



## Spring 2026 Swimming Lessons

Registration opens on Friday, March 6 at 8 a.m.

For more information or to register please visit [www.ponoka.ca](http://www.ponoka.ca)

Phone: 403-783-0131 | Email: [recreation@ponoka.ca](mailto:recreation@ponoka.ca)

Parent & Tot Lessons Cost: \$45			
Session	Dates of Class	Days	Time
1	April 11 - May 16	Saturdays	9 - 9:40 a.m.
Preschool 1/2 Cost: \$45			
Session	Dates of Class	Days	Time
1	April 11 - May 16	Saturdays	10:30 - 11:15 a.m.
2	April 13 - 29	Mon/Wed	5:45 - 6:25 p.m.
3	May 1 - June 5	Fridays	6 - 6:40 p.m.
Preschool 3/4 Cost: \$45			
Session	Dates of Class	Days	Time
1	April 11 - May 16	Saturdays	10:55 - 11:35 a.m.
2	April 13 - 29	Mon/Wed	6:35 - 7:20 p.m.
Swimmer 1/2 Cost: \$50			
Session	Dates of Class	Days	Time
1	April 11 - May 16	Saturdays	9 - 9:45 a.m.
2	April 13 - 29	Mon/Wed	6:30 - 7:15 p.m.
3	May 1 - June 5	Fridays	6:05 - 6:50 p.m.

Swimmer 3/4 Cost: \$50			
Session	Dates of Class	Days	Time
1	April 11 - May 16	Saturdays	9:45 - 10:30 a.m.
2	April 13 - 29	Mon/Wed	5:45 - 6:30 p.m.
Swimmer 5/6 Cost: \$50			
Session	Dates of Class	Days	Time
1	April 11 - May 16	Saturdays	9:50 - 10:50 a.m.
2	May 1 - June 5	Fridays	6 - 7 p.m.
Rookie, Ranger, Star Patrol Cost: \$58.50			
Session	Dates of Class	Days	Time
1	April 11 - May 16	Saturdays	9 - 10 a.m.
Private Lessons Cost: \$30 per lesson			
Session	Dates of Class	Days	Time
1	April 11 - May 16	Saturdays	11:20 - 11:15 a.m.





## Spring 2026 Registered Programs

Registration opens on Friday, March 6 at 8 a.m.

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**Mini Makers Course (Ages 5-8)**  
**Cost: \$60**  
**Location: Ponoka Arena Ice Lounge**  
 Come explore your creativity with painting, kite-making, mosaic coasters, and fairy garden building, 4 exciting nights of hands-on fun!

Session	Dates of Class	Days	Time
1	May 5 - 26	Tuesdays	4 - 5 p.m.

**Pilates With Hayley**  
**Cost : \$60 for all 4 classes or \$30 for Recreation Pass Holders**  
**Location: Aquaplex Back Room**  
 Build strength, improve posture, and connect with your body in a positive, supportive environment where every movement is designed for everybody.

Session	Dates of Class	Days	Time
1	April 1 - 22	Wednesday	6:30 - 7:20 p.m.
2	June 3 - 24	Wednesday	6:30 - 7:20 p.m.

**Full Body Cardio with Audra**  
**Cost: \$15 Per class or \$ 7.50 for Recreation Pass Holders**  
**Location: Aquaplex Back Room**  
 Get ready to mix it up with light weights, fun moves, and great tunes! This engaging workout is all about keeping you sweaty, moving, and motivated. Let's have a blast while we elevate our fitness together! This class is low-impact, and every fitness level is welcome.

Session	Dates of Class	Days	Time
1	April 02	Thursday	6 - 6:50 p.m.
2	April 09	Thursday	6 - 6:50 p.m.
4	April 16	Thursday	6 - 6:50 p.m.
4	April 23	Thursday	6 - 6:50 p.m.
5	April 30	Thursday	6 - 6:50 p.m.

**Spring Break Day Camp**  
**Cost: \$30 Per Day**  
**Drop Off: Ponoka Arena Complex**

Session	Dates of Class	Days	Time
1	March 23	Monday	8 a.m. - 4 p.m.
2	March 24	Tuesday	8 a.m. - 4 p.m.
3	March 25	Wednesday	8 a.m. - 4 p.m.
4	March 26	Thursday	8 a.m. - 4 p.m.
5	March 27	Friday	8 a.m. - 4 p.m.

**Sound Bath and Yoga**  
**Cost: \$45**  
**Location: Hudson's Green Nature & Activity Centre**  
 You'll be surrounded by the rich tones of large singing bowls, a planetary gong, and a curated mix of therapeutic instruments designed to create waves of soothing sound. Kris will guide us through 30 min gentle beginner yoga practice to prep the body for stillness.

Session	Dates of Class	Days	Time
1	March 20	Friday	6:00 p.m.

**Ponoka Youth Makers ( 8-12)**  
**Cost: \$100**  
**Location: Ponoka Arena Ice Lounge**  
 Come join us on Tuesday nights to try out different forms of Art. We will be join local artist Challen from siding 14 gallery for painting. Vicki Sullivan to try our hand at felting.

Session	Dates of Class	Days	Time
1	March 3 -31	Tuesday	<b>FULL</b>
2	May 5 - 26	Tuesday	5:30 - 6:30 p.m.

**Art Felting Night**  
**Ages 16+**  
**Cost: \$75**  
**Location: Ponoka Arena Ice Lounge**  
 Try out your creativity at felting with artist Vicki Sullivan. A fun night of creating and exploring a different art. The curling lounge will be open for drink for those of age. There will be a mock tail option as well.

Session	Dates of Class	Days	Time
1	May 22	Friday	6 - 8 p.m.

**Tai Chi Class**  
**All Ages Welcome**  
**Cost: \$5**  
**Location: Hudson's Green Nature & Activity Centre**  
 Try it Tai Chi Class. Never tried Tai Chi, now is the perfect class to come and give it a try.

Session	Date of Class	Days	Time
1	April 27	Monday	7 - 8 p.m.

