



Single Admission Rate	Monday	Tuesday	Wednesday	Thursday	Friday	Info
Infant (0-2) Free Pre-K (3-5): \$1.75 Child (6-7): \$4.25 Youth (8-17): \$5.25 Adult (18-59): \$6.50 Senior (60+): \$5.50 Family (up to 4 people) \$15	Lap Swim 6 - 8 a.m.	Lap Swim 6 - 8 a.m.	Lap Swim 6 - 8 a.m.	Lap Swim 6 - 8 a.m.	Lap Swim 6 - 8 a.m.	Recorded Schedule: 403-783-0110  Front Desk: 403-783-0131
	Water Fitness 8:15 - 9:15 a.m.	Water Fitness 8:15 - 9:15 a.m.	Water Fitness 8:15 - 9:15 a.m.	Water Fitness 8:15 - 9:15 a.m.	Water Fitness 8:15 - 9:15 a.m.	Check out Facebook, Twitter and Instagram @TownofPonoka for upcoming events and schedule changes.
	Lap Swim 9:30 a.m. - 1 p.m.	Lap Swim 9:30 a.m. - 1 p.m.	Lap Swim 9:30 a.m. - 1 p.m.	Lap Swim 9:30 a.m. - 1 p.m.	Lap Swim 9:30 a.m. - 1 p.m.	Saturday
						Lifesaving Lessons 9 a.m. - 12 p.m.
Sunday						
Lap Swim 11:30 a.m. - 12:30 p.m.	Everyone Welcome Swim 1:15 - 3:45 p.m.	Everyone Welcome Swim 1:15 - 3:45 p.m.	Everyone Welcome Swim 1:15 - 3:45 p.m.	Everyone Welcome Swim 1:15 - 3:45 p.m.	Everyone Welcome Swim 1:15 - 3:45 p.m.	Lap Swim 11:30 a.m. - 12:30 p.m.
Private Pool Rental Time 12:30 - 1:30 p.m.	Ponoka Sharks 4 - 5:30 p.m	Ponoka Sharks 4 - 5:30 p.m	Ponoka Sharks 4 - 5:30 p.m	Ponoka Sharks 4 - 5:30 p.m	Lifesaving Lessons 4 - 6:30 p.m.	Private Pool Rental Time 12:30 - 1:30 p.m.
Everyone Welcome Swim 1:45- 4 p.m.						Lifesaving Lessons 5:30 - 7 p.m.
School Lessons 2023 School lessons will begin the week of February 14, 2023.	Everyone Welcome Swim 7:15 - 8:45 p.m.	Water Fitness 7:15 - 8 p.m.	Everyone Welcome Swim 7:15 - 8:45 p.m.	Water Fitness 7:15 - 8 p.m.	Everyone Welcome Swim 6:45 - 8:45 p.m.	At all times: children seven years and under must have a caregiver 16 years of age or older in the water within arms reach.
		Lap Swim 7:15 - 8:30 p.m.		Lap Swim 7:15 - 8:30 p.m.		
**Please note schedule is subject to change.**						