



Summer 2026 Swimming Lessons

For more information or to register please visit www.ponoka.ca

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

Parent & Tot Lessons Cost: \$45				Swimmer 3/4 Cost: \$50			
Session	Dates of Class	Days	Time	Session	Dates of Class	Days	Time
1	July 6 - 10	Mon - Fri	9:15 - 9:55 a.m.	1	July 6 - 10	Mon - Fri	10:20 - 11:05 a.m.
2	July 13 - 17	Mon - Fri	9:10 - 9:50 a.m.	2	July 13 - 17	Mon - Fri	9:55 - 10:40 a.m.
3	July 20 - 24	Mon - Fr	9:15 - 9:55 a.m.	3	July 20 - 24	Mon - Fri	10:20 - 11:05 a.m.
4	July 27 - 31	Mon - Fri	9:10 - 9:50 a.m.	4	July 27 - 31	Mon - Fri	9:55 - 10:40 a.m.
5	Aug 10 - 14	Mon - Fri	9:15 - 9:55 a.m.	5	Aug 10 - 14	Mon - Fri	10:20 - 11:05 a.m.
6	Aug 17 - 21	Mon - Fri	9:10 - 9:50 a.m.	6	Aug 17 - 21	Mon - Fri	9:55 - 10:40 a.m.
Preschool 1/2 Cost: \$45				Swimmer 5/6 Cost: \$50			
Session	Dates of Class	Days	Time	Session	Dates of Class	Days	Time
2	July 13 - 17	Mon - Fri	10:45 - 11:25 a.m.	1	July 6 - 10	Mon - Fri	10:20 - 11:20 a.m.
3	July 20 - 24	Mon - Fri	10:20 - 11 a.m.	2	July 13 - 17	Mon - Fri	9 - 10 a.m.
4	July 27 - 31	Mon - Fri	10:45 - 11:25 a.m.	3	July 20 - 24	Mon - Fri	10:20 - 11:20 a.m.
5	Aug 10 - 14	Mon - Fri	10:20 - 11 a.m.	4	July 27 - 31	Mon - Fri	9 - 10 a.m.
6	Aug 17 - 21	Mon - Fri	10:45 - 11:25 a.m.	5	Aug 10 - 14	Mon - Fri	10:20 - 11:20 a.m.
Preschool 3/4 Cost: \$45				6	Aug 17 - 21	Mon - Fri	9 - 10 a.m.
Session	Dates of Class	Days	Time	Rookie, Ranger, Star Patrol Cost: \$58.50			
1	July 6 - 10	Mon - Fri	10:20 - 11 a.m.	Session	Dates of Class	Days	Time
2	July 13 - 17	Mon - Fri	10:05 - 10:45 a.m.	1	July 13 - 17	Mon - Fri	9 - 10 a.m.
3	July 27 - 31	Mon - Fri	10:05 - 10:45 a.m.	2	July 27 - 31	Mon - Fri	10:05 - 11:05 a.m.
4	Aug 17 - 21	Mon - Fri	10:05 - 10:45 a.m.	3	Aug 17 - 21	Mon - Fri	10:05 - 11:05 a.m.
Swimmer 1/2 Cost: \$50				Private Lessons Cost: \$30 per lesson			
Session	Dates of Class	Days	Time	Session	Dates of Class	Days	Time
1	July 6 - 10	Mon - Fri	10 - 10:45 a.m.	1	July 6 - 10	Mon - Fri	10:50 - 11:20 a.m.
2	July 13 - 17	Mon - Fri	9:15 - 10 a.m.				
3	July 20 - 24	Mon - Fri	10 - 10:45 a.m.	3	July 20 - 24	Mon - Fri	10:50 - 11:20 a.m.
4	July 27 - 31	Mon - Fri	9:15 - 10 a.m.				
5	Aug 10 - 14	Mon - Fri	10 - 10:45 a.m.	5	Aug 10 - 14	Mon - Fri	10:50 - 11:20 a.m.
6	Aug 17 - 21	Mon - Fri	9:15 - 10 a.m.				
Advanced Courses							
Session	Dates of Class	Cost	Time				
Intermediate Workplace First Aid							
1	July 6 - 7	\$146	8:30 - 4:30 p.m.				
Babysitters Course							
	July 8	\$67.50	8 - 4 p.m.				
Stay Safe							
1	July 23	\$60	9 - 3 p.m.				
Bronze Cross Course							
1	July 8 - 10	\$166	Wednesday 4 - 8p.m.				
			Thursday - Friday 8:30 - 4:30 p.m.				
National Lifeguard Course							
1	July 13 - 17	\$309	8:30 - 4:30 p.m.				
Swim Instructor							
1	Aug 17 - 20	\$288.75	8:30 - 4:30 p.m.				



Summer 2026 Registered Programs

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Active Adventures

Cost: \$200 per week

Location: Ponoka Arena Complex

Ages: 6 - 14 yrs

We're running adventure sessions this summer where kids can try or build on thier skate board skills, roller skating, swimming, and biking skills! Its a fun way to stay active and spend time outside

Session	Dates of Class	Days	Time
1	July 6 -10	Mon -Fri	8 a.m - 4 p.m.
2	July 20 - 24	Mon - Fri	8 a.m - 4 p.m.
3	July 27 - 31	Mon - Fri	8 a.m - 4 p.m.
4	August 10 -14	Mon - Fri	8 a.m - 4 p.m.

Barre Class

Location: Got 2 Dance Studio

Cost: \$60 for all 4 classes or \$30 for recreation pass holders

Build strength, improve posture, increase flexibility and challenge muscles you didn't even know you had.
 Low impact. High Burn. Full body results

Session	Dates of Class	Days	Time
1	July 10 - 31	Friday's	11:15 a.m. - 12:15 p.m.
2	July 8 - 29	Wednesday's	5:15 - 6:15 p.m.
3	August 7 - 28	Friday's	11:15 a.m. - 12:15 p.m.
5	August 5 - 26	Wednesday's	5:15 - 6:15 p.m.

Zumba Gold

Cost: \$15 per class or \$7.50 for recreation pass holders

Location: Aquaplex Multipurpose Room on nice days tennis courts

Get active, have fun and dance your way to fitness! Join us this Summer for Zumba Gold. A low-impact dance fitness class, perfect for beginners and seniors- but open to everyone!

Session	Dates of Class	Days	Time
1	July 7	Tuesday	10 - 11 a.m.
2	July 14	Tuesday	10 - 11 a.m.
3	July 21	Tuesday	10 - 11 a.m.
4	July 28	Tuesday	10 - 11 a.m.

Total Body Cardio

Cost: \$15 per class or \$7.50 recreation pass holders

Location: Aquaplex Multipurpose Room

Get ready to mix it up with light weights, fun moves and great tunes! This engaging workout is all about keeping you sweaty, moving and motivated. Let's have a blast while we elevate our fitness together! This class is low-impact and every fitness level is welcome.

Session	Dates of Class	Days	Time
1	June 04	Thursday	6 - 6:50 p.m
2	June 10	Wednesday	6 - 6:50 p.m
3	June 18	Thursday	6 - 6:50 p.m
4	June 25	Thursday	6 - 6:50 p.m