

November 2 - 27 2020 Ponoka Aquaplex Schedule

5315 46 Ave Ponoka AB T4J 1J4

You must pre-register for all swims.

Admission Rates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Nov 14 & 28 only	
Pre-K (1-5): \$1.50 Child (6-12): \$3.75 Teen (13-17): \$4.75 Adult (18-59): \$5.50 Senior (60+): \$4.75 Family: \$14.00 Senior Fitness: \$5.25 Adult Fitness: \$6.50	Lap Swim 6:00 - 7:00 am	Lap Swim 6:00 - 7:00 am	Lap Swim 6:00 - 7:00 am	Lap Swim 6:00 - 7:00 am	Lap Swim 6:00 - 7:00 am	Lap Swim 10:00 - 11:00 am	
	Break for Sanitization						
	Lap Swim 7:15 - 8:15 am	Lap Swim 7:15 - 8:15 am	Lap Swim 7:15 - 8:15 am	Lap Swim 7:15 - 8:15 am	Lap Swim 7:15 - 8:15 am	Lap Swim 7:15 - 8:15 am	Family Swim 11:15- 12:45
	Break for Sanitization						
Water Fitness 8:35 -9:30 am	Water Fitness 8:35 -9:30 am	Water Fitness 8:35 -9:30 am	Water Fitness 8:35 -9:30 am	Water Fitness 8:35 -9:30 am	Water Fitness 8:35 -9:30 am	Family Swim 1:15 -2:45 pm	
Info	Break for Sanitization						
Recorded Schedule: 403-783-0110 Front Desk: 403-783-0131 Visit ponoka.ca for more information	Lap Swim 10:00 - 11:15 am	Lap Swim 10:00 - 11:15 am	Lap Swim 10:00 - 11:15 am	Lap Swim 10:00 - 11:15 am	Lap Swim 10:00 - 11:15 am	Family Swim 3:15-5:15 pm	
	Break for Sanitization						
	Lap Swim 11:30 -12:30 am	Lap Swim 11:30 -12:30 am	Lap Swim 11:30 -12:30 am	Lap Swim 11:30 -12:30 am	Lap Swim 11:30 -12:30 am	Lap Swim 11:30 -12:30 am	Please note we will only be open Saturday Nov 14 & 28
	Break for Sanitization						
	Lap Swim & Parent and Tot 12:45 -1:45 pm	Lap Swim & Parent and Tot 12:45 -1:45 pm	Lap Swim & Parent and Tot 12:45 -1:45 pm	Lap Swim & Parent and Tot 12:45 -1:45 pm	Lap Swim & Parent and Tot 12:45 -1:45 pm	Lap Swim & Parent and Tot 12:45 -1:45 pm	Sunday
	Break for Sanitization						
Family Swim 2:00-3:30 pm	Family Swim 2:00-3:30 pm	Family Swim 2:00-3:30 pm	Family Swim 2:00-3:30 pm	Family Swim 2:00-3:30 pm	Family Swim 2:00-3:30 pm		
A caregiver age 16 or older is required to accompany children 12 and under in the water at all times	Break for Sanitization						
	Red Cross Lessons 4:00-5:30 pm	Sharks Swim Club 3:45-5:30	Red Cross Lessons 4:00-5:30 pm	Sharks Swim Club 3:45-5:30	Red Cross Lessons 4:00-5:30 pm	Red Cross Lessons 4:00-5:30 pm	
	Break for Sanitization						
	Water Fitness 6:00-7:00	Family Swim 6:00 - 7:30 pm	Water Fitness 6:00-7:00	Family Swim 6:00 - 7:30 pm	Family Swim 6:00 - 7:30pm	Family Swim 6:00 - 7:30pm	
	Lap Swim 6:00-7:00		Lap Swim 6:00-7:00				
	Break for Sanitization						
	Family Swim 7:30pm 9:00pm	Adult Lessons 8:00-8:45pm	Family Swim 7:30pm 9:00pm	Adult Lessons 8:00-8:45pm	Teen Swim 8:00-9:00pm 13-17 year	Teen Swim 8:00-9:00pm 13-17 year	
Lap Swim 8:00-9:00pm		Lap Swim 8:00-9:00pm					

CLOSED

COVID-19 Restriction are as followed

- Those with COVID-19 symptoms, have recently travelled internationally in the last 14 days, or recent close contact with someone with COVID-19 are not permitted to enter the facility.
- All swims must be pre-registered for by calling 403-783-0131.
- Change rooms will open to the public on the way in and out, the lockers and hand dryers will be unavailable. Cubby's will be available for your items, if you would prefer to take your items on deck we can provide a basket upon entry.
- All users must have a cleansing soapy shower on before entering the pool.
- All equipment will be unavailable at this time. You are welcome to bring your own equipment providing it is clean and sanitized. The Aquaplex has some equipment for purchase at the front as well.
- The Hot Tub will be open for use, 3 people may use the hot tub at one time. If you are a cohort a max of 8 people will be allowed. Users will not be permitted to sit on the stairs of the Hot tub and we ask that you keep your time in the hot tub to 10 minutes to allow others time as well.

Thank you for your understanding and support during this time.

New to the Aquaplex

Adult Lessons
 November 17 – December 17 8:00-8:45pm
 Cost \$45

Open Saturday November 14 & 28
 10:00am - 5:15pm

Now Open till 9pm
 We will now be open Monday – Friday to 9pm

Evening Water Fitness
 Monday & Wednesday 6:00-7:00pm

Morning Water Fitness
 morning Water fitness will begin at 8:30-9:30am
 Please come no earlier than 5 minutes before

Please call 403-783-0131 to register for your swim