

# Fall & Winter Courses

## Annual Pool Closure

(August 25 - September 30)

The Aquaplex will be closed for improvements and cleaning of the facility .

We will resume regular fall schedule  
September 30

## Start your training this Winter!



## Advanced Lifesaving Courses

### Junior Lifeguard Club

**Fall Class: \$120**

Fridays 4-6 pm October 19 - December 7

**Winter Class: \$120**

Fridays 4-6 pm Jan 10 - Mar 13  
(No Class February 14)

### Bronze Medallion & Cross

March 6-8 & 13-15th

Friday's 5-9 pm; Sat/Sun 8:30-5 pm  
Cost: \$230 GST Inc.

### National Lifeguard + AEC

November 22-24 & 29-Dec 1  
Friday's 5-9 pm; Sat/Sun 8:30-5 pm  
Cost: \$350 GST Inc.

### National Lifeguard Recert

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

### Swim & Lifesaving Instructor

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



LIFESAVING SOCIETY  
*The Lifeguarding Experts*

## Red Cross Advanced Courses

### Water Safety Instructor

**Skill Evaluation and Candidate Package**

March 7 or 8 am 12 pm Cost: \$200

**Classroom Component and Teaching**

March 23-27 8 am - 5 pm Cost: \$225

### Water Safety Instructor Recert

Sunday January 12 1-4 pm  
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

October 11, December 6, Feb 15, March 22  
Cost \$63 Inc GST

### Stay Safe Course

November 22, January 18, March 15th  
Cost \$53 Inc GST



**CANADIAN  
RED CROSS**



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

# Winter Lessons 2020

New Red Cross Swim Lessons Starting January 6, 2020

Registration Starts December 1, 2019

## Monday/Wednesday PM Lessons

Session 1: January 6 - February 5

Session 2: February 10 - March 18 (No Lesson Feb. 17 & 19)

Session 3: March 30 - April 29 (No Lessons April 13th)

Level	Time	Cost
Sea Otter/ Salamander	5:30-6:00	\$40
Sunfish/Crocodile	6:00-6:30	\$40
Swim Kids 1	5:30-6:00	\$40
Swim Kids 2	5:30-6:00	\$40
Swim Kids 3/4	6:30-7:00	\$40
Swim Kids 5/6	6:00-6:45	\$44
Swim Kids 7-10	6:00-7:00	\$52

## Saturday AM Lessons

January 11 - March 14 (No Lessons February 15)

Level	Time	Cost
Star Fish/Duck/ Sea Turtle	10:00-10:30	\$36
Sea Otter/Salamander	10:00-10:30	FULL
Sunfish/Crocodile	11:00-11:30	\$36
Swim Kids 1	10:30-11:00	\$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
Swim Kids 7-10	11:45-12:45	\$47
Rookie/Ranger/Star Patrol	12:00-1:00	\$47

## Friday PM Lessons

January 10 - March 13 (No Lessons February 14)

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

## Week Long Lessons AM

Session 1: Feb 18-21 Session 2: March 23 -27th

Level	Time	Cost
Star Fish/Duck/ Sea Turtle	9:30-10:15	\$24-30
Sea Otter/Salamander	9:30-10:15	\$24-30
Sunfish/Crocodile	9:00-9:45	\$24-30
Swim Kids 1	10:15-11:00	\$24-30
Swim Kids 2/3	11:00-11:45	\$24-30
Swim Kids 4/5	9:45-10:45	\$26-32
Swim Kids 6-8	10:15-11:55	\$32-38
Rookie/Ranger/Star Patrol	10:45-12:00	\$32- 38

### Junior Lifeguard Club - \$120

Friday Jan 17 - Mar 13 4-6 pm (No JLC Feb 14)

### Pool Kayaking Coming April 2020

Dates and Times: TBA

### Private Lessons (Flexible times)

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

### FCSS Sponsored Free Swim

Winter Dates: TBA Every Second Friday 6-8 pm



For more information or to register please contact Ponoka Aquaplex

Phone:403-783-0131 | Email: recreation@ponoka.ca |