



# Winter 2026 Swimming Lessons & Advanced Course

Registration opens on Monday, December 1 at 9 a.m.

For more information or to register please visit [Ponoka.ca](http://Ponoka.ca)  
Phone: 403-783-0131 | Email: [recreation@ponoka.ca](mailto:recreation@ponoka.ca)

Parent & Tot Lessons Cost: \$45		
Dates of Class	Days	Time
January 10 - February 14	Saturdays	9 - 9:40 a.m.
February 28 - March 28	Saturdays	10:35 -11:15 a.m.
Preschool 1/2 Cost: \$45		
Dates of Class	Days	Time
January 10 - February 14	Saturdays	10:35 - 11:15 a.m.
February 28 - March 28	Saturdays	10:55 - 11:35 a.m.
January 12 - 28	Mon/Wed	6:50 - 7:30 p.m.
February 9 - 28 (No class February 16)	Mon/Wed	5:45 - 6:25 p.m.
March 9 - 25	Mon/Wed	6:50 - 7:30 p.m.
March 23 to 27	Mon to Fri	9:30 - 10:10 a.m.
Preschool 3/4 Cost: \$45		
Dates of Class	Days	Time
January 10 - February 14	Saturdays	10:55 - 11:35 a.m.
February 28 - March 28	Saturdays	9:50 - 10:30 a.m.
January 12 - 28	Mon/Wed	5:45 - 6:25 p.m.
February 9 - 28 (No class February 16)	Mon/Wed	6:50 - 7:30 p.m.
March 9 - 25	Mon/Wed	5:45 - 6:25 p.m.
March 23 to 27	Mon to Fri	10:15 - 10:55 a.m.
Swimmer 1/2 Cost: \$50		
Dates of Class	Days	Time
January 10 - February 14	Saturdays	10:05 - 10:50 a.m.
February 28 - March 28	Saturdays	9:00 - 9:45 a.m.
January 12 - 28	Mon/Wed	6:30 - 7:15 p.m.
February 9 - 28 (No class February 16)	Mon/Wed	5:45 - 6:25 p.m.
March 9 - 25	Mon/Wed	6:30 - 7:15 p.m.
March 23 to 27	Mon to Fri	10:15 - 11 a.m.
Swimmer 3/4 Cost: \$50		
Dates of Class	Days	Time
January 10 - February 14	Saturdays	9:45 - 10:30 a.m.
February 28 - March 28	Saturdays	9:00 - 9:45 p.m.
March 23 to 27	Mon to Fri	9:15 - 10 a.m.

Swimmer 5/6 Cost: \$50		
Dates of Class	Days	Time
January 12 - 28	Mon/Wed	5:45 - 6:45 p.m.
February 28 - March 28	Saturdays	9:50 - 10:50 a.m.
March 9 - 25	Mon/Wed	5:45 - 6:45 p.m.
Rookie, Ranger, Star Patrol Cost: \$58.50		
Dates of Class	Days	Time
January 10 - February 14	Saturdays	9 - 10 a.m.
February 9 - 28 (No class February 16)	Mon/Wed	6:30 - 7:30 p.m.
Intermediate First Aid Cost: \$146		
Dates of Class	Days	Time
January 2 & 3 (Full Course)	Fri/Sat	8 a.m. - 4 p.m.
January 3 (Recert)	Saturday	8 a.m. - 4 p.m.
Bronze Medallion Cost: \$162		
Dates of Class	Days	Time
January 17 & 18	Sat/Sun	8 a.m. - 4 p.m.
Bronze Cross Cost: \$166		
Dates of Class	Days	Time
February 6 to 8	Fri to Sun	4 - 8 p.m. Friday 8 a.m. - 4 p.m. Sat & Sun
Private Lessons Cost: \$30 per one class		
To schedule private lessons, please contact Meaghan Sewell at 403-783-0131. (Each time slot is for one child only and is only available for children ages 6 and up.)		
January 9 & 16	Fridays	4:30 - 5 p.m.
January 9 & 16	Fridays	5 - 5:30 p.m.
February 20 & 27	Fridays	4 - 4:30 p.m.
February 20 & 27	Fridays	4:30 - 5 p.m.
Adult Private Lessons Cost: \$30 per one class		
To schedule private lessons, please contact Meaghan Sewell at 403-783-0131.		
January 30 & February 6	Fridays	4:30 - 5 p.m.
January 30 & February 6	Fridays	5 - 5:30 p.m.





# Winter 2026 Fitness and Wellness Classes

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<b>Pilates with Hayley Beginner Class</b> Build strength, improve posture, and connect with your body in a positive, supportive environment where every movement is designed for every body. Treat yourself to our sauna after each session. <b>Cost \$15 Per Class</b>		
Dates of Class	Days	Time
January 5 - 26	Mondays	6 - 6:50 p.m.
January 7 - 28	Wednesdays	6 - 6:50 p.m.
<b>Pilates With Hayley Intermediate Class</b> If you participated in our classes in November and are looking for more of a challenge, this class is for you. It will be a dynamic, full-body session focused on building strength, mobility, and control. Treat yourself to our sauna after each workout. <b>Cost: \$15 Per Class</b>		
Dates of Class	Days	Time
January 5 - 26	Mondays	6 - 6:50 p.m.
January 7 - 28	Wednesdays	7:10 - 8 p.m.
<b>Aerobics Evolution for All Ages With Audra</b> 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. <b>Cost: \$15 Per class</b>		
Dates of Class	Days	Time
January 8 - 29	Thursdays	5:30 - 6:20 p.m.

<b>Earth Harmony Sound and Wellness at Hudson's Green</b> 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. These instruments aren't just pretty to listen to, they're chosen for their ability to produce stable, resonant frequencies your body naturally responds to. <b>Cost: \$40</b>		
Date of Class	Days	Time
Janaury 11	Sunday	6 - 7 p.m.
<b>Water Zumba</b> Brings dance workouts to the pool, combining fun moves with water resistance for an effective full-body, low-impact exercise. Suitable for all ages, it enhances cardiovascular health and muscle tone while being gentle on joints. <b>Cost: Daily drop-in fees, or included as part of an Aquaplex membership.</b>		
Dates of Class	Days	Time
Occurs every Tuesday, unless programming is cancelled due to unforeseen circumstances.	Tuesdays	6 - 7 p.m.

Exciting new programming is coming in the new year! Stay tuned and be the first to discover what's next by visiting the Town of Ponoka website and our Recreation Programming page.





## Winter 2026 Day Camps

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### Town of Ponoka Day Camps

Get ready for a fun-filled, action-packed experience! Children will enjoy supervised recreational and educational activities, including sports, games, arts & crafts, and hands-on learning, all designed to create a safe and engaging environment.

Kids will also go swimming, so please pack a towel and a swimsuit! Be sure to bring a lunch, snacks, a water bottle, and indoor shoes to keep the fun going all day.

#### Reading Week Day Camp

Cost: \$30 per day

Camp Dates	Days	Time
February 17	Tuesday	8 a.m. - 4 p.m.
February 18	Wednesday	8 a.m. - 4 p.m.
February 19	Thursday	8 a.m. - 4 p.m.
February 20	Friday	8 a.m. - 4 p.m.

#### Spring Break Day Camp

Cost: \$150

Camp Dates	Days	Time
March 23 to 27	Mon to Fri	8 a.m. - 4 p.m.

