



Spring Lessons 2023

Session 1: Registration Opens Tuesday, April 4, 2023

Register online at www.ponoka.ca/p/aquaplex

Monday/Wednesday PM Lessons

Session 1: May 1 –24 (No lessons May 22)

Session 2: May 29 - June 21

| Level | Time | Cost |
|---------------|------------------|-------------------|
| Preschool 1/2 | 4 - 4:30 p.m. | \$37.63 - \$43 |
| Preschool 3/4 | 5:15 - 5:45 p.m. | \$37.63 - \$43 |
| Swimmer 1 | 4:30 - 5:15 p.m. | \$41.34 - \$47.25 |
| Swimmer 2/3 | 4 - 4:45 p.m. | \$41.34 - \$47.25 |
| Swimmer 4/5 | 4:45 - 5:30 p.m. | \$41.34 - \$47.25 |

Friday PM Lessons

Session 1: May 5 - June 23

(No Lessons May 19)

| Level | Time | Cost |
|----------------|------------------|---------|
| Parent and Tot | 4 - 4:30 p.m. | \$37.63 |
| Preschool 1/2 | 4:30 - 5 p.m. | \$37.63 |
| Preschool 3/4 | 5 - 5:30 p.m. | \$37.63 |
| Swimmer 1/2 | 4 - 4:45 p.m. | \$41.34 |
| Swimmer 3/4 | 4:45 - 5:30 p.m. | \$41.34 |

Saturday AM Lessons

Session 1: May 6 - June 24

(No Lessons May 20)

| Level | Time | Cost |
|----------------|----------------------|---------|
| Parent and Tot | 9:45 - 10:15 a.m. | \$37.63 |
| Preschool 1 | 10:15 - 10:45 a.m. | \$37.63 |
| Preschool 2 | 10:45 - 11:15 a.m. | \$37.63 |
| Preschool 3/4 | 9 - 9:30 a.m. | \$37.63 |
| Swimmer 1 | 10:15 - 11 a.m. | \$41.34 |
| Swimmer 1/2 | 9:30 - 10:15 a.m. | \$41.34 |
| Swimmer 2 | 11 - 11:45 a.m. | \$41.34 |
| Swimmer 3/4 | 9 - 9:45 a.m. | \$41.34 |
| Swimmer 5/6 | 11:15 a.m. - 12 p.m. | \$41.34 |

Junior Lifeguard Club (JLC)

Dates: Friday, May 5 - June 23

(No lessons on May 19)

Time: 4 - 5:30 p.m.

Cost: \$120.38

Bronze Medallion and CPR-C

Dates: May 5, 6, and 7

Time: Friday from 4:30 - 8:30 p.m.
Saturday and Sunday from 8 - 4 p.m.

Cost: \$158.25

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

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



Canadian Red Cross to Swim For Life Transition Chart

What was the last level you Completed? Please register in...







Ex.: Completed Sea Otter register in Preschool 1.

Completed Swim Kids 6 register in Swimmer 5.



Current Level

Register for

| | |
|--|---|
|  Starfish |  Parent & Tot 1 (4-12Months) |
|  Duck |  Parent & Tot 2 (12-24 Months) |
|  Sea Turtle |  Parent & Tot 3 (24-36 Months) |
| Sea Otter | Preschool 1 (3-5 Years) |
| Salamander | Preschool 2 |
| Sunfish | Preschool 3/Swimmer 1 (if 6 years old) |
| Crocodile | Preschool 4 |
| Whale | Preschool 5 |
| Swim Kids 1 | Swimmer 1 (6-12 Years) |
| Swim Kids 2 | Swimmer 2 |
| Swim Kids 3/4 | Swimmer 3 |
| Swim Kids 5 | Swimmer 4 |
| Swim Kids 6 | Swimmer 5 |
| Swim Kids 7 | Swimmer 6 |
| Swim Kids 8/9/10 | Rookie Patrol (8-12 Years) |
| - | Ranger Patrol |
| - | Star Patrol |
| - | Bronze Star (8-12 Years) |
| | Bronze Medallion (13+ Years) |
| | Bronze Cross |
| | National Lifeguard (16+ Years) |



= Parent Participation Required

If you are unsure of which level to register in, please contact us for more information or to book a free swim assessment



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