

## 2022 Summer Schedule July 2 – September 4

Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Public Swim</b>	2:00p-4:00p 6:00p-9:00p	2:00p-4:00p 6:00p-9:00p	2:00p-4:00p 6:00p-9:00p	2:00p-4:00p 6:00p-9:00p	2:00p-4:00p 6:00p-9:00p	11:00p-4:00p	11:00p-4:00p
<b>Lap &amp; Leisure Swim</b>	7:00a-8:00a 9:00-11:00a	7:00a-8:00a	7:00a-8:00a 9:00a-11:00a	7:00a-8:00a 9:00-11:00a	7:00a-8:00a 9:00a-11:00a 4:00p-6:00p	9:30a-11:00a	9:30a-11:00a
<b>Adapted Swim</b>		9:00 -11:00a					
<b>Lap Swim</b>	5:30a-7:00a <b>8:00a-9:00a (1 Lane)</b>	5:30a-7:00a <b>8:00a-9:00a (1 Lane)</b>	5:30a-7:00a <b>8:00a-9:00a (1 Lane)</b>	5:30a-7:00a <b>8:00a-9:00a (1 Lane)</b>	5:30a-7:00a <b>8:00a-9:00a (1 Lane)</b>		
<b>Aquafit</b>	8:00a-9:00a	8:00a-9:00a	8:00a-9:00a	8:00a-9:00a	8:00a-9:00a		
<b>Lessons</b>	4:00p-6:00p	4:00p-6:00p	4:00p-6:00p	4:00p-6:00p			
<b>Hot Tub and Hot Rooms</b>	5:30a-11:00a 2:00p-9:00p	5:30a-11:00a 2:00p-9:00p	5:30a-11:00a 2:00p-9:00p	5:30a-11:00a 2:00p-9:00p	5:30a-11:00a 2:00p-9:00p	9:30a-4:00p	9:30a-4:00p
<b>Fitness Centre</b>	5:30a-11:00a 2:00p-9:00p	5:30a-11:00a 2:00p-9:00p	5:30a-11:00a 2:00p-9:00p	5:30a-11:00a 2:00p-9:00p	5:30a-11:00a 2:00p-9:00p	9:30a-4:00p	9:30a-4:00p

### SPECIAL NOTES

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

WACKY WEDNESDAYS – Last Wednesday of each month during Public Swim Time – Themed Swims with fun games 😊