

Take the Next Step to Becoming a Lifeguard

- Enroll in the Bronze Cross Course at the Ponoka Aquaplex from **March 23 to 25 from 8 a.m. to 12 p.m.**
- Please note that *Bronze Medallion*, a current *Intermediate First Aid*, *CPR-C certification* and a *minimum 13 years of age* are prerequisites for the *Bronze Cross Course*.
- To register, please visit Ponoka.ca/p/recreation-programming or call 403-783-0131. You can also register in-person at the Ponoka Aquaplex.



Sound Bath & Yoga

Friday March 20 at 6 p.m.

Relax. Restore. Reconnect.



- Facilitators: **Marcus Fung and Kris Inglis**
- Hudson's Green Nature and Activity Centre (6210 61 St., Ponoka)
- Pre-register online at Ponoka.ca/p/recreation-programming or register in-person at the Ponoka Aquaplex.
- \$45 per person

Looking for a Fun Way to Break a Sweat?



Pilates with Hayley

- Mondays and Wednesdays
- 6 to 6:50 p.m. and 7:10 to 8 p.m.
- Runs until March 30
- Classes will continue throughout April on Wednesdays from 6:30 to 7:20 p.m.

Total Body Cardio

- Thursdays
- Runs weekly until April 30
- 6 to 6:50 p.m.



- In the Multi-Purpose Room at the Ponoka Aquaplex.
- Classes are \$15 each or \$7.50 each with a Ponoka Recreation Pass.
- To learn more and to register online, please visit Ponoka.ca/p/recreation-programming
- You can also register in person at the Ponoka Aquaplex.

Paint the Ice Night

Monday, March 23 | 5 - 7 p.m.
Ponoka Arena Complex (4410 54 Street)

- Free admission
- Paint supplies provided
- Helmets required for all participants

Join us for a fun-filled evening! Unleash your inner artist and transform the large ice surface into a colourful masterpiece.

We can't wait to see you there!

~ TOWN NEWS ~

- **Battle River Run** - The fourth annual Ponoka Battle River Run is Saturday, April 11, starting at 9 a.m. The start and finish are at the Baden Powell Adventure Centre. The run features a 10 km, 5 km and 1 km free kids loop along the scenic Battle River Valley trail system. All proceeds will fund graduation scholarships at the Ponoka Secondary Campus and St. Augustine Catholic School. Register and learn more at Racepro.ca/battleriverrun/



- **Spring Break Day Camp (March 23 to 27)** - Looking for a fun and active way to keep your child engaged over spring break? Our Spring Break Day Camp at the Ponoka Arena Complex offers a mix of supervised activities, including sports, games, arts and crafts, and hands-on learning, all in a safe and supervised environment. Registration is required for your child to participate. To learn more and to register, please visit Ponoka.ca/p/day-camps
- **Grey Carts and Green Carts** should be placed at the curb for pick up on March 18, 19 and 20 - depending on your Zone.
- **Recyclable Materials** bundled in clear or blue transparent plastic bags should be placed at the curb for pick up on March 25, 26 and 27 - depending on your Zone.
- **Missed Pickups** - If your curbside green or grey cart was not picked up on your collection day, please contact E360S dispatch at 403-341-9300 or by email at rddispatch@E360S.ca. If your recycling was missed, please contact E360S dispatch at 587-217-1975 or by email at EPR-Alberta@E360S.ca.

~ UPCOMING COUNCIL MEETINGS ~

- Next **TOWN COUNCIL MEETING**: Tuesday, March 24 at 6 p.m.
- Next **PRIORITIES AND INITIATIVES COMMITTEE MEETING**: Tuesday, April 21 at 6 p.m.
The public is welcome to attend all Council meetings. Meetings will be held in Town Council Chambers on the third floor of the Ponoka Civic Centre (5604 50 Street).
- **Council Meeting Highlights** - Can be viewed at Ponoka.ca/p/council-meeting-highlights



Hometown Weekly
Town of Ponoka News and Events

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