



Fall Lessons 2023

Swim Lesson Registration Opens Tuesday, August 22 at 10 a.m.

Early Registration Opens Monday, August 21, from 3 to 7 p.m. at the
Ponoka Community Market (5110 48 Avenue)

Register online at www.ponoka.ca/p/aquaplex or in person at the Ponoka Aquaplex.

Monday/Wednesday PM Lessons

Session 1: October 16 - November 8

Level	Time	Cost
Preschool 1/2	6 - 6:30 p.m.	\$43
Preschool 3/4	6 - 6:30 p.m.	\$43
Swimmer 1	6:35 - 7:05 p.m.	\$47.25
Swimmer 2/3	6:35 - 7:05 p.m.	\$47.25

Monday/Wednesday PM Lessons

Session 2: November 20 - December 13

Level	Time	Cost
Preschool 3/4	6 - 6:30 p.m.	\$43
Swimmer 1	6 - 6:30 p.m.	\$47.25
Swimmer 2/3	6:35 - 7:05 p.m.	\$47.25
Swimmer 4/5	6:35 - 7:05 p.m.	\$47.25

Saturday AM Lessons

Session 1: October 21 - December 2

(No Lessons November 11 for the
Remembrance Day Statutory Holiday)

Level	Time	Cost
Parent and Tot	9 - 9:45 a.m.	\$43
Preschool 1/2	9:50 - 10:35 a.m.	\$43
Preschool 3/4	10:55 - 11:40 a.m.	\$43
Swimmer 1/2	9 - 9:45 a.m.	\$47.25
Swimmer 3/4	10:40 - 11:40 a.m.	\$47.25
Swimmer 5/6	9:50 - 10:50 a.m.	\$47.25

Friday Private Lessons

Session 1: October 20 & 27

Session 2: November 3 & 10

Session 3: November 24 & December 1

Session 4: December 8 & 15

Time	Cost
4:30 - 5 p.m.	\$43 per session
5 - 5:30 p.m.	\$43 per session
5:30 - 6 p.m.	\$43 per session
Maximum of two sessions per child.	

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

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



Fall Advanced Courses 2023

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Advanced Lifesaving Courses

Rookie, Ranger, Star Patrol

(Equivalent to Swim Kids 8, 9, 10)

Date: October 20 - December 15

Time: 4:30 - 5:30 p.m.

Cost: \$55.75 GST Inc.

Pre-Requisite: Completion of Swimmer 6



LIFESAVING SOCIETY
The Lifeguarding Experts

PD Day Swims

October 20, November 10, 24, and December 8

1 - 3:45 p.m.

Advanced Red Cross Courses

Babysitting Course

Date: November 10 **Time:** 9 a.m. - 4 p.m.

Cost: \$64.25 Inc. GST

Pre Requisites: Age 11+

Please bring a lunch, teddy bear or doll and a water bottle.

Stay Safe Course

Date: October 20 **Time:** 9 a.m. - 3 p.m.

Cost: \$56.75 Inc. GST

Pre Requisites: Ages 9-13 years

Please bring a lunch, teddy bear or doll, a water bottle and a bathing suit to end the day with a fun swim!



CANADIAN
RED CROSS

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

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