



Winter Lessons 2024

Swim Lesson Registration Opens Friday December 4 at 10 a.m.

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

Monday/Wednesday PM Lessons

Session 1: January 8 - 24

Level	Time	Cost
Preschool 1/2	6 - 6:40 p.m.	\$43
Preschool 3/4	6:50 - 7:30 p.m.	\$43
Swimmer 1/2	6:45 - 7:30 p.m.	\$47.25
Swimmer 3/4	6 - 6:50 p.m.	\$47.25

Session 2: February 5 - 26
(No Lessons February 19)

Level	Time	Cost
Preschool 3/4	6 - 6:40 p.m.	\$43
Swimmer 1/2	6:45 - 7:30 p.m.	\$47.25
Swimmer 5/6	6 - 7 p.m.	\$47.25

Friday Private Lessons

Session 1: January 12 and 19

Session 2: February 2 and 9

Session 3: February 23 and March 1

Time	Cost
4 - 4:30 p.m.	\$43 per session
4:35 - 5:05 p.m.	\$43 per session
5:10 - 5:40 p.m.	\$43 per session
Maximum of two sessions per child.	

Saturday AM Lessons

Session 1: January 20 - March 2

(No Lessons February 24)

Level	Time	Cost
Parent and Tot	9 - 9:40 a.m.	\$43
Preschool 1/2	9:45 - 10:30 a.m.	\$43
Preschool 3/4	10:55 - 11:40 a.m.	\$43
Swimmer 1/2	10:05 - 10:50 a.m.	\$47.25
Swimmer 3/4	10:35 - 11:35 a.m.	\$47.25
Swimmer 5/6	9 - 10 a.m.	\$47.25

Spring Break Lessons

Monday, March 25 to Thursday, March 28

Level	Time	Cost
Parent and Tot	9 - 9:45 a.m.	\$28.75
Preschool 1/2	10:20 - 11:05 a.m.	\$28.75
Preschool 3/4	9:50 - 10:35 a.m.	\$28.75
Swimmer 1	9:15 - 10:15 a.m.	\$31.50
Swimmer 2	10:40 - 11:40 a.m.	\$31.50
Swimmer 3/4	9:15 - 10:15 a.m.	\$31.50
Swimmer 5/6	10:20 - 11:35 a.m.	\$31.50

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

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



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Advanced Lifesaving Courses

Junior Lifeguard Club

Date: January 12 - March 1 **Time:** 4 - 6 p.m.

Cost: \$160.50

Pre-Requisite: Completed Swimmer 6

Bronze Medallion, Bronze Cross, and Intermediate First Aid

Intermediate First Aid

Date: February 9 **Time:** 8:30 a.m. - 4:30 p.m.

Bronze Medallion and Cross

Date: February 16 **Time:** 4 - 6 p.m.

Date: February 20 - 23 **Time:** 8:30 a.m. - 4:30 p.m.

Cost: \$398

Prerequisite: 13 years of age or Completion of Bronze Star



PD Day Swims

Date: January 19, February 9, February 24, March 15, and April 26

Time: 1 - 3:45 p.m.

Advanced Red Cross Courses

Babysitting Course

Date: March 2 **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: February 9 **Time:** 9 a.m. - 4 p.m.

Cost: \$56.75 Inc. GST

Prerequisites: 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!



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

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