



Ponoka Aquaplex Will Offer Swimming Lessons and Junior Lifeguard Club Beginning in October

(August 31, 2020) – Registration is open for swimming lessons (all levels) and Junior Lifeguard Club (JLC) at the Ponoka Aquaplex. Monday and Friday swimming lessons and JLC will be offered from October 5 – November 4. JLC and swim lessons will also be offered on Fridays from October 9 – December 11.

All lessons will be held between 4 – 5:30 p.m. Children enrolling in JLC or Swim Kids 5 or above are required to complete a swimming assessment prior to enrollment to ensure proper swim level placement. JLC is open to children who have completed Swim Kids 4 and up.

COVID-19 Precautions

To help prevent the spread of COVID-19 and to protect the safety of Aquaplex users and staff, the following measures are being put in place at the Aquaplex:

- For swimming lessons, a caregiver aged 16 or older must be in the water at all times with children enrolled in Sea Otter to Swim Kids 4;
- Change room access is limited, so swimmers must arrive already dressed for swimming;
- Caregivers, parents and children with symptoms of COVID-19 (flu-like symptoms such as fever, cough, runny nose, sore throat or shortness of breath), or those who have been exposed to someone with a confirmed or probable case of COVID-19, or have travelled outside of Canada in the last 14 days are asked to stay home and not attend swimming lessons;
- All children enrolled in swimming lessons must be signed into the Aquaplex by a caregiver aged 16 or older and answer some COVID screening questions. Children who arrive without a caregiver to sign them in will not be permitted to participate in their swim lesson;
- Spectators will be limited to one person per family during swim lessons;
- Swimmers must have a soapy shower on the pool deck before entering the pools; and
- Facility users are required to use available hand sanitizer upon entering the building and to follow physical distancing requirements.



News Release
August 31, 2020

For a detailed schedule and pricing for swimming lessons and JLC, please visit the Town website at www.ponoka.ca. Click 'Community' on the main menu, then click 'Recreation' on the side menu to find the Aquaplex link. If you have questions, please phone the Aquaplex at 403-783-0131.

Anyone interested in enrolling in any of the following courses is asked to phone 403-783-0122: Bronze Cross & Bronze Medallion, Standard First Aid and CPR C or AEC, National Lifeguard or Water Safety.

For more information on how you can help protect yourself and others against the spread of COVID-19, please visit www.alberta.ca/COVID19.

For Media Inquiries:

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