

Ponoka Aquaplex Holiday Schedule December 23 - 31, 2023

Info	Saturday, December 23	Monday, December 25	Wednesday, December 27	Thursday, December 28	Friday, December 29	Saturday, December 30
Recorded Schedule: 403-783-0110 Front Desk:	Public Swim 1:30 - 4 p.m.	The Ponoka Aquaplex will be temporarily closed Monday, December 25 for	Lap Swim 7 - 8 a.m.	Lap Swim 7 - 8 a.m.	Lap Swim 7 - 8 a.m.	
403-783-0131 Check out Facebook, Twitter and Instagram @TownofPonoka for upcoming events and schedule changes.		Christmas Day. HAPPY HOLIDAYS	Aqua Zumba 8:15 - 9:15 a.m.	Water Fitness 8:15 - 9:15 a.m.	Water Fitness 8:15 - 9:15 a.m.	Public Swim
			Step Aerobics 10 - 10:45 a.m.	Aqua Zumba 10 - 10:45 a.m.	Deep H2O Fitness 10 - 10:45 a.m.	1:30 - 4 p.m.
			Lap Swim 11:30 a.m 12:45 p.m.	Lap Swim 11:30 a.m 12:45 p.m.	Lap Swim 11:30 a.m 12:45 p.m.	
At all times: children seven years and under must have a caregiver 16 years of age or older in the water within arms reach.	Sunday,	Tuesday,			Sunday,	
	December 24	December 26	Public Swim	Public Swim	Public Swim	Public Swim 1:30 - 4 p.m.
	Public Swim 11 a.m 2 p.m.	The Ponoka Aquaplex will be temporarily closed Tuesday,	1 - 4 p.m.	1 - 4 p.m.	1 - 4 p.m.	
		December 26 for Boxing Day.	Public Swim 4:30 - 6 p.m.	Public Swim 4:30 - 6 p.m.	Public Swim 4:30 - 6 p.m.	
						Free New Years Eve Swim Sponsored by Home Church 4 - 6 p.m.
			Lap Swim 6 - 7 p.m.	Lap Swim 6 - 7 p.m.	Lap Swim 6 - 7 p.m.	
		One lap lane will b	e avaliable during all p	oublic swim times.		



Ponoka Aquaplex Holiday Schedule January 1 - 5, 2024

Info	Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5	Saturday, January 6
Recorded Schedule: 403-783-0110 Front Desk: 403-783-0131 Check out Facebook,	HAPPY New Year	Lap Swim 6 - 8 a.m.	Lap Swim 6 - 8 a.m.	Lap Swim 6 - 8 a.m.	Lap Swim 6 - 8 a.m.	Public Swim
		Water Fitness 8:15 - 9:15 a.m.	Aqua Zumba 8:15 - 9:15 a.m.	Water Fitness 8:15 - 9:15 a.m.	Water Fitness 8:15 - 9:15 a.m.	
Twitter and Instagram @TownofPonoka for upcoming events and schedule changes.		Lap Swim 11:30 a.m 12:45 p.m.	Lap Swim 11:30 a.m 12:45 p.m.	Lap Swim 11:30 a.m 12:45 p.m.	Lap Swim 11:30 a.m 12:45 p.m.	1:30 - 4 p.m.
At all times: children seven years and under must have a caregiver 16 years of age or older in the water within arms reach.	The Ponoka Aquaplex will be temporarily closed Sunday, January 1 for New Year's Day.	Public Swim 1 - 4 p.m.	Public Swim 1 - 4 p.m.	Public Swim 1 - 4 p.m.	Public Swim 1 - 4 p.m.	Sunday, January 7
		Toonie Swim 5:30 - 7 p.m.	Lap Swim 4:30 - 6 p.m.	Public Swim 5:30 - 7 p.m.	Lap Swim 4:30 - 6 p.m.	Public Swim 1:30 - 4 p.m.
		Aqua Zumba 7 - 7:45 p.m.	Public Swim 6:30 - 9 p.m.	Water Fitness 7 - 7:45 p.m.	Public Swim 6:30 - 9 p.m.	1.30 - 4 μ.π.
		Lap Swim 7 - 9 p.m.		Lap Swim 7 - 9 p.m.		
		One lap lane will b	e avaliable during all p	ublic swim times.		