



Ponoka Aquaplex Stampede Schedule

June 22 - July 1, 2025

Sunday, June 22	Monday, June 23	Tuesday, June 24	Wednesday, June 25	Thursday, June 26
NEW Sensory Swim 11 a.m. - 12 p.m. (Must pre register)	Lap Swim 6 - 8 a.m.	Lap Swim 6 - 8 a.m.	Lap Swim 6 - 8 a.m.	Lap Swim 6 - 8 a.m.
		Ponoka Gators 6:45 - 7:45 a.m. (3 Lanes only)		Ponoka Gators 6:45 - 7:45 a.m. (3 Lanes only)
Private Rental Time 12 - 1 p.m.	Water Fitness 8:15 - 9:15 a.m.	Water Fitness 8:15 - 9:15 a.m.	Water Fitness 8:15 - 9:15 a.m.	Water Fitness 8:15 - 9:15 a.m.
Public Swim 1 - 5 p.m.	School Bookings 9:30 - 11:45 a.m.	School Bookings 9:30 - 11:45 a.m.	Public Swim 9:30 - 11:45 a.m.	Public Swim 9:30 - 11:45 a.m.
	Lap Swim/Parent & Tot 11:45 a.m. - 12:45 p.m.	Lap Swim/Parent & Tot 11:45 a.m. - 12:45 p.m.	Lap Swim/Parent & Tot 11:45 a.m. - 12:45 p.m.	Lap Swim/Parent & Tot 11:45 a.m. - 12:45 p.m.
	School Bookings 1 - 2:30 p.m.	School Bookings 1 - 2:30 p.m.	Public Swim 1 - 3 p.m.	Public Swim 1 - 3 p.m.
	Lap Swim/Parent & Tot 3 - 4 p.m.		Lap Swim/Parent & Tot 3 - 4 p.m.	
	Ponoka Gators 4:30 - 6:30 p.m. (3 Lanes only starting at 6 p.m.)	Ponoka Gators 4:30 - 6:30 p.m.	Ponoka Gators 4:30 - 6:30 p.m. (3 Lanes only starting at 6 p.m.)	Ponoka Gators 4:30 - 6:30 p.m.
	Toonie Swim 7 - 9 p.m.	Aqua Zumba 6:45 - 7:30p.m.	Public Swim 7 - 9 p.m.	Public Swim 6:30 - 7:30 p.m.
		Lap Swim 7:30 - 9 p.m.		Lap Swim 7:30 - 9 p.m.
Friday , June 27	Saturday, June 28	Sunday, June 29	Monday, June 30	Tuesday, July 1
Lap Swim 6 - 8 a.m.	Lap Swim/Parent & Tot 11:00-12 p.m.	*NEW* Sensory Swim 11 a.m. - 12 p.m. (Must pre register)	Lap Swim 6 - 8 a.m.	Public Swim 1 - 5 p.m.
Closed from 8 a.m. - 2 p.m. for the Ponoka Stampede Parade	Private Rental Time 12 - 1 p.m.		Private Rental Time 12 - 1 p.m.	
	Public Swim 1 - 3 p.m.	Public Swim 1 - 5 p.m.	Public Swim 9:30 - 11:45 a.m.	
			Lap Swim/Parent & Tot 11:45 a.m. - 12:45 p.m.	
	Public Swim 1 - 3 p.m.			
Lap Swim/Parent & Tot 3 - 4 p.m.				
Ponoka Gators 4:30 - 6 p.m.	Ponoka Gators 4:30 - 6:30 p.m. (3 Lanes only starting at 6 p.m.)			
Public Swim 6:15 - 9 p.m.	Public Swim 4 - 6 p.m.	Public Swim 7 - 9 p.m.		

***At all times, children aged seven years and under must have a caregiver aged 16 or older in the water within arm's reach.**

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

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