



# Summer Lessons 2023

Registration Opens Tuesday, June 6 at 10 a.m.

Register online at [www.ponoka.ca/p/aquaplex](http://www.ponoka.ca/p/aquaplex) or at the Ponoka Aquaplex.

## Monday-Friday AM Lessons

**Session 1:** July 3 - 7 **Session 3:** July 17 - 21  
**Session 5:** July 31 - August 4 **Session 7:** August 21 - 25

Level	Time	Cost
Preschool 1	8:30 - 9:15 a.m.	\$43
Preschool 2	10:35 - 11:20 a.m.	\$43
Preschool 3/4	9:15 - 10 a.m.	\$43
Swimmer 1	10:05 - 11:05 a.m.	\$47.25
Swimmer 2	9:20 - 10:20 a.m.	\$47.25
Swim Kids 3/4	9:30 - 10:30 a.m.	\$47.25
Swim Kids 5/6	10:25 - 11:25 a.m.	\$47.25

## Monday-Friday AM Lessons

**Session 2:** July 10 - 14 **Session 4:** July 24 - 28  
**Session 6:** August 14 - 18

Level	Time	Cost
Parent and Tot	9:15 - 10 a.m.	\$43
Preschool 1	10:35 - 11:20 a.m.	\$43
Preschool 2	8:30 - 9:15 a.m.	\$43
Preschool 3/4	10:05 - 10:50 a.m.	\$43
Swimmer 1	9:20 - 10:20 a.m.	\$47.25
Swimmer 2	9:30 - 10:30 a.m.	\$47.25
Swim Kids 3/4	10:25 - 11:25 a.m.	\$47.25

## Tuesday/Thursday Private Lessons

**Session 1:** July 4 & 6 **Session 2:** July 11 & 13  
**Session 3:** July 25 & 27 **Session 4:** August 1 & 3  
**Session 5:** August 15 & 17 **Session 6:** August 22 & 24

Maximum of two session per child

Time	Cost
4 - 4:30 p.m.	\$43 per session
4:30 - 5 p.m.	\$43 per session
5 - 5:30 p.m.	\$43 per session





# Summer Advanced Courses 2023

Swim Lesson Registration Opens Tuesday, June 6 at 10 a.m.

Register online at [www.ponoka.ca/p/aquaplex](http://www.ponoka.ca/p/aquaplex) or at the Ponoka Aquaplex.

## Advanced Lifesaving Courses

### Rookie, Ranger, Star Patrol

**Date:** August 8 - 11 **Time:** 9 - 11 a.m.

**Cost:** \$55.75 GST Inc.

**Pre-Requisite:** Completion of Swimmer 6

### Bronze Cross and SFA

**Date:** August 8 - 11 **Time:** 9 a.m. - 4 p.m.

**Cost:** \$230 GST Inc.

**Pre-Requisite:** Completion of Bronze Medallion and CPR-C

### National Lifeguard

**Date:** TBA **Time:** 8 a.m. - 4p.m.

**Cost:** \$294.25 GST Inc.

**Pre-Requisite:** Completion of Bronze Cross

### National Lifeguard Recertification

**Date:** TBA **Time:** 9 a.m. - 1 p.m.

**Cost:** \$91 GST Inc.



LIFESAVING SOCIETY  
*The Lifeguarding Experts*

## National Drowning Prevention Week

**July 16 - 22**

Swim to Survive Skills test done daily 1 - 4 p.m.  
Come try it out and receive a certificate and bracelet.

**July 19**

Free Swim 1 - 4 p.m., BBQ 3 - 5 p.m.  
Water safety and drowning prevention activities

## Advanced Red Cross Courses

### Babysitting Course

**Dates:** July 7, or August 25

**Time:** 9 a.m. - 4 p.m.

**Cost:** \$64.25 Inc. GST

**Pre Requisites:** Age 11+

### Stay Safe Course

**Dates:** July 21 or August 26

**Time:** 9 a.m. - 3 p.m.

**Cost:** \$56.75 Inc. GST

**Pre Requisites:** Ages 9 - 13 years



CANADIAN  
RED CROSS

For more information or to register please visit [www.ponoka.ca](http://www.ponoka.ca)  
Phone: 403-783-0131 | Email: [recreation@ponoka.ca](mailto:recreation@ponoka.ca)