



# Arena Complex Drop-in Schedule July 6 - July 17, 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Large Floor	Large Floor	Large Floor	Large Floor	Large Floor	Large Floor	Large Floor
Private Rental Time 12 - 2 p.m. (Must be pre booked)	Stride Zone 12:30 - 8 p.m.	Multi - Sport 12:30 - 8 p.m.	Stride Zone 12:30 - 8 p.m.	Multi - Sport 12:30 - 8 p.m.	Stride Zone 12:30 - 4 p.m.	Private Rental Time 11 a.m. - 2 p.m. (Must be pre booked)
Multi - Sport 2 - 5 p.m.					Dodge Ball 4 - 8 p.m.	Board-om Buster 3 - 6 p.m.
					Teen Night 5 - 8 p.m.	
Small Floor	Small Floor	Small Floor	Small Floor	Small Floor	Small Floor	Small Floor
Private Rental Time 12 - 2 p.m. (Must be pre booked)	Soccer 12:30 - 4 p.m.	Tots Play Time 1 - 3 p.m.	Soccer 12:30 - 4 p.m.	Tots Play Time 1 - 3 p.m.	Soccer 12:30 - 4 p.m.	Private Rental Time 11 a.m. - 2 p.m. (Must be pre booked)
Ball Hockey 2 - 5 p.m.	Ball Hockey 4 - 8 p.m.	Lacrosse 3 - 8 p.m.	Ball Hockey 4 - 8 p.m.	Lacrosse 3 - 8 p.m.	Lacrosse 4 - 8 p.m.	Ball Hockey 2 - 6 p.m.
Curling Rink	Curling Rink	Curling Rink	Curling Rink	Curling Rink	Curling Rink	Curling Rink
Volleyball 11 a.m. - 5 p.m.	Volleyball 12:30 - 8 p.m.	Volleyball 12:30 - 8 p.m.	Volleyball 12:30 - 8 p.m.	Volleyball 12:30 - 8 p.m.	Volleyball 12:30 - 8 p.m.	Volleyball 10:30 a.m. - 6 p.m.
Pickleball 11 a.m. - 5 p.m.	Badminton 12:30 - 8 p.m.	Pickleball 12:30 - 8 p.m.	Badminton 12:30 - 8 p.m.	Pickleball 12:30 - 8 p.m.	Badminton 12:30 - 8 p.m.	Pickleball 10:30 a.m. - 6 p.m.
Basketball 11 a.m. - 5 p.m.	Basketball 12:30 - 8 p.m.	Basketball 12:30 - 8 p.m.	Basketball 12:30 - 8 p.m.	Basketball 12:30 - 8 p.m.	Basketball 12:30 - 8 p.m.	Basketball 10:30 a.m. - 6 p.m.
Outdoor Rink	Outdoor Rink	Outdoor Rink	Outdoor Rink	Outdoor Rink	Outdoor Rink	Outdoor Rink
Ball Hockey 11 a.m. - 5 p.m.	Rollerblade Hockey 9 a.m. - 8 p.m.	Ball Hockey 9 a.m. - 8 p.m.	Ball Hockey 9 a.m. - 8 p.m.	Ball Hockey 9 a.m. - 8 p.m.	Rollerblade Hockey 9 a.m. - 8 p.m.	Ball Hockey 10:30 a.m. - 6 p.m.

See the other side for our prices and important dates/information.

\*\*Please note that the schedule is subject to change.\*\*



# Arena Complex Drop-in Schedule July 6 - July 17, 2025

## Important Information:

**Temporarily Closed for Lacrosse Provincials from July 18 - 20**

**Front Desk: 403-783-0131**

## Single Admission:

- Infant (0-2): Free
- Individual: \$2.00
- Family (4 people): \$7.88

## Arena Drop-in Programs User Guide:

- Children under eight years old must be supervised by a person aged 16 or older.
- Only water is allowed; no food or gum permitted.
- Please wear clean shoes; bare feet are not allowed.
- Staff reserve the right to limit the number of users and equipment in the arena.
- Participants are encouraged to bring their own equipment for drop-in sports and activities.
- Equipment will be provided for scheduled drop-in sports or activities.
- A Town of Ponoka recreation account must be set up before borrowing equipment.

## Program Types:

**Tots Play Time:** Unstructured playtime for toddlers to explore movement and social interaction in a supervised setting.

**Lacrosse:** Join a recreational game of lacrosse. All skill levels welcome; helmets required.

**Ball Hockey:** Participate in a recreational game of ball hockey. Indoor, non-contact play.

**Dodge Ball:** A fast-paced group activity emphasizing movement, coordination and fun.

**Volleyball:** Recreational volleyball open to all levels. Drop-in participation; no registration required.

**Badminton:** Singles or doubles play in a relaxed setting. Rackets are available if needed.

**Pickleball:** A paddle sport combining elements of tennis and badminton. Easy to learn; open to all levels.

**Basketball:** Drop-in basketball for skill development, fitness and informal gameplay.

**Board-om Buster:** A unique and exciting way to enjoy classic oversized board games.

**Teen Night:** Mix of active, creative and social activities which includes use of the air hockey and foosball tables.

**Multi-Sport:** Designed for simultaneous use of differing activities. Activities and equipment will vary.

**Stride Zone:** Beat the heat and use our large floor pad as a walking or running track. This activity is free.

Arena Complex Passes	Child (5-7)	Youth (8-17)	Adult (18-59)	Senior (60+)	Family (up to five people)
1 Month	\$17.33	\$22.84	\$28.61	\$21.53	\$46.99
3 Months	\$34.39	\$45.68	\$56.96	\$42.79	\$93.98
6 Months	\$51.45	\$68.51	\$85.58	\$64.05	\$140.96
1 Year	\$85.58	\$113.93	\$142.28	\$106.84	\$234.94

\*Check us out on Facebook and Instagram @TownofPonoka for upcoming events and schedule changes.