

2022 Fall Schedule September 6–December 16, 2022

Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public Swim		6:00p – 9:00p	6:00p – 9:00p		6:00p – 9:00p	1:00p – 4:00p	1:00p – 4:00p
Lap & Leisure Swim	7:00a – 8:00a 9:00a – 11:00a 3:00p – 4:00p 6:00p – 7:30p	7:00a – 8:00a 3:00p – 4:00p	7:00a – 8:00a 9:00a – 11:00a 3:00p – 4:00p	7:00a – 8:00a 9:00a – 11:00a 3:00p – 4:00p 6:00p – 7:30p	7:00a – 8:00a 9:00a – 11:00a 3:00p – 4:00p		
Adapted Swim		9:00a – 11:00a					
Lap Swim	5:30a – 7:00a 8:00a -9: 00a (1 lane) 7:30p – 8:30p (1 lane)	5:30a – 7:00a 8:00a -9: 00a (1 lane)	5:30a – 7:00a 8:00a -9: 00a (1 lane)	5:30a – 7:00a 8:00a -9: 00a (1 lane) 7:30p – 8:30p (1 lane)	5:30a – 7:00a 8:00a -9: 00a (1 lane)		
Parent & Baby Aquafit			11:00a – 12:00p				
Aquafit	8:00a – 9:00a 7:30p – 8:30p	8:00a – 9:00a	8:00a – 9:00a	8:00a – 9:00a 7:30p – 8:30p	8:00a – 9:00a		
Lessons	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
Hot Tub and Hot Rooms	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
Fitness Centre	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 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