



Fall 2026 Swimming Lessons & Advanced Course

Registration opens on Friday, August 21 in person at Ponoka's Community Registration Night and online at 7 p.m.

For more information or to register please visit [Ponoka.ca](https://ponoka.ca)
Phone: 403-783-0131 | Email: recreation@ponoka.ca

Parent & Tot Lessons Cost: \$45		
Dates of Class	Days	Time
September 19 - October 24	Saturdays	9 - 9:40 a.m.
November 16 - December 2	Mon/Wed	6 - 6:40 p.m.
Preschool 1/2 Cost: \$45		
Dates of Class	Days	Time
September 19 - October 24	Saturdays	10:35 - 11:15 a.m.
November 16 - December 2	Mon/Wed	5:45 - 6:25 p.m.
Preschool 3/4 Cost: \$45		
Dates of Class	Days	Time
September 19 - October 24	Saturdays	10:55 - 11:35 a.m.
October 5 - 26 (No Class October 12)	Mon/Wed	5:45 - 6:25 p.m.
November 16 - December 2	Mon/Wed	6:35 - 7:15 p.m.
Swimmer 1/2 Cost: \$50		
Dates of Class	Days	Time
September 19 - October 24	Saturdays	9 - 9:45 a.m.
October 5 - 26 (No class October 12)	Mon/Wed	6:30 - 7:15 p.m.
November 16 - December 2	Mon/Wed	5:45 - 6:30 p.m.
Swimmer 3/4 Cost: \$50		
Dates of Class	Days	Time
September 19 - October 24	Saturdays	9:45 - 10:30 a.m.
November 16 - December 2	Mon/Wed	6:30 - 7:15 p.m.
Swimmer 5/6 Cost: \$50		
Dates of Class	Days	Time
September 19 - October 24	Saturdays	9:30 - 10:30 a.m.
October 5 - 26 (No class October 12)	Mon/Wed	5:45 - 6:45 p.m.

Rookie, Ranger, Star Patrol Cost: \$58.50		
Dates of Class	Days	Time
September 19 - October 24	Mon/Wed	5:45 - 6:45 p.m.
Junior Lifeguard Club Cost: \$168.50		
Dates of Class	Days	Time
October 2 - November 27	Fridays	4 - 5:30 p.m.
Intermediate First Aid Cost: \$146		
Dates of Class	Days	Time
November 12 & 13	Thurs/Fri	8:30 a.m. - 4:30 p.m.
Bronze Medallion Cost: \$162		
Dates of Class	Days	Time
November 27 & 28	Friday to Saturday	8:30 a.m. - 4:30 p.m.
Bronze Cross Cost: \$166		
Dates of Class	Days	Time
December 10 - 12	Thursday to Saturday	Thursday 4 - 8 p.m.
		Friday to Saturday 8:30 a.m. - 4:30 p.m.
Private Lessons Cost: \$30 per one class		
To schedule private lessons, please contact Meaghan Sewell at 403-783-0131. (Each time slot is for one child only and is only available for children ages 6 and up.)		
September 19 - October 24	Saturdays	10:35 - 11:05 a.m.
September 19 - October 24	Saturdays	11:20 - 11:50 a.m.
October 5 - 26 (No class October 12)	Mon/Wed	6:50 - 7:20 p.m.
Babysitting Course Cost: \$67.50		
November 10	Tuesday	8:30 a.m. - 3:30 p.m.
Stay Safe Course Cost: \$60		
October 9	Friday	9 a.m. - 1 p.m.





Fall 2026 Fitness and Wellness Classes

Registration opens on Friday, August 21 in person at Ponoka's Community Registration Night and online at 7 p.m.

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Barre Class & Child Supervision

Join us at Got 2 Dance Studio for Barre Class! Build strength, improve posture, increase flexibility, and challenge muscles you didn't even know you had. Low Impact. High Burn. Full-Body Results. Child supervision is provided while you enjoy your barre class, giving your child the opportunity to play and learn in the other dance studio.

Location: Got 2 Dance Studio
Cost: \$15 per class or \$7.50 with Recreation Pass

Dates of Class	Days	Time
Sept 18 - Nov 27	Fridays	11:15 a.m. - 12 p.m.

Pilates With Hayley

Build strength, improve posture, and connect with your body in a positive, supportive environment where every movement is designed for every body.

Location: Ponoka Aquaplex Multipurpose Room
Cost: \$15 per class or \$7.50 with Recreation Pass

Dates of Class	Days	Time
November 5 - 26	Thursdays	7:30 - 8:20 p.m.

Movement and Muscle

Join us Saturday mornings to kickstart your weekend! Movement & Muscle is an upbeat strength-training class designed to help you build strength, improve movement, and feel your best. Every workout can be modified to suit your fitness level, making it perfect for beginners and experienced lifters alike. All levels are welcome!

Location: Ponoka Aquaplex Multipurpose Room
Cost: \$15 per class or \$7.50 with Recreation Pass

Dates of Class	Days	Time
Oct 3 - Nov 21	Saturdays	9 - 10 a.m.

 Lets dress up for Halloween on October 31 

Sound Bath

You'll be surrounded by the rich tones of large singing bowls, a planetary gong, and a curated mix of therapeutic instruments, all designed to create waves of soothing sound.

Location: Hudson's Green Nature and Activity Centre
Cost: \$40

Date of Class	Days	Time
September 21	Monday	6 - 7 p.m.

Pilates With Kyra

Build strength, improve posture, and connect with your body in a positive, supportive environment where every movement is designed for every body.

Location: Ponoka Aquaplex Multipurpose Room
Cost: \$15 per class or \$7.50 with Recreation Pass

Dates of Class	Days	Time
September 14 - 28	Mondays	7:45 - 8:30 p.m.

Yoga

A guided mind-body practice combining physical postures, controlled breathing, and meditation to improve flexibility, promote relaxation, and reduce stress.

Location: Hudson's Green Nature and Activity Centre
Cost: \$15 per class or \$7.50 with Recreation Pass

Dates of Classes	Days	Time
Sept 2 - Nov 25	Wednesdays	6 - 7:30 p.m.

Please note no Yoga Nov 11 for Remembrance day

Mini Makers

Come explore your creative side in this fun, four-week course! Try different art forms each week while learning basic techniques in a relaxed, supportive environment. No experience needed, just bring your creativity and enjoy creating your own unique pieces.

Location: Ponoka Arena Complex Ice Lounge
Ages: 5 - 8
Cost: \$100 for all 4 weeks

Dates of Class	Days	Time
Nov 2 - 23	Mondays	4 - 5 p.m.

Youth Makers

Come explore your creative side with local artists in this fun, four-week course! Try different art forms each week while learning basic techniques in a relaxed, supportive environment. No experience needed, just bring your creativity and enjoy creating your own unique pieces.

Location: Ponoka Arena Complex Ice Lounge
Ages: 9 - 14
Cost: \$100 for all 4 weeks

Dates Of Class	Days	Time
Nov 2 - 23	Mondays	5:30 - 7 p.m.

Scan QR to Register Today

