

## 2024 Spring Aquatic Fitness Schedule: May 13 – June 28

Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:15-9:00 am Registered Program</b>		Aqua Express Circuit Cathy Registered program		Aqua Express Circuit Cathy Registered program			
<b>9:00-10:00 am Drop-in</b>		Deep Water Aquafit Sharon		Deep Water Aquafit Sharon			
<b>11:00-12:00pm Registered Program</b>		Deep Water Running Irene Registered program		Deep Water Running Irene Registered program			
<b>12:15-1:00 pm Registered Program</b>		Deep Water Running Introduction Irene					
<b>12:00-1:00 pm Drop-in</b>				12:00 pm-12:45 pm Deep Water Aquafit Vivian			
<b>1:00-2:00 pm Drop-in</b>		Shallow Water Aqua Lite Sharon		Shallow Water Aqua Yoga Vivian			
<b>7:30-8:30 pm Drop-in</b>			Deep Water Running Irene 13 person Maximum First come basis				

**Please note: If you are registered for a program, you will need to pay admission for use of the pool before or after your class**

Schedule is subject to change, please view [Kamloops.ca/Swim](https://Kamloops.ca/Swim) for updates.

## 2024 Spring Aquatic Fitness Schedule: April-June??

Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:00-9:00 am Drop-in</b>	Shallow Water Travis		Shallow Water Travis		Shallow Water Travis		
<b>11:00-11:45 am Registered Program</b>		Parent & Baby Travis		Aqua Lite Travis			
<b>7:00-8:00 pm Drop-in</b>		Shallow Water Vivian		Shallow Water Vicki			

Schedule is subject to change, please view [Kamloops.ca/Swim](https://Kamloops.ca/Swim) for updates.