

Spring/Summer Lessons 2020

Spring Registration Now Open

Summer Registration Begins May 15

Monday/Wednesday PM Lessons

Spring Session : March 30 - April 29 (No Lessons April 13th)

Summer Session: July 13th - August 12th

(No lessons August 3)

Level	Time	Cost
Sea Otter/ Salamander	5:30-6:00	\$36
Sunfish/Crocodile	6:00-6:30	\$36
Swim Kids 1	5:30-6:00	\$36
Swim Kids 2	5:30-6:00	\$36
Swim Kids 3/4	6:30-7:00	\$36
Swim Kids 5/6	6:00-6:45	\$39
Swim Kids 7-10	6:00-7:00	\$47

Friday PM Lessons

April 17 - June 19 (No Lessons May 15)

Level	Time	Cost
Sea Otter/Salamander	4:00-4:30	\$36
Sunfish/Crocodile	4:30-5:00	\$36
Swim Kids 1/2	4:30-5:00	\$36
Swim Kids 3/4	4:00-4:30	\$36
Swim Kids 5/6	4:00-4:45	\$39

Saturday AM Lessons

April 18 - June 20 (No Lessons May 16th)

Level	Time	Cost
Star Fish/Duck/ Sea Turtle	10:00-10:30	\$36
Sea Otter	10:00-10:30	\$36
Salamander	10:30-11:00	\$36
Sunfish/Crocodile	11:00-11:30	\$36
Swim Kids 1	10:30-11:00	\$36
Swim Kids 1	11:00-11:30	\$36
Swim Kids 2	10:30-11:00	\$36
Swim Kids 3/4	11:30-12:00	\$36
Swim Kids 5/6	11:00-11:45	\$39

Week Long Summer Lessons

Session 1: July 6- 10 Session 2: July 13-17

Session 3: July 20-24 Session 4: July 27-31

Session 5: August 10-14 Session 6: August 17-21

Level	Time	Cost
Star Fish/Duck/ Sea Turtle	9:30-10:15	\$30
Sea Otter/Salamander	9:30-10:15	\$30
Sunfish/Crocodile	9:00-9:45	\$30
Swim Kids1	10:15-11:00	\$30
Swim Kids 2	11:00-11:45	\$30
Swim Kids 3/4	9:45-10:30	\$30
Swim Kids 5/6	10:30-11:30	\$32
Swim Kids 7-10	10:15-11:45	\$39

FCSS Sponsored Free Swim

Every Second Friday 6-8 pm

Private Lessons (Flexible times)

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



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

Spring & Summer Courses

Drowning Prevention Week

July 19 - 25

Swim to Survive Skills test done daily 1-4pm
Come try it out and receive a certificate & bracelet.

July 22

Free Swim 1-4pm, BBQ 3-5pm
Safety Activities and Drowning Prevention Info

Start your training this Spring!



Advanced Lifesaving Courses

Junior Lifeguard Club

Fridays 4-6pm March 20 - April 24
Cost: \$105

Bronze Medallion & Cross

Tues - Fri August 4-7 8am-5pm
Cost: \$230 GST Inc.

National Lifeguard + AEC

Cost \$350 GST Inc.
Phone 403-783-0122 for more information

National Lifeguard Recert

Sunday August 23 8-12 am
Cost: \$90 GST Inc.

Swim & Lifesaving Instructor

April 17-19 & 24-26th
Friday 5-9pm; Sat/Sun 8:30am-5pm
Cost: \$350 GST Inc.

Lifesaving Instructor Recert

Saturday June 6 1-4pm
Cost \$90 GST Inc.



LIFESAVING SOCIETY
The Lifeguarding Experts

Red Cross Advanced Courses

Water Safety Instructor

Skill Evaluation and Candidate Package
July 3 8am-12pm Cost: \$200

Register before June 1 for 10% off

Classroom Component and Teaching

August 4 -8 8am-5pm Cost: \$225

Register before July 1 for 10% off

Water Safety Instructor Recert

Saturday July 4 8am-12pm
Cost: \$90 GST Inc.

Red Cross Blended First Aid

Standard First Aid 16 hours (\$140)
Emergency First Aid 7 Hour (\$110)
WCB approved

Phone 403-783-0122 for more information

Babysitting Course

May 8, July 24, August 14 Cost \$63 Inc. GST

Stay Safe Course

April 24th & July 10 Cost \$53 Inc. GST



CANADIAN
RED CROSS



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