

## 2022 Spring Schedule May 16 – June 5

Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Public Swim</b>		6:00p-8:00p	6:00p-8:00p		6:00-9:00p	1:00p-4:00p	1:00p-4:00p
<b>Lap &amp; Leisure Swim</b>	7:00a-8:30a 9:30a-11:00a 3:00p-4:00p 6:00p-7:30p	7:00a-8:30a 3:00p-4:00p	7:00a-8:30a 9:30a-11:00a 3:00p-4:00p	7:00a-8:30a 9:30a-11:00a 3:00p-4:00p 6:00p-7:30p	7:00a-8:30a 9:30a-11:00a 3:00p-4:00p		
<b>Adapted Swim</b>		9:30a-11:00a					
<b>Lap Swim</b>	5:30a-7:00a 8:30a-9:30a (1 lane only) 8:30p-9:00p	5:30a-7:00a 8:30a-9:30a (1 lane only) 8:00p-9:00p	5:30a-7:00a 8:30a-9:30a (1 lane only) 8:00p-9:00p	5:30a-7:00a 8:30a-9:30a (1 lane only) 8:30p-9:00p	5:30a-7:00a 8:30a-9:30a (1 lane only)		
<b>Aquafit</b>	8:30a-9:30a 7:30p-8:30p	8:30a-9:30a	8:30a-9:30a	8:30a-9:30a 7:30p-8:30p	8:30a-9:30a		
<b>Lessons</b>	4:00p-6:00p	4:00p-6:00p	4:00p-6:00p	4:00p-6:00p	4:00p-6:00p	9:30a-1:00p	9:30a-1:00p
<b>Hot Tub and Hot Rooms</b>	5:30a-11:00a 3:00p-9:00p	5:30a-11:00a 3:00p-9:00p	5:30a-11:00a 3:00p-9:00p	5:30a-11:00a 3:00p-9:00p	5:30a-11:00a 3:00p-9:00p	1:00p-4:00p	1:00p-4:00p
<b>Fitness Centre</b>	5:30a-11:00a 3:00p-9:00p	5:30a-11:00a 3:00p-9:00p	5:30a-11:00a 3:00p-9:00p	5:30a-11:00a 3:00p-9:00p	5:30a-11:00a 3:00p-9:00p	9:30a-4:00p	9:30a-4:00p

### SPECIAL NOTES

- Schedule is subject to change. Please view [Kamloops.ca/Swim](https://Kamloops.ca/Swim) for updates.
- Leisure swim does not include toys, climbing wall or diving board.