

2023 Spring Schedule: April 3–June 4

Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Pre-registration required prior to 1:00 pm and from 4:00-6:00 pm	Sunday Pre-registration required prior to 1:00 pm and from 4:00-6:00 pm
Lap Swim	6:00am–8:00am (50m 6-8 am) 8:30am–3:30pm Limited lap lanes 3:30-5:00 pm 7:30pm–9:30pm	6:00am–2:30pm 7:30pm–9:30pm	6:00am–8:00am (50m 6-8 am) 8:30am–3:30pm Limited lap lanes 3:30-5:00 pm 7:30pm–9:30pm	6:00am–2:30pm 7:30pm–9:30pm	6:00am–8:00am (50m 6-8 am) 8:30am–2:30 pm Limited lap lanes 3:00-5:00 pm 7:30pm–9:30pm	10:00am–8:00pm	7:00am–8:00pm
Leisure Pool	6:00am–5:30pm 7:30pm–9:30pm	6:00am–3:00pm 7:30pm–9:30pm	6:00am–4:00pm 7:30pm–9:30pm	6:00am–3:00pm 7:30pm–9:30pm	6:00am–5:30pm 7:30pm–9:30pm	9:00am–8:00pm	9:00am–8:00pm
Splash Park	6:00am–8:00am 11:00am–5:30pm 7:30pm–9:30pm	6:00am–8:00am 11:00am–3:00pm 7:30pm–9:30pm	6:00am–8:00am 11:00am–4:00pm 7:30pm–9:30pm	6:00am–8:00am 11:00am–3:00pm 7:30pm–9:30pm	6:00am–8:00am 11:00am–5:30pm 7:30pm–9:30pm	12:30pm–4:00pm 6:00pm–8:00pm	12:30pm–4:00pm 6:00pm–8:00pm
Hot Tub	6:00am–5:30pm 7:30pm–9:30pm	6:00am–3:30pm 7:30pm–9:30pm	6:00am–5:30pm 7:30pm–9:30pm	6:00am–3:30pm 7:30pm–9:30pm	6:00am–5:30pm 7:30pm–9:30pm	10:00am–8:00pm	7:00am–8:00pm
Sauna & Steam Room	6:00am–8:00am 8:30am–9:30pm	6:00am–8:00am 8:30am–2:30pm 3:00pm–6:00pm 6:30pm–9:30pm	6:00am–8:00am 8:30am–9:30pm	6:00am–8:00am 8:30am–2:30pm 3:00pm–6:00pm 6:30pm–9:30pm	6:00am–8:00am 8:30am–2:30pm 3:00pm–6:30pm 7:30pm–9:30pm	7:00am–8:30am 9:00am–8:00pm	7:00am–8:00pm
Deep End & Diving Boards (Public Swim)	7:30pm–9:30pm	7:30pm–9:30pm	7:30pm–9:30pm	7:30pm–9:30pm	7:30pm–9:30pm	1:00pm–4:00pm 6:00pm–8:00pm	1:00pm–4:00pm 6:00pm–8:00pm
<p>Special Rates available Monday to Friday: Early Bird swim from 6:00–7:00 am and Liquid Lunch is from 11:30 am–12:30 pm</p>							

Schedule is subject to change, please view Kamloops.ca/Swim for updates.



Canada's Tournament Capital

Please note:

Lap Swim, Sauna and Steam room will be closed Monday, Wednesday, and Friday from 8:00–8:30 am, Tuesday and Thursday from 2:30-3:00 pm and 6:00–6:30 pm, Friday from 2:30-3:00 pm and 6:30-7:00 pm and Saturday from 8:30–9:00 am during the bulkhead move.

Weekend Swim Pre-Registration:

Due to upcoming events and swim lesson programming, lap and leisure swims on weekends are limited. Swims taking place before 1:00 pm on Saturday and Sundays as well as between 4:00 pm-6:00 pm require pre-registration. Swim registration will be open at 10:30 am, one week prior.

[Click here to register now.](#)

Pool Closures & Upcoming Events:

April 19 SD73 Elementary School Swim Meet

April 22 Pratt's Swim Meet

June 2-3 TRU Wolfpack Swim Meet

Pro D swims April 24 & May 19 Pre-registration required