Monday/Wednesday PM Lessons

Session 1: January 14 - February 6

Session 2: February 11 - March 11 (No Lesson Feb. 18th)

Session 3: April 1- April 29

Level	Time	Cost
Preschool 1/2	5:30-6:00	\$40
Preschool 3/4	6:15-6:45	\$40
Swimmer 1	6:00-6:30	\$40
Swimmer 2/3	5:30-6:15	\$40
Swimmer 4/5	5:30-6:15	\$40

Friday PM Lessons

January 18 - March 8 2019

Level	Time	Cost
Preschool 1/2	4:00-4:30	\$40
Preschool 3/4	5:00-5:30	\$40
Swimmer 1	4:30-5:00	\$40
Swimmer 2/3	4:00-4:45	\$40
Swimmer 4/5	4:45-5:30	\$40

Saturday AM Lessons

January 19 - March 9 2019

Level	Time	Cost
Parent and Tot	10:00 -10:30	\$40
Preschool 1	11:15-11:45	\$40
Preschool 2/3	10:30-11:00	\$40
Swimmer 1	10:00 -10:30	\$40
Swimmer 2	10:30-11:15	\$40
Swimmer 3/4	11:00-11:45	\$40-\$44
Swimmer 5/6	11:45-12:30	\$44
Swim Patrol	11:45-12:30	\$52

Junior Lifeguard Club

Friday January 18 -March 8 4-6pm

Cost: \$120 GST Inc.

National Lifeguard (+ AEC Optional)

Jan 4, 5, 6, 11, 12 & 13th.

Friday 5-9pm; Sat/Sun 8am-5pm

Cost: \$350 GST Inc.

(AEC Dec. 30th 8-5pm, Cost: \$100 GST Inc.)

National Lifeguard Recertification

Jan 27th; 1 pm - 5 pm Cost: \$90 GST Inc.

Swim & Lifesaving Instructor

Feb. 15, 16, 17, 22, 23 & 24th.

Friday 5-9pm Sat/Sun 8-5pm Cost: \$350 GST Inc.

Babysitting Course: \$63 GST Inc.

January 18, March 8, May 10 (9am-4pm)

Stay Safe Course: \$53 GST Inc.

February 15, April 5 (10am-3pm)

Red Cross First Aid Courses

Standard & Emergency

March 23rd 8-5 pm Cost: \$110 GST Inc.

March 23 & 24th 8-5 pm Cost: \$140 GST Inc.

Red Cross Std. & Emerg. Recertification

February 2nd 8-12pm Cost: \$55 GST Inc.

February 2nd 8-5 pm Cost: \$70 GST Inc.

Private Lessons

Flexible Times Available

30 Minute Private - \$20; Semi Private \$30

FCSS Sponsored Free Swim

Every Second Friday 6:00-8:00pm

January 11th & 25th / February 8th & 22nd

March 8th & 22nd / April 5th & 26th



For More Information or to register please contact Ponoka Aquaplex
Phone:403-783-0131 | Email: recreation@ponoka.ca | www.ponoka.ca

Spring 2019 Courses /Lessons

Tuesday/Thursday PM Lessons

Session 1: May 7—30
Session 2: June 3 - June 27

Level	Time	Cost
Preschool 1/2	4:30-5:00	\$40
Preschool 3/4	4:00-4:30	\$40
Swimmer 1	5:00-5:30	\$40
Swimmer 1	4:45-5:15	\$40
Swimmer 2/3	4:00-4:45	\$40
Swimmer 4/5	4:00-4:45	\$44

Friday PM Lessons

April 5—May 31 (No Lesson April 19th)

Level	Time	Cost
Preschool 1/2	4:00-4:30	\$40
Swimmer 1	4:30-5:00	\$40
Swimmer 2/3	4:00-4:45	\$40
Swimmer 4/5	4:00-4:45	\$44
Swim Patrol	4:00-5:00	\$52

Saturday AM Lessons

April 6—June 1 (No Lessons April 20)

Level	Time	Cost
Parent and Tot	10:00 -10:30	\$40
Preschool 1	11:15-11:45	\$40
Preschool 2/3	10:30-11:00	\$40
Swimmer 1	10:00 -10:30	\$40
Swimmer 2	10:30-11:15	\$40
Swimmer 3/4	11:00-11:45	\$40-\$44
Swimmer 5/6	11:45-12:30	\$44
Swim Patrol	11:45-12:30	\$52

Rookie/Ranger/Star Patrol

Fridays April 5—May 31

4 –5 pm

(No Lesson April 19th)

Cost: \$52 GST Inc.

Bronze Medallion & Cross

May 3, 4, 5, 10, 11, & 12

Friday 5-9pm; Sat/Sun 8am-5pm

Cost \$230 GST Inc.

Pool Kayaking *NEW*

Drop In Sessions Available

All Ages; Teen & Adult

Spring Break (Pre registered Courses)

March 18th - 22nd

9:30 -10:30am Ages 8-13; 10:30am-11:30 Ages 14+

Cost: \$10.50-\$15/per day

For more info please see:

<https://www.ponoka.ca/visiting/recreation/aquaplex>

Babysitting Course: \$63 GST Inc.

March 8, May 10 (9am-4pm)

Stay Safe Course: \$53 GST Inc.

April 5 (10am-3pm)

First Aid Courses

Available Upon Request

FCSS Sponsored Free Swim

Every Second Friday 6:00-8:00pm

May 3rd, 17th & 31st / June 14th & 28th



For More Information or to register please contact Ponoka Aquaplex
Phone:403-783-0131 | Email: recreation@ponoka.ca | www.ponoka.ca

Spring

Tuesday/Thursday PM Lessons

Session 1: May 7—30
Session 2: June 3 - June 27

Level	Time	Cost
Preschool 1/2	4:30-5:00	\$40
Preschool 3/4	4:00-4:30	\$40
Swimmer 1	5:00-5:30	\$40
Swimmer 1	4:45-5:15	\$40
Swimmer 2/3	4:00-4:45	\$40
Swimmer 4/5	4:00-4:45	\$44

Friday PM Lessons

April 5—May 31 (No Lesson April 19th)

Level	Time	Cost
Preschool 1/2	4:00-4:30	\$40
Swimmer 1	4:30-5:00	\$40
Swimmer 2/3	4:00-4:45	\$40
Swimmer 4/5	4:00-4:45	\$44
Swim Patrol	4:00-5:00	\$52

Saturday AM Lessons

April 6—June 1

Level	Time	Cost
Parent and Tot	10:00 -10:30	\$40
Preschool 1	11:15-11:45	\$40
Preschool 2/3	10:30-11:00	\$40
Swimmer 1	10:00 -10:30	\$40
Swimmer 2	10:30-11:15	\$40
Swimmer 3/4	11:00-11:45	\$40-\$44
Swimmer 5/6	11:45-12:30	\$44
Swim Patrol	11:45-12:30	\$52

Summer

Monday-Friday Lessons

Session 1: July 8-12th; Session 2: July 15-19 ;
Session 3: July 22-26; Session 4: July 23- Aug 2
Session 5: Aug 6-9; Session 6: Aug 12-16
Session 7: Aug 19-23

Level	Time	Cost
Parent & Tot	9:30-10:15	\$40
Preschool 1/2	9:30-10:15	\$40
Preschool 3/4	9:00-9:45	\$40
Swimmer 1	10:15-11:15	\$40
Swimmer 2	10:15-11:15	\$40
Swimmer 3/4	9:45-10:45	\$40-\$44
Swimmer 5/6	10:45-11:45	\$44

Monday/Wednesday PM Lessons

Session 1: July 3 -24
Session 2: July 29- August 21 (No Lesson August 5)

Level	Time	Cost
Preschool 1/2	5:30-6:00	\$40
Preschool 3/4	6:15-6:45	\$40
Swimmer 1	6:00-6:30	\$40
Swimmer 2/3	5:30-6:15	\$40
Swimmer 4/5	5:30-6:15	\$44

Saturday AM Lessons

July 6- August 24th (No Lessons July 13)

Level	Time	Cost
Parent and Tot	10:00 -10:30	\$40
Preschool 1	11:15-11:45	\$40
Preschool 2/3	10:30-11:00	\$40
Swimmer 1	10:00 -10:30	\$40
Swimmer 2	10:30-11:15	\$40
Swimmer 3/4	11:00-11:45	\$40-\$44
Swimmer 5/6	11:45-12:30	\$44
Swim Patrol	11:45-12:30	\$52



For More Information or to register please contact Ponoka Aquaplex
Phone:403-783-0131 | Email: recreation@ponoka.ca | www.ponoka.ca

Spring & Summer Courses 2019

Junior Lifeguard Camp

Work towards Rookie/Ranger Star Patrol
Learn lifeguard skills & fun games/activities

Date: August 6-9th Time: 9am -3pm
Cost: \$120 GST Inc.

Babysitting Course: \$63 GST Inc.

May 10 & July 26 (9am-4pm)

Stay Safe Course: \$53 GST Inc.

April 5 , June 21 (10am-3pm)

Bronze Medallion & Cross

Session 1: May 3, 4, 5, 10, 11, & 12

Friday 5-9pm; Sat/Sun 8am-5pm

Session 2: July 2-5th 8am -5pm

Private/ Semi Private Lessons

Flexible Times Available

30 Minute Private - \$20

Semi Private (Max 2 People) \$30

National Lifeguard + AEC

July 22 -27th 8am -5pm

Cost: \$350 GST Inc.

National Lifeguard Recertification

August 25 Cost: \$90 GST Inc.

Swim & Lifesaving Instructor

August 12-16 8am -5pm

Cost: \$350 GST Inc.

National Drowning Prevention Week

July 14-20

Free swim to Survive Testing Daily (2-3pm)

July 17th

Free Swim - 1-3 pm

Free Face Painting, Games & BBQ 3-5pm

Drowning Prevention pamphlets available all week at the Ponoka Aquaplex

Pool Kayaking

Drop-In

July 8th -19th

Monday, Tuesday, Thursday & Friday 1-2pm

Cost: \$10.50-\$15/per drop-in

Pre-register classes and more drop in times

TBA

First Aid Courses

Available Upon Request

(Minimum 4 Participants Needed)

FCSS Sponsored Free Swim

Every Second Friday 6:00-8:00pm

April 5 & 19; May 3rd, 17th & 31st

June 14th & 28th; July 12 & 26

August 9 & 23



For More Information or to register please contact Ponoka Aquaplex
Phone:403-783-0131 | Email: recreation@ponoka.ca | www.ponoka.ca