



# Aquaplex Schedule October 14 - December 23, 2025

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 - 8 a.m.	Lap Swim 6 - 8 a.m.	Lap Swim 6 - 8 a.m.	Lap Swim 6 - 8 a.m.	Lap Swim 6 - 8 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 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.	Water Fitness 8:15 - 9:15 a.m.	Private Pool Rental Time 12 - 1 p.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.
<b>Recorded Schedule:</b> 403-783-0110 <b>Front Desk:</b> 403-783-0131  *Check us out on Facebook, X and Instagram @TownofPonoka for upcoming events and schedule changes.	Lap Swim/Parent & Tot 11:45 a.m. - 12:45 p.m.	Lap Swim/Parent & Tot 11 a.m. - 12 p.m.	Lap Swim/Parent & Tot 11:45 a.m. - 12:45 p.m.	Lap Swim/Parent & Tot 11 a.m. - 12 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.	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
	Ponoka Pool Sharks 4 - 5:30 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.	<b>*At all times, children aged seven years and under must have a caregiver aged 16 or older in the water within arm's reach.</b>
	Lifesaving Lessons 5:45 - 7:30 p.m.	Aqua Zumba 6 - 7 p.m.	Lifesaving Lessons 5:45 - 7:30 p.m.	Toonie Swim 6 - 7:15 p.m.		
	Public Swim 7:30 - 9 p.m.	Lap Swim 7 - 9 p.m.	Public Swim 7:30 - 9 p.m.	Lap Swim 7:30 - 9 p.m.		

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

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



# Aquaplex Schedule October 14 - December 23, 2025

## Important Information

### Pool Closures:

- November 11 for Remembrance Day
- **December 12 starting at 7 p.m. until 6 p.m. on December 13.** Regular hours will resume on December 14.

**Public Swim:** A time when everyone is welcome to enjoy the facility amenities. Children seven years and under must have a caregiver aged 16 or older in the water within arm's reach. One lap lane will be available for those who wish to lap swim.

**Water Fitness:** An instructor-led, water-based workout focusing on cardio, body toning, and stretching.

**Aqua Zumba:** A fun, low-impact workout that combines Zumba dance moves with the benefits of exercising in the water. Perfect for all fitness levels.

**Lap Swim:** A designated time when the main pool is set up with lane ropes for lap swimmers. The deep tank is available for self-led workouts.

**Parent and Tot:** A time for parents to come with their children aged five and under to enjoy the wading pool.

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

**Ponoka Pool Sharks:** Our local winter swim club, running annually from September to April. For more information, visit [ponokapoolsharks.ca](http://ponokapoolsharks.ca).

**Private Pool Rental Time:** Allows the public to book the facility for fun swims, birthday parties, or team functions.

**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
Group Rates			Multi-purpose Room Rental			
Up to 10 People	\$37		Damage Deposit	\$100		
Up to 15 People	\$55		Room Rental per hour	\$30		
Up to 20 People	\$74		Pool Rentals			
Up to 25 People	\$92		Please call the Aquaplex for Private rentals			
Up to 30 People	\$111					
Recreation Pass Offers access to all programming at the Arena Complex and the Aquaplex			1 Month	3 Months	6 Months	1 Year
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