



# Aquaplex Schedule January 4 - April 30, 2026

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

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

Sunday & STAT Holidays	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sensory Swim 11 a.m. - 12 p.m. (1st Sunday of the month) *Pre-register to attend	Lap Swim 6 - 7:50 a.m.	Lap Swim 6 - 7:50 a.m.	Lap Swim 6 - 7:50 a.m.	Lap Swim 6 - 7:50 a.m.	Lap Swim 6 - 7:50 a.m.	Lifesaving Lessons 9 a.m. -12 p.m.
Private Pool Rental Time 12 - 1 p.m. (Excluding STATS)						
Public Swim 1- 5 p.m.	Water Fitness Warm Up 8 - 8:15 a.m.	Water Fitness 8 - 9 a.m.	Water Fitness Warm Up 8 - 8:15 a.m.	Water Fitness 8 - 9 a.m.	Water Fitness 8 - 9 a.m.	Private Pool Rental Time 12 - 1 p.m.
Water Fitness 8:15 - 9 a.m.			Water Fitness 8:15 - 9 a.m.			
Information	School Lessons 9:30 - 11:30 a.m.	School Lessons 9:30 - 11:30 a.m.	School Lessons 9:30 - 11:30 a.m.	School Lessons 9:30 - 11:30 a.m.	School Lessons 9:30 - 11:30 a.m.	Public Swim 1 - 3 p.m.
Recorded Schedule: 403-783-0110 Front Desk: 403-783-0131	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.	Lap Swim/Parent & Tot 11:45 a.m. - 12:45 p.m.	Private Pool Rental Time 3 - 4 p.m.
	School Lessons 1 - 2:30 p.m.	School Lessons 1 - 2:30 p.m.	School Lessons 1 - 2:30 p.m.	School Lessons 1 - 2:30 p.m.	Private Pool Rental Time 1 - 3 p.m. (Excluding PD Days)	Public Swim 4 - 6 p.m.
Lap Swim/Parent & Tot 2:45 - 3:45 p.m.	Routine Maintenance/Cleaning 2:45 - 3:45 p.m.	Lap Swim/Parent & Tot 2:45 - 3:45 p.m.	Routine Maintenance/Cleaning 2:45 - 3:45 p.m.	Advanced Courses / Private Lessons 3:45 - 5:30 p.m.	Information	
*Check us out on Facebook, X and Instagram @TownofPonoka for upcoming events and schedule changes.	Ponoka Pool Sharks 4 - 5:30 p.m. (2 Lanes & wading pool only starting at 5:30-5:45 p.m.)	Ponoka Pool Sharks 4 - 5:45 p.m. (2 Lanes & wading pool only starting at 5:30-5:45 p.m.)	Ponoka Pool Sharks 4 - 5:30 p.m.	Ponoka Pool Sharks 4 - 5:45 p.m. (2 Lanes only starting at 5:30-5:45 p.m.)	Public Swim 5:30 - 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.
	Lifesaving Lessons 5:45 - 7:30 p.m.	Aqua Zumba 6 - 7 p.m.	Lifesaving Lessons 5:45 - 7:30 p.m.	Public Swim 6 - 7:45 p.m.		
	Lap Swim 7:30 - 9 p.m.	Toonie Swim 7 - 9 p.m.	Lap Swim 7:30 - 9 p.m.	Lap Swim 8 - 9 p.m.		



# Aquaplex Schedule January 4 - April 30, 2026

## Important Information

**Wolf Creek Public Schools PD Day Swim Hours: 1:00 - 3:00 p.m.**

- **January 30**
- **February 17 - 20** public swim from 1 to 2:30 p.m.
- **March 13**
- **March 23 to 27** public swim from 1 to 2:30 p.m.
- **April 24**

**Facility Statutory Holiday Hours: 1 - 5 p.m.**

- **February 16 - Family Day**
- **April 6 - Easter Monday**

### Pool Closures:

- **February 20 starting at 7 p.m. to February 22 Ponoka Pool Sharks Cookie Classic**
- **April 3 - Good Friday**

**Public Swim:** Open to all. Children 7 & under must have a caregiver (16+) in the water within arms reach at all times.

**Water Fitness:** Instructor-led water workout focusing on cardio, toning, and stretching.

**Aqua Zumba:** Low-impact, water-based Zumba for all fitness levels.

**Lap Swim:** Lane ropes set up for lap swimming; deep tank open for self-led workouts.

**Parent and Tot:** For children 5 & under to enjoy the wading pool with a parent.

**Lifesaving Lessons:** Pre-registered swimming lessons for children ages six months to 16 years.

**Ponoka Pool Sharks:** Local winter swim club, September–April. More info at [ponokapoolsharks.ca](http://ponokapoolsharks.ca).

**Private Pool Rental Time:** Book the pool for parties, team functions, or private swims.

**Sensory Swim:** An inclusive, sensory-friendly swim designed for individuals with sensory sensitivities. This is a quiet environment with reduced noise levels. Swim features such as the rope, diving board, and slide will be closed during this swim time. Participants are required to pre-register for this swim. (Registration is free, but standard admission rates apply at the time of arrival.)

### Reasons for Pool Closures

Pools may occasionally need to close unexpectedly due to contamination, chemical imbalance, or mechanical and maintenance issues. While many situations can be resolved quickly, some may require up to 24 hours for proper disinfection or troubleshooting. In certain cases, closures may last longer to ensure the health and safety of all users. Updates about temporary pool closures will be posted on the Town of Ponoka website ([ponoka.ca](http://ponoka.ca)) and on social media (Facebook, X, and Instagram @TownofPonoka).

Admission Prices Aquaplex	Day Pass	10 Use Pass	1 Month	3 Months	6 Months	1 Year
Infant	Free	Free				
Preschool (3 - 4)	\$2	\$20				
Child (5 - 7)	\$4.5	\$45	\$40	\$79.50	\$119	\$198.5
Youth (8 - 17)	\$5.5	\$55	\$53	\$106	\$158.75	\$265
Adult (18 - 59)	\$6.75	\$67.50	\$66	\$132	\$198.5	\$330.75
Senior (60+)	\$5.75	\$57.50	\$50	\$99	\$149	\$248
Family (Up to 5 people)	\$15.75	\$157.50	\$109	\$218	\$328	\$545.75
<b>Group Rates</b>			<b>Multi-purpose Room Rental</b>			
Up to 10 People	\$37		Damage Deposit	\$100		
Up to 15 People	\$55		Room Rental per hour	\$30		
Up to 20 People	\$74			<b>Pool Rentals</b>		
Up to 25 People	\$92			Please call the Aquaplex for Private rentals		
Up to 30 People	\$111					
<b>Recreation Pass</b> Offers access to all programming at the Arena Complex and the Aquaplex			<b>1 Month</b>	<b>3 Months</b>	<b>6 Months</b>	<b>1 Year</b>
Child (5 - 7)			\$56.96	\$113.66	\$170.36	\$284.03
Youth (8 - 17)			\$75.86	\$151.46	\$227.06	\$378.53
Adult (18 - 59)			\$94.76	\$189.26	\$284.03	\$473.03
Senior (60+)			\$71.14	\$142.01	\$212.89	\$354.90
Family (Up to 5 people)			\$156.19	\$312.38	\$468.30	\$780.68