



Winter

2026 Activity Guide



Canada's Tournament Capital

Registration Opens: December 9, 2025

Online - 6:30 am | In Person/Phone - 10:00 am

Kamloops.ca/Register

BUILD KAMLOOPS

BUILD. GROW. CONNECT. REPEAT.

Build Kamloops is a multi-year, multi-phase visionary program to re-establish the city's prominence as Canada's Tournament Capital, foster our recognition as a premier arts and culture destination, and keep pace with our recreation and leisure needs as one of Canada's fastest-growing cities.



Learn more and join the conversation today!
LetsTalk.Kamloops.ca/BuildKamloops



Canada's Tournament Capital



Services and Information

Registration	2
Facility Information	4
Contact Information	5
Facility Rates	6

Community Resources

Neighbourhoods	8
Food and Urban Agriculture	9
Connect 2 Rec	11

Programs

Fitness Schedules	12
Accessible Recreation	18
Kamloops Museum and Archives	24
Aquatics	30
Thompson-Nicola Regional Library	38
Family and Early Years	44
Children and Youth	50
Adults	54
Adults 55+	68
Strategic Health Alliance	70
PacificSport	72



Registration



Registration Opens: **Tuesday, December 9**

Online - 6:30 am | In Person/Phone - 10:00 am



Go Online

[Kamloops.ca/Register](https://kamloops.ca/Register)



Call Us

250-828-3500



Scan

Here

In-Person Registration Hours

Tournament Capital Centre (TCC) 910 McGill Road	Monday–Friday: 6:00 am–8:00 pm Saturday and Sunday: 8:00 am–7:00 pm
Westsyde Pool & Fitness Centre 859 Bebek Road	Monday–Friday: 7:00 am–11:00 am, 3:30 pm–8:00 pm Saturday and Sunday: 10:30 am–3:00 pm
Kamloops Museum and Archives 207 Seymour Street	Tuesday–Saturday: 10:00 am–4:00 pm

Online Recreation Account

Your online recreation account grants you access to the City's online registration system for activities and programs offered at our recreational facilities and in the Activity Guide.

The system features include:

- a user-friendly online system to register for programs on any device at any time of day
- a family account feature to keep track of your whole family's activities and schedules in one place
- personalized accounts to track your activity history and more
- robust search functions to search for an activity by keyword, age, day, time, or location
- ability to view a class's availability and immediately book online

Set up your online recreation account before registering for a program or for your first or next visit to the Tournament Capital Centre or the Westsyde Pool and Fitness Centre. For safety and security purposes, all users must have a current account for facility access and online registration.

Set up your account in three simple steps:

- 1 Visit **[Kamloops.ca/Register](https://kamloops.ca/Register)**.
- 2 Click "**Create An Account**" and choose "**Signup**" at the top of the screen.
- 3 Add the requested account details and click "**Submit**".



Connect With Us!

Receive City news directly to your inbox. Visit **[Kamloops.ca/Subscribe](https://kamloops.ca/Subscribe)** to sign up for one or all of our following newsletters:

Valid email address required. You may unsubscribe at anytime.

- News Releases
- City Stories
- Council Agendas and Highlights
- Statutory Public Notices
- Sustainable Kamloops



We do our best to ensure that program information, such as pricing, location, and dates offered, are accurate at the time of publication. All programs are subject to change without notice.

For the up-to-date information and programming, visit [Kamloops.ca/Register](https://kamloops.ca/Register).



Refund & Withdrawal Policy

A \$10 administration fee is charged for all program withdrawals, excluding memberships. Once a program begins, a pro-rated refund will be applied. Check each program for specific refund policies. **Please note** that refunds will not be given for withdrawals from cooking classes within seven days of the class's start date.

Cancellations

Programs may be cancelled if not enough people are registered. Please register early to avoid disappointment.

Most programs run regardless of the weather. However, we may occasionally cancel a program due to poor weather. If your program is cancelled, you will receive a refund..



How to Withdraw: Please call 250-828-3655

Online withdrawals not available.

How to Use This Guide Find all the information you need for program registration.

program area →	Registered Group Fitness				
course name →	TRX Combo		Ages: 13+		← age restrictions
course description →	In a small group, you will learn the basics on TRX suspension training and move in a way that will leave you feeling challenged, strong, and inspired.				
location →	TCC - Queenax				
	Mon	Apr 1–May 6	11:15 am–12:00 pm	5/\$46.43	
	↑ day	↑ dates	↑ time	↑ cost	

Legend
5/\$46.43 5 classes for \$46.43
1/\$20.00 1 class for \$20
cost + applicable taxes
Mon Monday only
Mon, Wed Monday and Wednesday
Mon–Fri Monday through Friday
Tues/Thur Tuesday or Thursday

How Waitlists Work

The City of Kamloops has an automated process for managing waitlists. If you are on the waitlist for a program and a spot becomes available, you will be notified by email with an option to either confirm or decline the spot. You will have 72 hours to respond. If there is no response after 72 hours, you will lose the opportunity to register, and the spot will be offered to the next person on the waitlist.

Don't miss a notification email! Make sure your recreation account is up to date with your current email address, and watch for notifications from City of Kamloops Recreation.



**Follow us
on Facebook!**

@CityofKamloops
@CityofKamloopsPRC

Facility Information



Hours of Operation



Facilities will be closed on all statutory holidays unless otherwise noted. Visit these web pages for up-to-date facility hours.

TCC (Gyms & Fieldhouse)	Kamloops.ca/TCC
Canada Games Aquatic Centre	Kamloops.ca/Swim
Westsyde Pool and Fitness Centre	Kamloops.ca/Swim
City Arenas	Kamloops.ca/Arenas

Guest Code of Conduct

Our goal is to provide a friendly, safe, and fun environment for all guests.

- Please be respectful of others—their beliefs, opinions, belongings, and feelings.
- Please be respectful of directions given by staff or volunteers.
- Ensure conversation, behaviour, and language are appropriate for a public facility that caters to a diverse population (or community).
- Drugs, alcohol, and items that are deemed as weapons are prohibited on site.
- Recording with cameras and other devices, including smart phones, is strictly prohibited unless prior approval from the City is given.

View the full Facility Use Guidelines at [Kamloops.ca/TCC](https://kamloops.ca/TCC).

Gym Age Policy

- All youth aged 12–17 are required to complete a FREE weight room orientation.
- Upon completion of an orientation, youth aged 12–14 are required to use the gyms under direct supervision of a paying adult (19+ years). Youth aged 15+ may use the gym on their own.

Swim Age Policy

Children aged 6 or under must always be accompanied in the water and be within arm's reach of a caregiver aged 16 or older. Ratio of children aged 6 or under to caregiver must be no greater than 3:1.



Protect Your Valuables

Whenever possible, leave your valuables at home or use a wallet locker at the TCC. Lockers are 25¢. Please ensure you have correct change. Using a personal lock is not recommended.

Four bike lockers are available at the TCC for complimentary day use on a first-come, first-serve basis. A personal lock is required for this amenity.



Parking at the TCC

TCC visitors must register their licence plate number to receive two hours parking, Monday–Friday, 8:00 am–5:00 pm. Outside of these days and times, TCC visitors are not required to register their licence plate number.

TCC visitors displaying a valid disabled parking permit can park and do NOT need to register their licence plate number.



© Peter Olsen

Administration

Email. prccaccount@kamloops.ca
General Inquiry 250-828-3569
Adopt-A-Road. 250-828-3461

Aquatics

Online Kamloops.ca/Swim
Email. swim@kamloops.ca
Westsyde Pool & Fitness Centre. 250-828-3616
Canada Games Aquatic Centre (TCC) 250-828-3655

Community Halls

Hall Bookings 250-828-3419
Email. facilities@kamloops.ca

Kamloops Museum and Archives

Online KamloopsMuseum.ca
Email. museum@kamloops.ca
General Inquiry 250-828-3576

PacificSport Interior BC

Online PacificSportInteriorBC.com
Email. interiorbc@pacificsport.com
General Inquiry 250-828-3344

Parks

Online Kamloops.ca/Parks
Email. parks@kamloops.ca
General Inquiry 250-828-3551
Parks Bookings 250-828-3335

Program Registration

Online Kamloops.ca/Register
General Inquiry 250-828-3500

Sandman Centre & Arenas

Online Skate Schedules Kamloops.ca/Arenas
Arena Bookings 250-828-3707
Email. arenas@kamloops.ca
 recreation@kamloops.ca
Blazers Hockey Team Box Office. 250-828-3339
Ticketmaster (Concert/Event Sales) 1-855-985-5000

Sport, Recreation, Fitness, Arts & Cultural Programs

Online Kamloops.ca/Recreation
Email. recreation@kamloops.ca
 fitness@kamloops.ca
 arts-culture@kamloops.ca
 neighbourhoods@kamloops.ca
 events@kamloops.ca

Tournament Capital Centre

General Inquiry 250-828-3655
Online Kamloops.ca/TCC
Email. tccfacilities@kamloops.ca
Kamloops Classics Swimming. 250-828-3660
Kamloops Gymnastics
& Trampoline Centre 250-374-6424
Sage Sport Institute 250-314-5000
Taste Kitchen Inc. 236-425-3331
TCC Booking. 250-828-3580
TRU Athletics 250-828-5009

Facility Rates

Tournament Capital Centre (All rates include tax and apply starting January 1, 2026)

Canada Games Aquatic Centre (Pool Pass includes Fieldhouse when available)

	Single Admission	Monthly Pass	Annual Pass	Individual Punch Pass [†] (10 Admissions)
Preschool (3–6)	\$2.40	\$21.70	\$217.20	\$19.75
Child (7–13)	\$4.80	\$43.45	\$434.40	\$39.45
Youth (14–18)	\$6.55	\$46.35	\$463.35	\$58.55
Adult (19–59)	\$9.25	\$48.60	\$485.95	\$82.30
Senior (60+)	\$6.55	\$46.35	\$463.35	\$58.55
Family*	\$4.80 per person (max. cost \$19.20)	\$97.20	\$971.80	\$59.25 (5-punch pass. One punch per family visit.)
Early Bird (Mon–Fri, 6:00–7:00 am)	\$4.25	Early Bird and Liquid Lunch passes do not include entry to the Fieldhouse		\$39.90
Liquid Lunch (Mon–Fri, 11:30 am–12:30 pm)	\$4.60			\$43.50

Wellness Centre & Athlete Performance Centre (Gym Pass includes Fieldhouse when available)

	Single Admission	Monthly Pass	Annual Pass
Child (7–13)	\$8.50	\$43.45	\$434.50
Youth (14–18)	\$8.90	\$46.35	\$463.30
Adult (19–59)	\$11.15	\$48.60	\$485.90
Senior (60+)	\$8.90	\$46.35	\$463.30
Family*	\$8.50 per person (max. cost \$34.00)	\$97.20	\$971.80

Full Access Pass (Gym and Pool, includes Fieldhouse when available)

	Single Admission	Monthly Membership	Annual Membership (Advance Payment)	Annual Membership (Average Monthly Payment)
Child (7–13)	\$8.95	\$43.45	\$441.55	\$36.80
Youth (14–18)	\$11.75	\$58.90	\$622.80	\$51.90
Adult (19–59)	\$15.10	\$74.80	\$747.95	\$62.35
Senior (60+)	\$11.75	\$58.90	\$622.80	\$51.90
Family*	\$8.95 per person (max cost \$35.70)	\$149.60	\$1,495.90	\$124.65

Fieldhouse Pass (Indoor Track, Courts, and EZ line)

	Single Admission	Monthly Pass
Preschool (3–6)	\$2.40	\$23.60
Child (7–13)	\$4.80	\$23.60
Youth (14–18)	\$6.90	\$24.20
Adult (19–59)	\$9.60	\$25.35
Senior (60+)	\$6.90	\$24.20
Family*	\$4.80 per person (max. cost \$19.20)	\$50.70

*A family is a maximum of two adults and all children under 18 years of age living in the same residence.

[†]ARCH subsidy is available for individual punch cards only.

Fees are subject to change without notice.



Monthly Membership Cancellation Policy

If requesting a cancellation of a single or multiple monthly membership, a \$15 cancellation fee will apply after the membership has been pro-rated. All punch passes are non-refundable.



Westsyde Pool and Fitness Centre (All rates include tax)

	Single Admission	Monthly Pass	Annual Pass (Advance Payment)	Annual Pass (Average Monthly Payment)	Individual Punch Pass [†] (10 Admissions)
Preschool (3–6)	\$2.25	\$16.60	\$165.95	\$13.85	\$17.10
Child (7–13)	\$4.25	\$33.20	\$331.85	\$27.65	\$34.20
Youth (14–18)	\$5.00	\$40.35	\$403.45	\$33.65	\$41.70
Adult (19–59)	\$7.00	\$42.30	\$423.10	\$35.25	\$59.45
Senior (60+)	\$5.00	\$40.35	\$403.45	\$33.65	\$41.70
Family*	\$4.25 per person (max. cost \$17.00)	\$84.60	\$846.25	\$70.50	\$51.30 (5 punch pass. One punch per family visit.)
Early Bird (6:00–7:00 am)	\$4.00	Early Bird passes include entry to the pool and gym			\$36.95

Public Skating/Stick and Puck (All rates include tax)

	Single Admission	Season Pass (January 1–March 31, 2026)
Preschool (3–6)	\$2.50	\$45.00
Child (7–13)	\$5.00	\$90.00
Youth (14–18)	\$5.75	\$103.50
Adult (19–59)	\$7.50	\$135.00
Senior (60+)	\$5.75	\$103.50
Family*	\$15.00	\$270.00
Drop-in Hockey	\$8.75	\$157.50

Participants must register in advance at [Kamloops.ca/Register](https://kamloops.ca/Register) for drop in hockey and stick, puck and ring programs.

*A family is a maximum of two adults and all children under 18 years of age living in the same residence.

[†]ARCH subsidy is available for individual punch cards only.

Fees are subject to change without notice.

Connecting Communities



Find your
neighbourhood
association on
Facebook!



Neighbourhood Matching Fund

The Neighbourhood Matching Fund supports your neighbourhood-driven projects and celebrations. Plan an event or beautification project and apply for money to help make it a reality.

**For more information, visit our
neighbourhood directory at
Kamloops.ca/Neighbours.**

Neighbourhoods

Neighbourhood associations help bring people together to organize projects, host community celebrations, and beautify neighbourhoods. Neighbourhood associations connect through social media, newsletters, and email.

By connecting, you can:

- learn about neighbourhood projects
- share ideas
- give feedback
- get involved

Phone: 250-828-3582

Email: neighbourhoods@kamloops.ca

Kamloops Food Policy Council

Join us at our monthly network meetings and potlucks. We share information and a meal 5:30–7:30 pm the first Wednesday of every month.

Learn more at KamloopsFoodPolicyCouncil.com.

Phone: 250-851-6111

Email: info@kamloopsfoodpolicycouncil.com

 **Kamloops Food Policy Council**

Winter Indoor Kamloops Farmers' Market

The growing season might be over, but there is still opportunity to get local food and crafts at the winter indoor Kamloops Farmers' Market. The market is held weekly, November–March.

Learn more at KamloopsFarmersMarket.com.

Phone: 250-682-7975

 **Kamloops Regional Farmers Market**

FoodLoops Downtown

Working in partnership with Thompson Rivers University's Faculty of Communication and the Kamloops Food Policy Council, a food map of downtown Kamloops was developed to chart the locations of food-related projects, programs, and initiatives.

Learn more at

FoodLoops.TruBox.ca.

Community Kitchens and Gardens

In partnership with Interior Community Services, community gardens are fenced, shared land that is divided into garden plots for anyone who wishes to grow their own healthy produce. Applications are now being accepted for spring and summer.

You can also join a community kitchen to cook, learn about low-cost meal options, and preserve food. Call to check for availability.

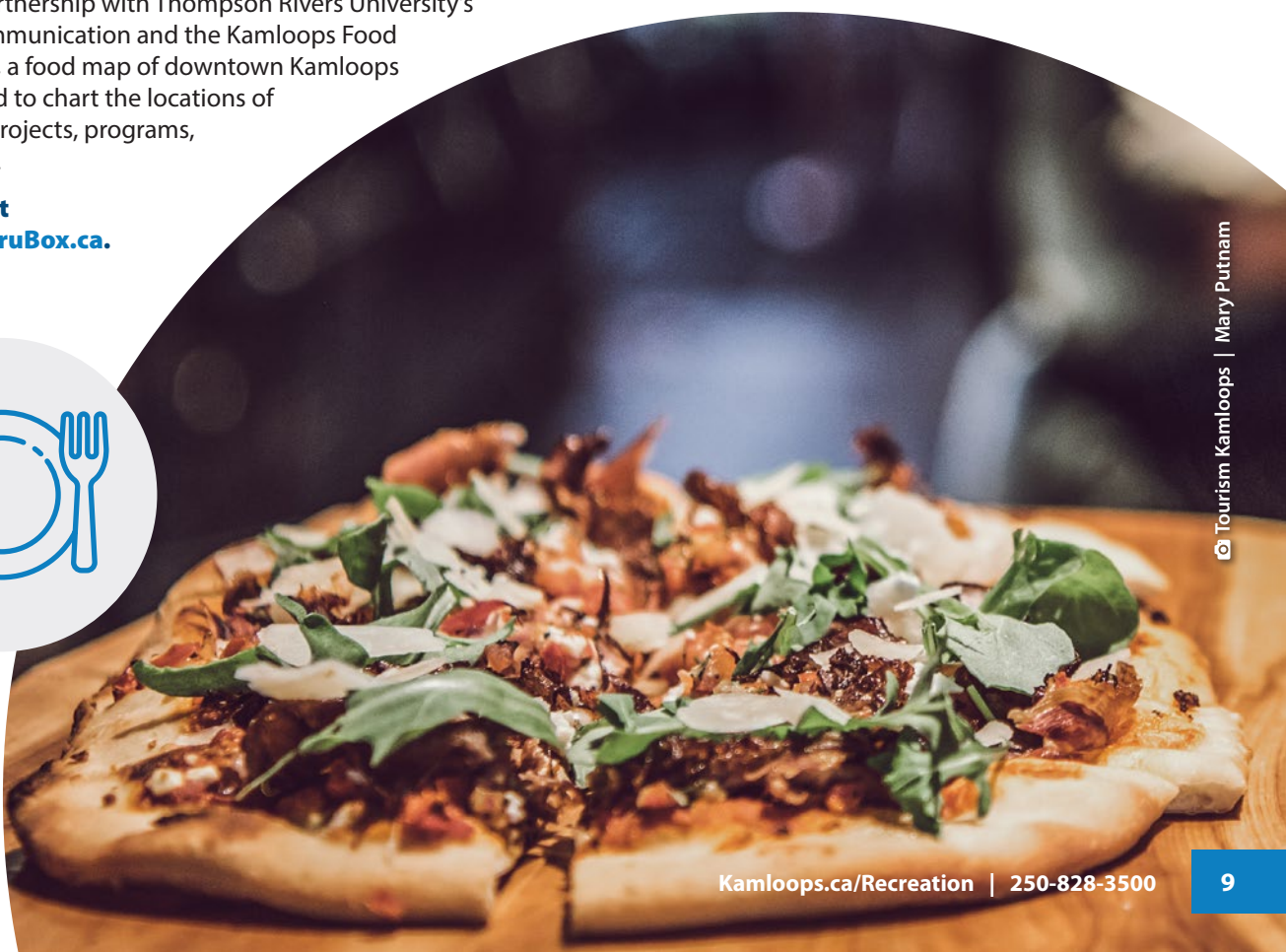
Phone: 236-421-1011

 **Mount Paul Food Centre**

Gardening Education Partnership

The City of Kamloops partners with groups like the Master Gardeners, the Kamloops Food Policy Council, and the Community Gardens Program to run workshops.

For more information, check out the [Gardening programs in the Adult section](#).



REGISTRATION IS NOW OPEN!!



SPRING SOCCER LEAGUE

PRESENTED BY

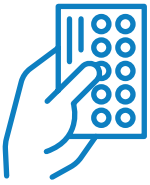


AGES U3 TO U18



ENTER TO WIN A VANCOUVER
WHITECAPS GAMEDAY EXPERIENCE





ARCH: Affordable Recreation for Community Health

The City aims to connect everyone to recreation and offers financial assistance to help make it happen. Use ARCH credits to buy a punch card or membership for the gym, pool, or ice rink or to sign up for a program.

Call us to find out more at 250-828-3582 or visit Kamloops.ca/ARCH.



UMO - KamPASS

UMO - KamPASS is an affordable transit option to help you get to your next recreational activity. The program provides subsidized bus passes to qualified Kamloops residents to encourage using transit for work, appointments, recreation, education, and other activities.

Call us to find out more at 250-828-3582 or visit Kamloops.ca/KamPASS.



KidSport

Apply for a grant today! KidSport provides families with children aged 5-18 with financial assistance to participate in sports in Kamloops.

Find out more and apply at 250-828-3822, KidSportKamloops@SportBC.com, or visit Kamloops.ca/KidSport.



Boogie the Bridge Cultural Fund

This fund is intended to provide financial assistance for children and youth aged 5-18 to participate in cultural activities like dance, drawing, and music.

Find out more and apply at 250-828-3611, or visit Kamloops.ca/BoogieFund.

DID YOU KNOW?



There are over 90 sports organizations in Kamloops. To learn about all the sporting opportunities in our community, visit KamloopsSportsCouncil.com.



© Tourism Kamloops | Sean Jenkins

Fitness Schedules



Legend

● Mild/All Levels

For beginners or those returning to exercise. These classes are gentle on your joints with little to no impact.

▲ Intermediate

For individuals who are currently exercising and are looking for a more challenging class. These classes may feature intervals, strength training, and more advanced exercises.

◆ Advanced

For experienced exercisers who are looking for more intensity. These classes may include high intensity intervals, compound exercises, and active recovery periods.

💧 Aquafit

Low-impact, water-based fitness classes with a range of intensity options suitable for beginners to intermediate or advanced. Registration and drop-in options available.

*Gentle Circuit participants must register in person at TCC on the day of the class and have a Track Pass at minimum to qualify for the \$0.55 reduced class rate.

**Aquafit participants are required to purchase a pool pass for Aquafit programs - drop-in only.

***Drop-in participants must register in person at TCC. All current TCC gym members (gym only or full Access) qualify for a 50% discount on registered fitness classes.

Please note: Unless otherwise indicated, the age policy on all fitness classes requires participants (registered or drop-in) to be 13 years or older at the time of participation. Instructors and classes are subject to change without notice.

Community-Based Health and Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Morning	Beginner Yoga ● 9:00–10:00 am Valleyview Community Centre	Beginner Yoga ● 9:00–10:00 am Hal Rogers Activity Centre	Gentle Chair Yoga ● 9:00–10:00 am Valleyview Hall		Qi Gong ● 9:30–11:00 am West Highlands Community Centre	
			Gentle Yoga ● 10:30–11:30 am Hal Rogers Activity Centre			
Afternoon			Gentle Chair Yoga ● 1:00–2:00 pm Hal Rogers Activity Centre			
	ZUMBA® Gold Combo ● 2:30–3:30 pm Hal Rogers Activity Centre		ZUMBA® Gold Combo ● 2:30–3:30 pm Hal Rogers Activity Centre		Gentle Chair Yoga ● 2:00–3:00 pm West Highlands Community Centre	
Evening		Beginner Hatha Yoga ● 5:30–6:30 pm West Highlands Community Centre		Seniors Chair Yoga ● 4:30–5:30 pm Heritage House		Intro to Yin Yoga ● 4:30–5:30 pm West Highlands Community Centre
		Zumba® ▲ 6:00–7:00 pm Hal Rogers Activity Centre				

Westsyde Community Health and Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	AquaFit (Shallow) ◆ 8:00–9:00 am WSP Registration Required	Parent and Baby AquaFit (Shallow) ◆ 11:00–11:45 am WSP Registration Required	AquaFit (Shallow) ◆ 8:00–9:00 am WSP Registration Required	Parent and Baby AquaFit (Shallow) ◆ 11:00–11:45 am WSP Registration Required	AquaFit (Shallow) ◆ 8:00–9:00 am WSP Registration Required
Afternoon			Low Intensity Circuit ● 1:30–2:30 pm WSP - Gym		Low Intensity Circuit ● 1:30–2:30 pm WSP - Gym
Evening		Beginner Hatha Yoga ● 5:30–6:30 pm David Thompson Elementary Gym	Bellyfit ● 5:30–6:30 pm Arthur Stevenson Elementary Gym		
		AquaFit (Shallow) ◆ 7:00–8:00 pm WSP Drop-in	Restorative Yoga ● 5:30–6:30 pm David Thompson Elementary Gym	AquaFit (Shallow) ◆ 7:00–8:00 pm WSP Drop-in	

Fitness Schedules

For more fitness class information, see the Adult and Adult 55+ sections or visit [Kamloops.ca/Register](https://kamloops.ca/Register).



Tournament Capital Centre Health and Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Gentle Circuit ● 8:00–8:55 am *Drop-in	Deep Water Running ▲▲ 8:00–9:00 am	Gentle Circuit ● 8:00–8:55 am *Drop-in	Deep Water Running ▲▲ 8:00–9:00 am	Gentle Circuit ● 8:00–8:55 am *Drop-in
	Gentle Circuit ● 9:00–9:55 am *Drop-in	Stronger Bones ● 9:45–10:45 am	Gentle Circuit ● 9:00–9:55 am *Drop-in	Stronger Bones ● 9:45–10:45 am	Gentle Circuit ● 9:00–9:55 am *Drop-in
	Stretch and Relax ● 10:15–11:15 am		Stretch and Relax ● 10:15–11:15 am		Zumba ▲ 9:45–10:45 am
	Stroller Fit ● 11:30 am–12:30 pm	Strong Bones ● 11:00 am–12:00 pm		Strong Bones ● 11:00 am–12:00 pm	Steel Mace Vinyasa ▲ 11:00 am–12:00 pm
Afternoon				Strong Bones ● 12:05–12:45 pm	Sensational Survivors 12:15–1:15 pm
		Zumba Gold ● 1:00–2:00 pm	Sensational Survivors 1:00–2:15 pm	Bellyfit ● 1:00–2:00 pm	
		FAME (Fitness and Mobility Exercise) ● 2:30–3:30 pm		FAME (Fitness and Mobility Exercise) ● 2:30–3:30 pm	
Evening		Better Menopause Through Lifestyle and Exercise ● 5:00–6:00 pm	Strength Training with Resistance Bands ● 5:00–5:45 pm	HIIT - High Intensity Interval Training ◆ 5:00–6:00 pm	
	Beginner Yoga ● 5:15–6:15 pm		Cycle Fit ▲ 5:15–6:15 pm		
	Introduction to Weight Training ▲ 6:30–7:30 pm		Cardio Kickboxing ▲ 6:00–7:00 pm	Barre-lates ▲ 6:15–7:15 pm	
		Warrior Yoga ▲ 7:30–8:30 pm	Women's Only Intro to Weight Training ● 7:15–8:15 pm	Women's Only Intermediate Weight Training ● 7:30–8:30 pm	

Arts & Culture

CHAMBER MUSICIANS OF KAMLOOPS

Concert Series

September 2025–June 2026

Monthly chamber music performances showcasing local, regional, and provincial musicians and composers.

ChamberMusiciansOfKamloops.org

KAMLOOPS CHRISTMAS MARKET

November 21–30 | 4:00–9:00pm

Heritage House Parking Lot

Step into a festive wonderland in the heart of Kamloops! The Kamloops Christmas Market will transform the Heritage House parking lot above Riverside Park into a European-style outdoor marketplace full of charm, cheer, and community spirit.

KamloopsChristmasMarket.ca

SERIOUS OPTIONS CHOIR

December 13 | 2:00 pm & 7:00 pm

Clocktower at Thompson Rivers University

Loves Pure Light–A candlelight concert

SeriousOptionsChoir.ca

CHORAL RHAPSODY

December 15 | 7:00 pm

Sagebrush Theatre

A free community concert where local choirs present a delightful selection of Christmas songs.

Kamloops.ca/Events

O CHRISTMAS TEA: A BRITISH COMEDY AT SAGEBRUSH THEATRE

December 17 | 7:30 pm

Sagebrush Theatre

Combining British propriety with an unabashed love for the unexpected, London's 3-time Impresario Award-winning duo steep an outrageously funny and brilliantly inventive show reminiscent of classic British pantos.

TourismKamloops.com/Events

THE DIS//CONNECT

January 9–February 12

The Old Courthouse

Remembering the Red Bridge Through Time art exhibition.

IndigenousResurgenceProject.ca

TRU GRADUATING EXHIBITION: WORKS IN PROGRESS

January–February

The Old Courthouse

KamloopsArts.ca

KAMLOOPS FESTIVAL OF THE PERFORMING ARTS

February 22–March 15

Showcasing young artists from twelve different disciplines: Dance, Speech & Dramatic Arts, Piano, Voice, Strings, Guitar, Instrumental, Music Composition, Chamber Group, Choral, and Harp.

KFPA.ca

ART EXPOSED EXHIBITION

March 6–14

The Old Courthouse

A non-curated, community-centered visual arts exhibit.

KamloopsArts.ca



The City of Kamloops has a thriving arts and culture scene that encompasses live theatre, music, and visual arts year round.



Project X, *The Hobbit* 2023, photography by Mallory Mogg.

For more information on other upcoming events, please check out the following organizations:

Kamloops Museum and Archives
Tuesday to Saturday
kamloopsmuseum.ca

Kamloops Art Gallery
Monday to Saturday
kag.bc.ca

Kamloops Symphony Orchestra
September to May
kamloopssymphony.com

Western Canada Theatre
September to April
wctlive.ca



Violence Against Women Intervention and Support Services

A continuum of services to help women and children find safety and support when leaving violence.

- Y Women's Emergency Shelter
Call: 250.374.6162
Text: 250.682.7931
- PEACE Program
250.319.2406
- Outreach Services
250.320.3110

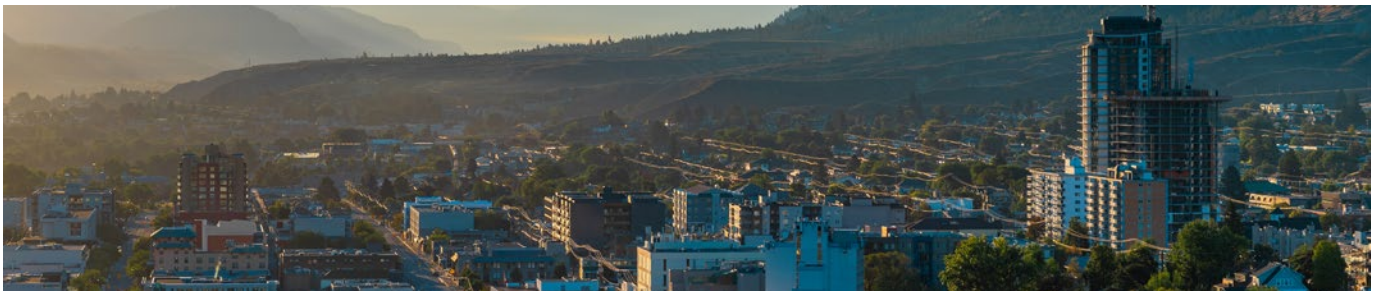


BOOK YOUR SKATING party



Canada's Tournament Capital

For full details, visit
Kamloops.ca/SkateParty



LACE UP YOUR RUNNERS IT'S TIME TO PLAY BALL HOCKEY IN KAMLOOPS

**Community,
Teamwork &
Accessibility**

Ball Hockey is one of the most affordable and accessible ways to play the game we all love.

Players benefit from the team camaraderie, friendly competition, and inclusive environment that the KBHA community is known for.

Equipment needs are minimal—just running shoes, stick, gloves, helmet and enthusiasm.

REGISTRATION IS OPEN!

Kamloops Ball Hockey Association is excited to announce that registration for the 2026 season is officially open!

Programs are available for players of ages 5-17. Youth, adult competitive and co-ed recreational leagues are available. All skill levels are welcome.



**To register, visit & sign up at
kamloopsballhockey.com**

Space fill quickly & early registration ensures the best chance for team placement and preferred game times. Don't wait to secure your spot!

Waitlist Registration Process



ON A PROGRAM WAITLIST?

RECEIVE A PENDING CONFIRMATION EMAIL

CONFIRM YOUR SPOT WITHIN 72 HOURS

PAY FOR REGISTRATION!



Don't miss a notification email!

Make sure your recreation account is up to date with your current email address and watch for notifications from *City of Kamloops Recreation*. If you do not confirm your spot within 72 hours, it will be automatically given to the next person on the waitlist.

Kamloops.ca/Register



Canada's Tournament Capital

Accessible Recreation

© Peter Olsen



Good for your
head, heart,
and health!

DID YOU
KNOW?



Being in nature can help improve attention, lower stress, and increase your mood. Keep an eye out for our nature-based programs.

Accessible Kamloops

People Create Accessibility

Accessibility is people working together to identify challenges and find solutions. Accessibility is people caring for one another. Visit the City's website to:

- learn about the Snow Angels program
- sign up for accessible activities that get you out and moving with others
- find directories that list every Kamloops organization that provide support
- give feedback for ways to improve our home and community

Explore Your Possibilities!

We offer:

- accessible programs and facilities
- opportunities for everyone to get healthy
- activities that fit your needs - adapted yoga, hockey, swimming, and more

The City of Kamloops cannot provide personal care, administer medication, or give one-to-one assistance. Fees will NOT be charged for support persons.

To find services and programs that help make life in Kamloops more accessible, phone **250-828-3582** or visit **Kamloops.ca/Access**.



FITNESS

Adapted Yoga

Ages: 13–70

Enjoy basic yoga exercises in a safe and supportive space. Move at your own pace and learn the joys of mindful exercise. Support persons are required to join in when needed.

TCC - Fitness Studio

Mon	Jan 5–Feb 2	1:15–2:15 pm	5/\$50
Mon	Feb 9–Mar 16	1:15–2:15 pm	5/\$50

Adapted Zumba

Ages: 15–70

Zumba®—the fitness dance party! Learn easy-to-follow moves set to super fun music. Tone muscles! Improve coordination! The Zumba® formula will be modified to fit your needs and abilities in a fun and supportive space. Support persons are required to join in when needed.

TCC - Fitness Studio

Thu	Feb 19–Mar 19	10:30–11:30 am	5/\$30
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SPORT

Hockey

Adapted Hockey for Adults

Ages: 17–70

Open to adults aged 17+ with developmental delays and/or physical disabilities. Participants will work on the skating and puck skills that every player needs. Minimum equipment required: helmet with full face mask, neck guard, gloves, skates, and stick. Full equipment is recommended. Ice times may vary.

Sandman Centre

Sun	Jan 11–Mar 15	9:30–10:30 am	10/\$80
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Adapted Hockey for Kids

Ages: 6–16

Open to kids with developmental delays and/or physical disabilities. Kids will learn the basic skating and puck skills that every player needs. Siblings can take part if it helps make the experience more comfortable for your child (siblings must register as well). Minimum equipment required: helmet with full face mask, neck guard, gloves, skates, and stick. Full equipment is recommended. Ice times may vary.

Sandman Centre

Sat	Jan 10–Mar 14	8:30–9:30 am	10/\$70
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Para Hockey

Ages: 12–70

Para hockey, Kamloops' newest sport, was created to give players of all abilities the chance to play this fun, fast-paced sport. Sleds and sticks provided. Helmets and gloves required (not provided).

This program is offered in partnership with Pacific Sport Interior BC

McArthur Island Sport and Event Centre

Sat	Jan 31–Mar 7	5:00–6:00 pm	6/\$60
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Multi-Sport

Move Together

Ages: 3–7

Experience the joy of learning new skills through the eyes of your child. In this multisport program, you and your child will work together to develop their physical literacy skills, including hand-eye coordination and balance, through fun games and activities. This program is intended for families with neurodiverse children, including those still seeking diagnoses. Additional support will be provided by the Canucks Autism Network.

Beattie Elementary

Sun	Jan 18–Mar 1	12:45–1:30 pm	6/\$52.50
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Skating

Adapted Skating for Kids

Ages: 4–12

Learn the basics of skating in a fun atmosphere. Kids will work on balance and skating skills in a safe, welcoming environment. For individuals with developmental and/or physical disabilities. Support persons are required to join in when needed.

Sandman Centre

Sat	Jan 10–Mar 14	7:45–8:15 am	10/\$55
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Wheelchair Sports

Wheelchair Sports - Badminton, Basketball, and Rugby

Ages: 12–70

Fast! Fun! Wheelchair sports are an incredible workout. Offered in partnership with the Kamloops Adapted Sports Association, you will learn chair skills, techniques, and strategies for wheelchair basketball, badminton, and rugby.

This class is for all ages and abilities. Drop-ins are welcome. Chairs are provided.

TCC - Middle Court

Thu	Jan 8–Mar 26	7:00–8:00 pm	12/\$30
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Tilly Nelson

Accessible Recreation

PacificSport



DID YOU KNOW?



Kamloops is home to many groups that provide high-quality, active programming for people of all abilities.



Quality programs that promote accessibility and inclusion.

PeopleInMotion.org



A leader in adapted and integrated sport opportunities.

KamloopsAdaptedSport.com



Kamloops
Community
YMCA-YWCA

Delivering programs and services to enhance and empower lives.

KamloopsY.org



Adaptive snow sports and recreation programs at Sun Peaks Resort.

AdaptiveSportsAtSunPeaks.org

Are you interested in signing up for CAN programs?

Canucks Autism Network provides programs for children, youth, and adults on the autism spectrum and their families. Learn more at canucksautism.ca.

Multi-sport—Basketball and Floor Hockey (3–6yrs) **Beattie Elementary**

January 18–March 1
Sundays, 1:30–2:15 pm

Children on the autism spectrum and their siblings will learn core movement skills – with a focus on basketball and floor hockey – in a safe, supportive environment. Fundamental movement skills help build the confidence for a lifetime of physical activity. In partnership with PacificSport Interior BC.

Multi-sport—Basketball and Floor Hockey (7–12yrs) **Beattie Elementary**

January 18–March 1
Sundays, 2:15–3:15 pm

Children on the autism spectrum and their siblings are introduced to sports with a focus on basketball and floor hockey. Participants will play games and learn sport drills while practicing transitions, taking turns, and fundamental movement skills. In partnership with PacificSport Interior BC.

Gymnastics (7–12 years) **Tournament Capital Centre**

January 17–February 28
Saturdays, 1:00–2:00 pm,
2:00–3:00 pm

An introduction to gymnastic skills – jumping, moving in different directions, and balance – in a safe and supportive environment. Participants are overseen by a certified gymnastics coach, trained support workers, and dedicated volunteers.

Preschool Swim (3–5 years) **YMCA - Downtown**

January 13–March 3
Tuesdays, 4:00–4:30 pm

Preschool Swim teaches basic swimming and water safety skills in a safe and supportive environment. Participants with all levels of support needs are encouraged to register. No previous swim experience required.

Swimmer 1 (6–12 yrs) **YMCA - Downtown**

January 4–March 8
Sundays, 4:00–4:30 pm, 4:30–5:00 pm

January 13–March 3
Tuesdays, 4:30–5:00 pm, 5:00–5:30 pm

Swim Level 1 focuses on water safety, swim skills, and fitness. Participants will learn to blow bubbles, floating, kicking, and water entries and exits. Participants with all levels of support needs are encouraged to register.

Swimmer 2 (6–12 yrs) **YMCA - Downtown**

January 4–March 8
Sundays, 5:00–5:30 pm

January 13–March 3
Tuesdays, 5:30–6:00 pm

The Swim Level 2 program focuses on water safety, swim skills, and fitness. Participants will be introduced to front and back crawl, treading water, and jumping into deep water. All levels of support needs are encouraged to register.

Swimmer 3 (6–12 yrs) **YMCA - Downtown**

January 4–March 8
Sundays, 5:30–6:00 pm

Swimmer 3 expands on Swimmer 2 skills, adding front/side glide with kicks and increasing front and back crawl distance to 15m. Time will be spent in deep water practicing jumps, dives, and deep water support.

Skate (3–12yrs) **Memorial Arena**

January 15–February 19
Thursdays, 4:00–4:30 pm (3–6 years)
Thursdays, 4:30–5:00 pm (7–12 years)

Participants will learn the basic skills of skating forward, gliding, and stopping, in a safe and supportive environment.

To register for any of these programs and to purchase your CAN membership, visit canucksautism.ca.



Let's Talk KAMLOOPS

**SHARE YOUR VOICE.
SHAPE OUR CITY.**

Let's Talk Kamloops is the City of Kamloops' online engagement site where you can contribute your ideas and feedback on City matters. We want to empower you—our residents—to be more active in shaping your community and future. We will listen to what you say, take your opinions into account, and report back to you on how community input contributes to City projects.



To sign up and speak up, visit:

LetsTalk.Kamloops.ca



Canada's Tournament Capital

HISTORY BY EVERYONE

FAMILY CHILDREN AND YOUTH PROGRAMS

KMA OFFICE HOURS: GEOLOGY 101

All Ages

First Tue of the month, Jan 6, Feb 3, Mar 3, Apr 7

11:00 am–1:00 pm

Free

Stop by the Kamloops Museum and Archives' second floor and observe a geologist at work in the Kamloops Museum and Archives' living laboratory, immersed within the exhibition Rock Show, The KMA Rocks and Minerals Collection. You are invited to see how knowledge is produced, recorded, and shared and welcomed to join in talking about all things rocks and learning about the rocks beneath our feet. You are encouraged to bring with you your rocks and minerals and have all your questions answered.

MY FIRST MUSEUM DROP-IN PROGRAM

Ages 2–5

Thu, Jan 15–Feb 19

Wed, April 1–29

10:00–10:45 am

\$10/session

Introduce your little one to the world of museums through hands-on exploration, artifact handling, stories, songs, and a caregiver-assisted craft. Each session offers flexibility for young children to engage with the Museum through various sensory and play experiences.

SATURDAYS ON SEYMOUR

All Ages

Third Sat of the Month, Jan 17, Feb 21, Mar 21, Apr 18

11:00 am–1:00 pm

Free

Have a blast at the Kamloops Museum and Archives on the third Saturday of the month for creative activities for the whole family to enjoy. Explore a fun new theme each month. Registration is not required for this drop-in program.

KAMLOOPS MUSEUM AND ARCHIVES ROCK CLUB

All Ages

Sat, Jan 10, Feb 14, Mar 14, Apr 11

11:00 am–1:00 pm

Free

Join the Kamloops Museum and Archives on the second Saturday of the month to share in the joys of rock collecting within the fascinating world of rocks. Talk rocks with geologists who will lend their professional expertise, support the handling of specimens, share their knowledge, and engage with Kamloops Museum and Archives Rock Club members and their collections in the current exhibition, Rock Show, The KMA Rocks and Minerals Collection, gallery space.

AMAZING CRYSTALS

Ages 8+

Sat, Jan 24

10:00–11:00 am

1/\$10

Join the Kamloops Museum and Archives to learn more about crystals and their formations. View samples from the Museum's current exhibition, Rock Show: The KMA Rocks and Minerals Collection, and work together with a caregiver to grow your own sparkly crystals in the gallery space.

UNPLUG AND PLAY WITH ROCKS

Ages 8+

Sat, Jan 31

10:00–11:00 am

Free

Join the Kamloops Museum and Archives to learn more about our rocks and mineral collection. Participate in hands-on activities to broaden perspectives on the stories stones can tell, while learning more about our unique local geology and landscapes.

FAMILY CHILDREN AND YOUTH PROGRAMS

DELICIOUS ROCK CANDY

Ages 8+
Saturday, February 7
10:00–11:00 am
1/\$10

Join the Kamloops Museum and Archives to learn more about our dazzling rocks and minerals by visiting the Museum's current exhibition, Rock Show: The KMA Rocks and Minerals Collection, and learn the difference between sugar and salt and how these elements create science in uniquely shaping candy. With the help of a caregiver, you will work together to make delicious rock candy.

LUNAR NEW YEAR/ FAMILY DAY CELEBRATION

All Ages
Sat, Feb 21
10:00 am–1:00 pm
Free

Bring your family to the Kamloops Museum and Archives to celebrate the Year of the Fire Horse in collaboration with the Kamloops Chinese Cultural Association and Kamloops Chinese Freemasons. This fun-filled, drop-in event will include food, music, crafts, and activities for all ages.

FOSSIL FUN

Ages 5-12
Sat, Mar 7
10:00–11:00 am
1/\$10

Join the Kamloops Museum and Archives to learn more about the spectacular McAbee Fossil Bed, one of the most diverse in Canada. In this program, you will learn about the history of the McAbee Fossil Bed, handle fossils, and make your own to bring home. This is a caregiver-assisted program.

SPRING BREAK DROP-IN PROGRAM

All Ages
Mar 17, 18, 19, 20, 24, 25, 26, 27
10:00–11:00 pm
\$5/session

Join us at the Kamloops Museum and Archives for Spring Break Rock Show fun. Stop by and see if you can identify our mystery rocks, learn about volcanoes, and explore the region's geological history in the current exhibition, Rock Show, The KMA Rocks and Minerals Collection.

CH'ING MING FESTIVAL AT THE HISTORIC CHINESE CEMETERY

All Ages
Sat, Apr 4
11:00 am–1:00 pm
Free

Join the Kamloops Chinese Cultural Association, the Kamloops Chinese Freemasons, and the Kamloops Museum and Archives at the historic Chinese Cemetery to celebrate Ch'ing Ming Festival—also called Tomb-Sweeping Day—welcoming spring and honouring our ancestors. You will learn about the history of the Chinese Cemetery, engage in community cultural traditions and practices, and enjoy a morning of festival atmosphere.

KMA | ADULT PROGRAMS

KAMLOOPS MUSEUM AND ARCHIVES HISTORIC BOOK CLUB

Ages 16+

Third Fri of the month, Jan 16, Feb 20, Mar 20, Apr 17

10:00–11:30 am

Free

Join the Kamloops Museum and Archives and the Thompson-Nicola Regional Library for the Kamloops Museum and Archives Historic Book Club, a book club with a historic twist. Join the discussion and explore fiction and non-fiction books based on historical themes, periods, and countries.

ESPRESSO YOURSELF

All Ages

Last Sat of the month, Jan 31, Feb 28, Mar 28, Apr 25

1:30–3:30 pm

Free

Join the Kamloops Pride Society at the Kamloops Museum and Archives for Espresso Yourself, an inclusive event where you can connect, unwind, and make new friends within the 2SLGBTQPIA+ community and beyond. This family-friendly gathering is open to all ages, making it the perfect place for youths, families, and allies to come together. This drop-in event features snacks and board games. For more information on the monthly theme, visit KamloopsPride.com.

STILL LIFE: INTRODUCTION TO WATERCOLOUR

16+

Wed, Jan 14, 21, 28

10:30 am–12:30 pm

3/\$50

Participants are welcome to nurture their inner artist, explore the Kamloops Museum and Archives galleries and collections, and learn the basics of watercolour still life with a Kamloops artist. All supplies provided.

VISIBLE MENDING

10+

Wed, Feb 18, 25, Mar 4

10:30 am–12:30 pm

3/\$50

Spruce up your spring wardrobe with a visible mending class at the Kamloops Museum and Archives. Participants are invited to bring clothes in need of mending or simply beautifying to this three-session workshop with a Kamloops textile artist who will give you the tools needed to create stunning embellishments on your clothing. All supplies provided.

WIRE WRAPPED PENDANTS

Ages 16+

Thu, Mar 12

10:30 am–12:30 pm

1/\$20

Immerse yourself in the fascinating world of rocks with the current Kamloops Museum and Archives exhibition, Rock Show, The KMA Rocks and Minerals Collection, and learn the basics of wire wrapping in this beginner workshop to create a wire-wrapped stone pendant. No prior experience necessary. Supplies provided.

CROCHETED TREASURE NECKLACE

Ages 16+

Thu, Apr 2

10:30 am–12:30 pm

1/\$15

Spark your curiosity and broaden your knowledge of local stories and stones among the Kamloops Museum and Archives rock and mineral collections while learning to crochet a drawstring pouch necklace with a tumbled rock selected to keep inside. No prior experience necessary. All supplies provided.

Discover more at KamloopsMuseumandArchives.ca

ROCK SHOW

THE KMA ROCKS AND MINERALS COLLECTION

Photo: KMA ACCESSION # 0.8265



OCTOBER 24 – MAY 16, 2026

KAMLOOPS MUSEUM AND ARCHIVES | 207 SEYMOUR ST | 250 828 3576



**FOR THOSE
COLLECTING
ROCKS
KMA**

HISTORY FOR EVERYONE

PAID ADVERTISING

École publique francophone

Register Now!

Kamloops



2450 Partridge Drive
250-579-9223



collinesdor.csf.bc.ca



Conseil scolaire
francophone de la
Colombie-Britannique

Exprimez votre voix.

SCHOOL DISTRICT 93



Jump in and swim!



A complete learn-to-swim program from Parent and Tot to Lifeguard and Instructor.

The Lifesaving Society Swim for Life® program is a comprehensive swim lesson program that focuses on the development of fundamental swim strokes and skills for learners of all ages and abilities. Instructors ensure swimmers get lots of in-water practice in every lesson. Swim for Life includes fun, hands-on activities that focus on teaching water smart education for the whole family. Lessons that will last a lifetime!

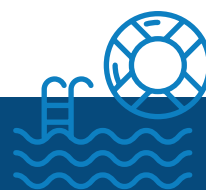
Swim Lesson Fees

Parent and Tot	\$65
Preschool	\$65
Swimmer 1–4 (30 min)	\$65
Swimmer 5–6 (45 min)	\$75
Swimmer 7–9 (60 min)	\$85
Teen/Adult (30 min)	\$75

These sample fees are based on a 10-class session. Fees will be pro-rated for greater/fewer classes.

Find a current lesson schedule at [Kamloops.ca/Swim](https://kamloops.ca/Swim).

Full details of the Lifesaving Society Swim for Life® program, are available online at [Kamloops.ca/Swim](https://kamloops.ca/Swim).



Winter Swim Lesson Programming

The main registration date for winter swimming lesson registration is on Tuesday, December 9, 2025 (online: 6:30 am, in person/phone: 10:00 am). Registration will remain open until the end of the lesson season.

Swim lessons are no longer printed in this guide. Schedules can be found at [Kamloops.ca/Swim](https://kamloops.ca/Swim) or picked up at the Tournament Capital Centre or Westsyde Pool and Fitness Centre.

Be sure you have created your online recreation account in advance of registering for a lesson online, in person, or by phone. Find out how to create an online account on Page 2 of this guide.

REGISTERED AND DROP-IN AQUAFIT CLASSES

Deep Water Running - Registered

Are you ready to BOOST your training? You can strengthen approximately 400 muscles equally with every move by running in the water. Deep water running uses specific flotation shorts and provides an excellent non-impact exercise for fitness. It improves core strength, balance, and coordination. You will burn calories while working out with volume and intensity and improve your functional daily performance. All equipment will be provided.

Canada Games Aquatic Centre

Tue	Jan 6–Feb 3	8:00–9:00 am
Thu	Jan 8–Feb 5	8:00–9:00 am
Tue	Feb 10–Mar 10	8:00–9:00 am
Thu	Feb 12–Mar 12	8:00–9:00 am

Parent & Baby Aquafit - Registered

You and your baby will enjoy a fun-filled fitness class in the water. A flotation boat will be provided for your baby, and a certified Aquafit instructor will lead the class. The recommended age for babies is 6–24 months. Online registration is required as there is only room for 12 participants.

Westsyde Pool & Fitness Centre

Tue	Jan 6–Feb 3	11:00–11:45 am
Thu	Jan 8–Feb 5	11:00–11:45 am
Tue	Feb 10–Mar 10	11:00–11:45 am
Thu	Feb 12–Mar 12	11:00–11:45 am

Shallow Water Aquafit - Registered and Drop-In

This self-paced cardio class in shallow water concludes with strength and stretch components. This is a medium-intensity class with a certified instructor.

Westsyde Pool & Fitness Centre

Registered

(opens each Friday at 10:00 am for the following week)

Mon/Wed/Fri	Jan 5–Mar 13	8:00–9:00 am
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Drop-in

Tue/Thu	Jan 6–Mar 12	7:00–8:00 pm
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Find a current schedule at [Kamloops.ca/Swim](https://kamloops.ca/Swim).





Swimming can be fun and is also a necessary life skill. Help your child have a successful swimming lesson experience with these tips.

- Register for a class online or at one of our facilities early, as classes fill up quickly.
- Arrive early to check in and familiarize your child with the facility. Have your child ready for class at the start of the lesson time.
- Lockers are available and recommended.
- Have your child go to the bathroom before lessons. Children who are not potty trained must wear a swim diaper (available for purchase at the front desk).
- Bring a towel onto the pool deck to keep your child warm before and after lessons.
- Please stay home if not feeling well.

At the end of lessons, your instructor will recommend the appropriate level for the next set of lessons. Levels are frequently repeated to allow students time to master skills and feel successful before moving on to a new level.

DID YOU KNOW?



Unplug & Play week is taking place January 24–31. Keep an eye out for events like Family Sports Night and other opportunities to create, move, read, build, explore, learn, reflect, and celebrate together as a family.

NEW SWIM PROGRAMS!

Swimmer 1–3 (Youth 9–13 years)

- It is NEVER too late to learn to swim! Join us for this great new program. We can help you develop comfort in the water by teaching you the basic of floatation, movement, and breathing skills in a safe and welcoming environment.

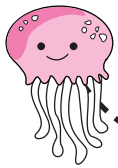
Find dates and times at [Kamloops.ca/Register](https://kamloops.ca/Register).

Learn-to-Swim Program Overview

PARENT AND TOT LESSONS

Ages 4 months–3 years

Caregiver participation is required.
Progression is based on age.



Jellyfish
4–12 months



Goldfish
12–24 months



Seahorse
24 months–3 years

PRESCHOOL LESSONS

Ages 3–5 years

Progression is based on completion of level.



Octopus

- Blowing bubbles with face in water
- Front and back floats and glides with instructor help



Crab

- Front and back floats and glides with buoyant aid
- Roll-over floats
- 5 m back swim with buoyant aid



Orca

- Front, back and roll-over floats and glides
- 5 m swim on front and back



Sea Lion

- Basic front crawl and side glides
- Deep-water activities
- 7 m swim on front and back



Narwhal

- Deep-water swimming
- 5 m front and back crawl
- 4 x 5 m swim on back

Moving from Preschool to Swimmer Lessons

To advance to Swimmer Lessons, your child must be 6 years old on the first day of lessons. If they have completed Narwhal, they will advance to Swimmer 2. All other preschool swimmers will benefit from gaining more experience in Swimmer 1.



SWIMMER LESSONS

Progression is based on completion of level.



Swimmer 1 (6–8 years)(9–13 years)

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5 m swim on front and back



Swimmer 2 (6–8 years)(9–13 years)

- Deep-water activities
- Front, back and side swims
- 10 m front and back crawl



Swimmer 3 (6–8 years)(9–13 years)

- Deep-water swimming
- Whip kick on back
- 15 m front and back crawl



Swimmer 4 (6–14 years)

- Tread water for 1 minute
- Basic breaststroke
- 25 m front and back crawl
- Swim to Survive Standard



Swimmer 5 (6–14 years)

- Eggbeater for 30 seconds
- 25 m breaststroke
- 50 m front and back crawl



Swimmer 6 (6–14 years)

- 50 m breaststroke
- 100 m front and back crawl
- 300 m distance swim



Swimmer 7/Rookie Patrol (8–14 years)

- Front and back crawl and breaststroke mastery
- Lifesaving: victim recognition and ready position
- First Aid: primary assessment and calling EMS



Swimmer 8/Ranger Patrol (8–14 years)

- Eggbeater kick and object support
- First aid: obstructed airway, checking breathing and shock
- Removing conscious victim



Swimmer 9/Star Patrol (8–14 years)

- First aid: bone and joint injuries, asthma and allergic reactions
- Support and removal unconscious victim
- 300 m swim in 9 minutes

Join the team, be a Lifeguard!

Build the Foundation for Success!

Lifeguards prevent drowning, teach water safety, and provide leadership in our community.

Want help planning your lifeguard training?

Consult one of our Aquatics Coordinators at swim@kamloops.ca or 250-828-3378.

Optional Training: Occupational First Aid Level 1, Pool Operator Level 1, Lifesaving Instructor, WHMIS Certificate, and Aquatic Fitness Instructor



We Recommend This Path

- 1 Bronze courses** develop lifesaving fitness and decision-making skills.
- 2 Standard First Aid** provides practical skills to handle emergency response situations.
- 3 National Lifeguard** promotes prevention of drowning and aquatic-related injuries.
- 4 Instructor Training** prepares you to teach swimming lessons and lifesaving skills.

For current career opportunities, visit Kamloops.ca/HR.



Lifeguard!

Swim for Life Instructor
15 years, Bronze Cross

National Lifeguard
15 years, Bronze Cross, SFA

Standard First Aid
15 years

Bronze Cross
Bronze Medallion

Bronze Medallion
13 years or Bronze Star

Start Here!

Recertification Clinics

Clinic	Days	Date	Time	Fee	Location
National Lifeguard	Sun	Jan 18	9:00 am–5:00 pm	\$131.25	Canada Games Aquatic Centre
Lifesaving Instructor	Sun	Mar 1	9:00 am–2:00 pm	\$91.30	Canada Games Aquatic Centre
Swim Instructor	Sun	Mar 8	9:00 am–2:00 pm	\$91.30	Canada Games Aquatic Centre

Note: All candidates are required to present their original certification at the start of the recertification clinic.

Advanced Aquatic Courses Winter 2026

Course	Days	Dates	Time	Fee	Location	
Bronze Star	Sat & Sun	Jan 3–4	10:00 am–4:00 pm	\$110	Westsyde Pool	
	Bronze Star prepares swimmers for success in Bronze Medallion while serving as a fun introduction to lifesaving sport. Bronze Star develops candidates' swimming proficiency, lifesaving skills, and personal fitness. Candidates refine their stroke mechanics and acquire self-rescue skills. Course fee includes a pocket mask. Prerequisites: 12 years old (by the last day), and 100% attendance is required. Recommended: Completed Swimmer 9 - Star Patrol.					
Bronze Medallion	Sat & Sun	Jan 10–18	12:00–6:00 pm	\$215	Canada Games Aquatic Centre	
	Mon–Thu	Mar 16–19	9:00 am–3:30 pm	\$215	Canada Games Aquatic Centre	
Bronze Cross	Sat & Sun	Jan 24, Feb 1, 7, 14	12:00–6:00 pm	\$193.75	Canada Games Aquatic Centre	
	Mon–Thu	Mar 23–26	4:00–9:00 pm	\$193.75	Canada Games Aquatic Centre	
Standard First Aid	Sat	Feb 28–Mar 14	9:00 am–3:30 pm	\$209.75	Canada Games Aquatic Centre	
	Lifesaving Society Standard First Aid is a WorkSafeBC Intermediate (previously OFA Level 2) equivalent program that covers all aspects of first aid. Candidates receive comprehensive training to use in their workplaces or homes. Course fee includes a manual and pocket mask. Standard First Aid is a prerequisite for National Lifeguard (NL). Certification includes CPR-C /AED. Prerequisites: Recommended 13 years old, and 100% attendance required.					
National Lifeguard - Pool Option	Tue–Fri	Mar 17–27	8:30–3:30 pm	\$377.50	Canada Games Aquatic Centre	
	Lifesaving Society National Lifeguard Pool is a demanding program designed to develop the fundamental values, judgement, knowledge, skills, and fitness required by professional lifeguards. NL Pool is worth two Grade 12 credits. The NL Pool course includes certification in airway management and oxygen administration (AMOA). Course fee includes a manual, pocket mask, and whistle. Prerequisites: 15 years of age (by last day of course), Bronze Cross (need not be current). Standard First Aid (need not be current), and 100% attendance required.					
Swim Instructor	Sun	Jan 4–Mar 1 (No classes Feb 8 & 22)	11:00 am–6:00 pm	\$377.50	Canada Games Aquatic Centre	 
	The Lifesaving Society's Swim and Lifesaving Instructor combination course trains candidates on the Competency Level 1 and 2 knowledge, skills, and attitude needed to teach and evaluate the Society's Swim for Life®, Canadian Swim Patrol, and Bronze Medal programs. Certification in BC and Yukon includes Bronze Examiner appointment. Course fee includes a manual. Prerequisites: 15 years of age (by last day of course), Bronze Cross (need not be current), and 100% attendance is required.					
Emergency First Aid/Occupational First Aid Level 1	Sat	Jan 3	9:00 am–4:00 pm	\$115.25	Tournament Capital Centre	
	Sun	Feb 1	9:00 am–4:00 pm	\$115.25	Tournament Capital Centre	
Lifesaving Society Emergency First Aid is a WorkSafeBC Basic (previously OFA Level 1) equivalent program designed to give students the knowledge and confidence to respond to the most common and life-threatening first aid emergencies in workplaces, such as airway, breathing, and circulation issues. Includes CPR-C/AED certification. Course fee includes a pocket mask. Prerequisites: 13 years of age is recommended, and 100% attendance is required.						

Refund Policy: Withdrawals made more than seven days before the start date are 100% refundable. Withdrawals made within seven days of the start date are 50% refundable. No refunds on or after the start date.

Kamloops Fire Rescue

Don't Let Your Holidays Go Up In Flames

*Test your smoke alarms **BEFORE** the holiday season begins*



**Holiday
Fire Safety Tip**
*Water live
Christmas trees
every day!*

- Unattended cooking is the leading cause of residential fires during the holidays. Look while you cook—if you must step away from the kitchen, even for a moment, turn off the heat and move food off of hot elements.
- Set a timer if you are using the oven or slow simmering, but never leave the house with the oven on.
- If you are under the influence of alcohol or cannabis, don't use cooking equipment!
- Never use water to try to extinguish a cooking fire. If you decide to fight a small cooking fire on the stovetop, smother the flames by sliding a lid over the pan and turning the burner off. Leave the pan covered until it has cooled completely. For an oven fire, turn off the heat and keep the door closed.
- Smoking materials are the second leading cause of fires. Improperly discarded butts can smolder for hours, igniting a fire long after the party is over.
- Ensure smoking materials are butted out in deep ashtrays made of metal or glass. Soak the contents of the ashtray in water before disposing.

Stay Connected



@KamloopsFireRescue



@KamFire

To learn more, visit

Kamloops.ca/HomeSafe



The 2026 City calendar will be available for pickup on Tuesday, December 2.



Get a free copy at a convenient location while supplies last. The calendar features beautiful photography from photo competition finalists and includes garbage, recycling, and organics schedules and other important municipal dates.

A curbside collection supplement with tips and information will be available for pickup alongside (rather than inside) the Calendar this year. Also available will be a new recycling guide.

Find a pick up location near you!

- City Hall (7 Victoria Street West)
- Tournament Capital Centre (910 McGill Road)
- Westsyde Pool and Fitness Centre (859 Bebek Road)
- Civic Operations (955 Concordia Way)
- North Shore Community Policing Office (915 7th Street)
- North Shore Business Improvement Association (115 Tranquille Road)



Kamloops.ca/Calendar

Canada's Tournament Capital

FREE! LIBRARY PROG



EARLY YEARS

Our fun, hands-on activities help little ones ages 0-5 build literacy, language skills, creativity, and a love for learning in a supportive environment.

- **Literacy Playroom:** Explore early literacy and learning through play with interactive, hands-on activities.
- **Parent-Child Mother Goose:** A group experience for parents and their young children with a focus on the pleasure and power of using rhymes, songs and stories together. Offered in partnership with the Kamloops Early Language and Literacy Initiative.
- **Storytimes:** Encourage a love of literacy with your child through programs like Storytime & Craft, Teeny Tiny Storytime and Storytime & STEM.
- **Tiny Tunes:** Get your little ones moving and grooving with music, rhythm, and song in this lively intro to melody!



SCHOOL AGE

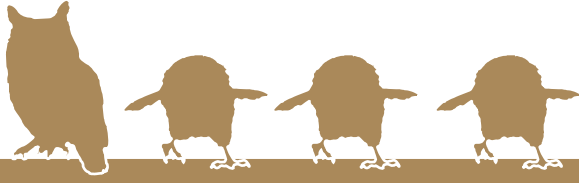
Keep your 6-12 year-olds entertained and learning with our fun-filled after-school and weekend programs!

- **Chill Zone:** An after-school hang-out destination — join the games zone, craft zone, STEM zone, or chill zone!
- **Dungeons and Dragons:** Create a character, team up with friends and embark on an epic journey in this iconic tabletop role-playing game.
- **TechTinker Time:** Dive into a world of Legos, Keva kits and STEM activities galore!



Program Registration opens December 16th

RAMS FOR EVERYONE



FAMILIES

Create lasting memories with our free, family-friendly library programs! Play, learn and explore together.

- **Lego Club:** Build your wildest creations as a family. Join us for creative, brick-building fun!
- **Pajama Storytime:** An evening storytime for children of all ages and their caregivers. Pajamas and stuffies are encouraged but not required!

ADULTS

Explore new ideas, get creative, learn something new and connect with others through our adult programs.

- **Book Clubs:** Engaging discussions with a book club for everyone! Choose from Seniors Book Club, Themes in Art Book Club, and more!
- **Writers Circle:** Writers of all levels are invited to join this drop-in group for prompts, feedback and inspiration.
- **NEW! Vision Board Building:** Start off 2026 by focusing on your goals, dreams and intentions for the year ahead. All supplies provided!



TEENS

Whether you love gaming, art or strategy, our teen programs offer a welcoming space to connect, have fun and discover new hobbies.

- **NEW! Book Bedazzling:** Upgrade your favourite book into a dazzling piece of art! We provide the supplies, you bring the book and your creativity!
- **Dungeons and Dragons:** Join other teens on an epic adventure filled with imagination, strategy and exciting stories!
- **Youth Hub:** Hang out with friends, try out new tech, and get creative with arts and crafts in this drop-in space just for teens.



Check out the
full calendar of
FREE events



THOMPSON-NICOLA
REGIONAL LIBRARY

Encouraging early literacy



Literacy is a life-long journey that begins in our early years.

Early literacy includes foundational skills that kids develop before learning to read and write.

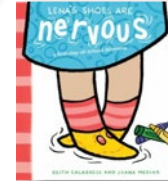
Reading books, singing and speaking to your child helps improve these skills.

Did you know that we have Early Literacy Kits for you to borrow?

Each kit includes a variety of items centered around a theme and can be borrowed for up to six weeks. Plus it comes in a plastic tote for easy transportation.

Each kit include:

- Books
- Felt story
- Puppet
- Puzzle
- Duotang with supplemental information like suggested activities, crafts and snacks



Kindergarten Early Literacy Kit

Discover all of the kits



Reading is fun with our **free 1001 Before Grade One** early literacy packages! Read 1,001 stories with your child before they enter Grade One!

Each package includes:

- 1 tote bag
- Book
- Reading Tracker
- Bookmark
- Magnet

Sign up for free at your local library today!

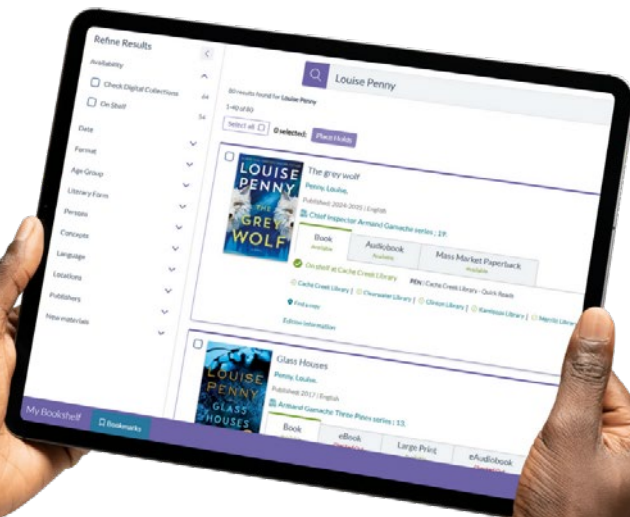
Check out more at tnrl.ca

Your search just got easier!

Introducing our new catalogue...

Meet **Vega Discover**

- **User-friendly design**
Different formats of the same title will display together, letting you choose between audiobooks, print and large print with ease.
- **Connect directly to Libby and Hoopla**
Browse, borrow and manage eBooks and eAudiobooks straight from our catalogue.
- **Personalized lists**
Use bookmarks to better organize your to-be-read titles and more.
- **Powerful searching**
Refine results with filters such as age group, literary form and new materials to find exactly what you're looking for.



Try it at **tnrl.ca**

tiny ABERDEEN LIBRARY

A Taste of TNRL 🍷

Located by the food court at Aberdeen Mall

Monday	Closed
Tuesday	12:00 - 4:00
Wednesday	12:00 - 4:00
Thursday	10:00 - 5:00
Friday	10:00 - 5:00
Saturday	10:00 - 4:00
Sunday	12:00 - 4:00

Visit tnrl.ca for a full list of free programs, including book clubs and storytimes, available at the Aberdeen Tiny Library and West Highlands Community Centre.



Holds Lockers

Pick up your holds from the holds lockers any time the mall is open — even if the library isn't!



**ONE BOOK
ONE COMMUNITY**
THOMPSON-NICOLA
REGIONAL LIBRARY

Stay tuned for details about the 2026 One Book One Community read and associated programming across the regionw.

Visit tnrl.ca/oboc for more information.

Coming 2026!



Follow us on social media
f @tnrlibrary



THOMPSON-NICOLA
REGIONAL LIBRARY



Physical Literacy And You!

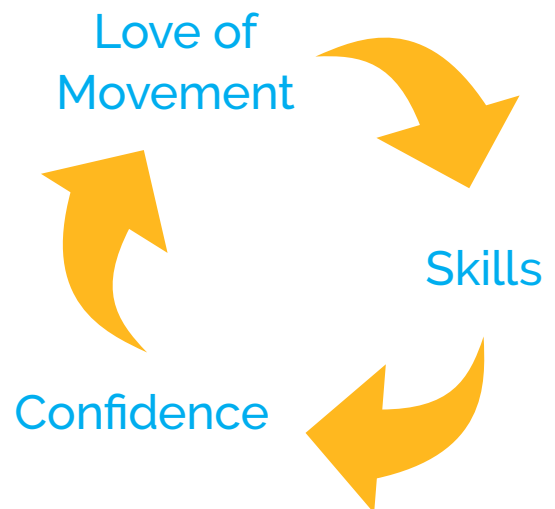
P.L.A.Y Kamloops for health, for fun, for life!

Physical literacy

is developing the skills, confidence, and love of movement to be physically active for life.

To learn more, visit
ActiveForLife.com.

ACTIVE FOR LIFE
Raising physically literate kids



Land



Water



Snow/Ice



In the Air



Wheels



playkamloops@gmail.com

PlayKamloops.com

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Professional instructors make learning fun.

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- Athlete Development

PROGRAMS

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- Sport Specific Programs
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SPIN CLASSES

NOON FITNESS CLASSES

Victoria Building
175 – 2nd Ave, Kamloops
StridePerformance.ca

Serving Kamloops for 15 years



Family & Early Years



© Beth Taylor

DID YOU KNOW?



We can often accommodate parents by registering siblings who are close in age in the same program. Connect with us for more details!

ARTS AND CULTURE

Dancing

Acro Dance

Ages: 3–5

A mix of dance and gymnastics, this class is a fun way to build strength and increase body awareness. The class naturally progresses through skills at the student's pace, achieving up to level 4 in acrobatics. Techniques such as stretching, strengthening, limbering, balancing, and tumbling will be covered. This is an independent program, and your child must be able to take the class unaccompanied by an adult.

Kamloops Performance Company

Wed	Jan 14–Mar 11	4:15–5:00 pm	9/\$121.50
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Dance Combo

Ages: 4–7

Each 45-minute class incorporates two dance styles, including tap, jazz, ballet, and acro, making it a truly unique experience. Children are introduced the basics of each discipline a little at a time through set exercises and imagination-based games to learn arm and foot positions and basic dance steps. This is an independent program, and your child must be able to take the class unaccompanied by an adult.

Kamloops Performance Company

Sat	Jan 10–Mar 7	11:00–11:50 am	9/\$121.50
Thu	Jan 15–Mar 12	5:45–6:30 pm	9/\$121.50

Dance Fun

Ages: 5–7

In this fun and encouraging environment, your child will learn simple dance routines and explore movement through dancing, stretching, and creative play. Children will learn about music, use props for play, and explore the magical world of music, movement, and dance. This class is all about recreation, exercise, and having fun in a non-competitive environment.

Let's Move Studio

Sat	Jan 10–Mar 7	10:15–11:05 am	9/\$121.50
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Hip Hop

Ages: 4–7

This is a fun and exciting program for your child to learn the basics of hip hop dance, movement improvisation, and structured dance steps. The class is designed to be upbeat and engaging, allowing children to express themselves through movement and music.

Kamloops Performance Company

Sat	Jan 10–Mar 7	10:00–10:50 am	9/\$121.50
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Little Dancers

Ages: 2–3

Your child will discover and explore basic movement skills, musical awareness, physical expression, and creativity through dance. Children must be accompanied by an adult.

Kamloops Performance Company

Wed	Jan 14–Mar 11	3:30–4:00 pm	9/\$72
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Little Hip Hop

Ages: 3–5

This is a fun and exciting program for your little one to learn self-expression, movement improvisation, and basic dance steps and tricks. This is an independent program, and your child must be able to take the class unaccompanied by an adult.

Kamloops Performance Company

Wed Jan 14–Mar 11 3:30–4:15 pm 9/\$121.50

Musical Theatre

Ages: 3–6

Musical theatre will explore singing, dancing, and acting. Your little one will learn how to follow a song with basic movement while singing and adding facial expressions gestures. This is an independent program, and your child must be able to take the class unaccompanied by an adult.

Kamloops Performance Company

Thu Jan 15–Mar 12 4:30–5:15 pm 9/\$121.50

Parent & Tot Creative Dance

Ages: 2–4

In this fun and encouraging environment, you and your toddler will explore movement through dance, stretching, and creative play. Learn about music, use props for play, and explore the magical world of music, movement, and dance with your child. Children must be accompanied by an adult.

Let's Move Studio

Sat Jan 10–Mar 14 9:30–10:10 am 10/\$100
Tue Jan 13–Mar 10 10:00–10:35 am 9/\$72

Drawing and Painting

Family Art Workshop

Ages: 5+

Unleash your family's creativity with our latest family art class. This fun, interactive session is designed for families to explore their artistic side together. Led by an experienced artist, our family art class offers a unique opportunity to bond over art, fostering creativity, imagination, and self-expression.

Heritage House

Sun Jan 11–Jan 25 2:00–4:00 pm 3/\$54
Sun Feb 22–Mar 8 2:00–4:00 pm 3/\$54

SPORT

Hockey

Tots Floor Hockey

Ages: 3–6

Introduce your child to floor hockey and other fundamental movement skills. In this fun, play-based program, children will increase their physical literacy skills while making new friends.

Pacific Way Elementary

Wed Jan 14–Mar 4 5:30–6:15 pm 8/\$84

Multi-Sport

Active Tots

Ages: 3–6

Children are introduced to a new sport each week—soccer, floor hockey, and track and field, and more. They will enhance their physical literacy through fun games and learn and practise the various fundamental skills necessary for sport. This program is in partnership with PacificSport Interior BC

Beattie Elementary

Tue Jan 13–Feb 17 5:00–5:45 pm 6/\$45

Mini Movers

Ages: 3–6

This fun and active class helps young children learn how to move their bodies with confidence. Through games and play, kids will practice important movement skills like running, jumping, throwing, catching, and balancing. This program is in partnership with PacificSport Interior BC.

Beattie Elementary

Tue Jan 13–Feb 17 6:00–6:45 pm 6/\$45

Move & Play

Ages: 2–5

This dynamic drop-in program is designed for you and your child to explore, play, and move. During each session, the gym space will be set up with equipment, materials, and activities that will allow for free play, socialization, and creative expression. Caregiver participation is required.

TCC - Championship Court

Wed Jan 14–Mar 4 11:00–12:00 pm 8/\$40

Move Together

Ages: 3–7

Experience the joy of learning new skills through the eyes of your child. In this multisport program, you and your child will work together to develop their physical literacy skills, including hand-eye coordination and balance, through fun games and activities. This program is intended for families with neurodiverse children, including those still seeking diagnoses. Additional support will be provided by the Canucks Autism Network.

Beattie Elementary

Sun Jan 18–Mar 1 12:45–1:30 pm 6/\$52.50

Sportball 1

Ages: 1–2

In our parent and tot classes, toddlers are introduced to eight different sports through play-based, developmentally appropriate curriculum that is centred around key motor, social, and sport milestones. This program is in partnership with Sportball Kamloops.

Heritage House

Sat Jan 10–Mar 7 9:00–9:45 am 8/\$104
Thu Jan 15–Mar 5 9:00–9:45 am 8/\$104

West Highlands Community Centre

Sun Jan 11–Mar 8 9:00–9:45 am 8/\$104
Tue Jan 13–Mar 3 9:00–9:45 am 8/\$104

Family & Early Years

Sportball 2

Ages: 2–3

In our parent and tot classes, toddlers are introduced to eight different sports through play-based, developmentally appropriate curriculum that is centred around key motor, social, and sport milestones. This program is in partnership with Sportball Kamloops.

Heritage House

Sat	Jan 10–Mar 7	10:00–10:45 am	8/\$104
Thu	Jan 15–Mar 5	10:00–10:45 am	8/\$104

West Highlands Community Centre

Sun	Jan 11–Mar 8	10:00–10:45 am	8/\$104
Tue	Jan 13–Mar 3	10:00–10:45 am	8/\$104

Sportball 3

Ages: 3–6

In this drop-off class, children are introduced to eight different sports through play-based, developmentally appropriate curriculum that is centred around key motor, social, and sport milestones. This program is in partnership with Sportball Kamloops.

Heritage House

Sat	Jan 10–Mar 7	11:00–11:45 am	8/\$104
Thu	Jan 15–Mar 5	11:00–11:45 am	8/\$104

Lloyd George Elementary

Wed	Jan 14–Mar 4	5:30–6:15 pm	8/\$104
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West Highlands Community Centre

Sun	Jan 11–Mar 8	11:00–11:45 am	8/\$104
Tue	Jan 13–Mar 3	11:00–11:45 am	8/\$104

Tumble 'n' Play 1

Ages: 2–3

In this play-inspired program, your child will be introduced to a variety of fundamental movement skills including tumbling, balancing, and landing. Your child will develop their physical literacy skills through exploration, open-ended activities, and play-based games. This program requires parent participation.

Valleyview Community Hall

Tue	Jan 13–Mar 3	5:00–5:30 pm	8/\$64
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Tumble 'n' Play 2

Ages: 3–6

In this play-inspired program, your child will be introduced to a variety of fundamental movement skills including tumbling, balancing, and landing. Your child will develop their physical literacy skills through exploration, open-ended activities, and play-based games. This program requires parent participation.

Valleyview Community Hall

Tue	Jan 13–Mar 3	5:45–6:30 pm	8/\$84
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BEEM CREDIT UNION

presents

Unplug and

PLAY

January 24–31, 2026

Find A Healthy Balance

For a list of ideas
and activities visit:

literacyinkamloops.ca

TAKE THE CHALLENGE!

Reduce screen time. Create, move, read, build, explore,
learn, reflect, and celebrate together as a family!



 @literacyinkamloops

LinK
Literacy in Kamloops

Kamloops
Canada's Tournament Capital

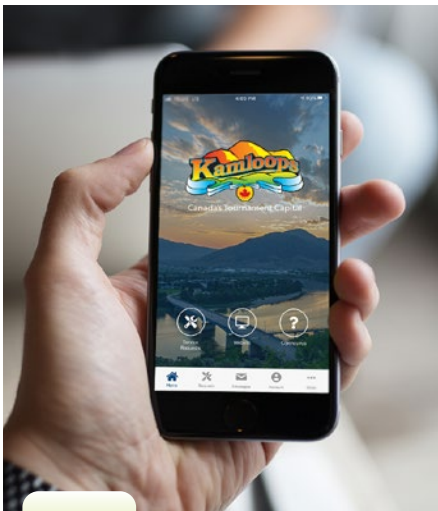
**PACIFIC
SPORT**
INTERIOR BC

SCHOOL DISTRICT NO. 73
(Kamloops-Thompson)

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Kamloops

YMCA
BC
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**THOMPSON-NICOLA
REGIONAL LIBRARY**



**Download the
MyKamloops™ App**

Report non-emergency issues such as potholes, fallen trees, or broken street lamps. Simply take a picture, confirm the location, add any comments, and submit!



**JUST BE. IMAGINATIVE. THOUGHTFUL.
CONNECTED. THAT'S GIRL GUIDES**



At Girl Guides, her imagination leads the way to new experiences, fun adventures and lifelong friendships. The only question is: where will her imagination take her next?

**Registration for fall 2025
is now open, and
you can join anytime!**

Find a nearby unit using the unit finder at
WWW.GIRLGUIDES.CA

If you have questions, you can email info@girlguides.ca

Girl Guides



SWIMSKILL LESSON PROGRAM

5 - 12 YEARS



**REGISTRATION
OPENS
NOV 30
2025**

WINTER LESSONS JAN 6 - MAR 6

Semi-private & group lessons available starting from 3:40pm

PRICES START AT \$230 FOR 16 LESSONS

Register online at
swimkamloops.com

250.828.3660 or lessons@swimkamloops.com

BOOK A FREE SWIM ASSESSMENT
email: lessons@swimkamloops.com

SWIM X AGES 12-17



- All levels of swimmers
- Excellent cardio for cross training
- For youth interested in improving their swimming and having fun with other kids
- Professional coaches will work with you to improve your swim stroke and endurance



- KCS MASTERS AGES 19+**
- Improve your swimming in a fun and supportive environment
 - Low-impact
 - Professional coaching
 - All swim levels welcome
 - Fun social events

COMPETITIVE CLUB SWIMMING AGES 6 - 18



- Tailored programs for all levels
- Supportive team environment
- Professional coaching
- Regional, Provincial National & International competitive opportunities
- University swimming prep





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PLAYGym (12 months - 5 years)
Gymnastics, Trampoline & Diving (6+ years)
XCEL Gymnastics, Trampoline (boys & girls)
Competitive Gymnastics, Trampoline & Diving
High School & 18+ programs
Ongoing Enrollment

imagine | believe | achieve

- Gymnastics
- Trampoline
- Diving
- Community Access
- Seasonal Camps
- Professional Day Camps



CURRENT SCHEDULES / REGISTRATION / MORE INFO...
www.kgtc.ca
910 McGill Rd. 250-374-6424
(located inside the Tournament Capital Centre)



Free YMCA membership

Learn to cope with stress
Y Mind

Everyone experiences worries and stress. Y Mind is here to help you

Ages 8 and up

Multiple FREE mental wellness groups for ages 8-12, 13-18, 18-30 and 30+.

Contact the Mental Wellness team at mentalwellness@bc.ymca.ca or 250-376-4771 ext.122 for more information

The program is run by caring, trained staff, in a safe supportive environment. **There is no cost to participate.**



PARTY AT THE POOL

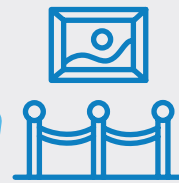
Book Your Swim Party!



For full details, visit
Kamloops.ca/SwimParty

Children & Youth

© Jennifer Jones



**DID YOU
KNOW?**

The Children's Museum at the Kamloops Museum and Archives is a vibrant, interactive space designed especially for young visitors. Children can engage with our region's rich heritage in playful, spontaneous, and creative ways. Featuring hands-on exhibitions and activities, the Children's Museum encourages curiosity and exploration, making learning fun and memorable. To learn more about children's programming, please visit KamloopsMuseum.ca or page 25 of this guide.

ARTS AND CULTURE

Dancing

Acro Dance

Ages: 6–9

A mix of dance and gymnastics, this class is a fun way to build strength and increase body awareness. The class naturally progresses through skills at the student's pace, achieving up to level 4 in acrobatics. Techniques such as stretching, strengthening, limbering, balancing, and tumbling will be covered.

Kamloops Performance Company

Wed	Jan 14–Mar 11	4:15–5:00 pm	9/\$121.50
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Dance Fun

Ages: 6–9

In this fun and encouraging environment, your child will learn simple dance routines and explore movement through dancing, stretching, and creative play. They will about music, use props for play, and explore the magical world of music, movement, and dance. This class is all about recreation, exercise, and having fun in a non-competitive environment.

Kamloops School of the Arts

Tue	Jan 13–Mar 10	5:30–6:20 pm	9/\$135
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Hip Hop

Ages: 6–9

This is a fun and exciting program for your child to learn the basics of hip hop dance, movement improvisation, and structured dance steps. The class is designed to be upbeat and engaging, allowing children to express themselves through movement and music.

Kamloops Performance Company

Mon	Jan 12–Mar 9	4:30–5:15 pm	8/\$108
Wed	Jan 14–Mar 11	3:30–4:15 pm	9/\$121.50

Musical Theatre

Ages: 6–9

Get ready to shine on stage with our musical theatre class. This high-energy class combines singing, dancing, and acting to create a unique and exciting experience for young performers.

Kamloops Performance Company

Tue	Jan 13–Mar 10	5:00–5:45 pm	9/\$121.50
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Drawing and Painting

Artistic Voyage

Ages: 9–12

In this class, you will have the opportunity to explore various artistic mediums and techniques, from painting and drawing to sculpture and mixed media. Our expert instructor will guide you through a series of creative exercises and projects, helping you tap into your imagination and bring your artistic visions to life. All materials are supplied.

Parkview Activity Centre

Tue Jan 13–Feb 3 5:30–7:30 pm 8/\$160

SPECIAL INTEREST

Martial Arts

Self-Defence For Girls Series

Ages: 7–13

In this class, the instructor will teach participants about situational awareness, channelling fear-based emotions into a source of power, and simple defence techniques that will help them respond confidently in unexpected situations. This course is gender inclusive, and you can participate as best fits your gender identity.

Valleyview Community Hall

Wed Jan 21–Feb 4 5:00–6:30 pm 3/\$30

SPORT

Badminton

Come & Play - Badminton

Ages: 7+

Are you looking to try badminton in a fun and casual setting? This drop-in program is perfect for beginners and intermediate players who just want to enjoy the game with friends and family. No coaching, no competition, just play! Come explore the sport, meet new people, and have a great time on the court. Participants are encouraged to bring their own rackets; however, a limited number will be available to borrow on site for a small fee if needed. In partnership with the Shuttlers Club.

Pacific Way Elementary

Tue Jan 6–Mar 10 6:30–9:30 pm 10/\$75

Family Badminton

Ages: 7+

Bring your own racquet and enthusiasm, and join us for some family fun. This program is in partnership with the Kamloops Badminton Association.

Pacific Way Elementary

Thu Jan 8–Mar 12 6:00–7:00 pm 10/\$50

Multi-Sport

Sportball 4

Ages: 7–8

In this program, children are introduced to eight different sports through play-based, developmentally appropriate curriculum that is centred around key motor, social, and sport milestones. This program is in partnership with Sportball Kamloops.

Lloyd George Elementary

Wed Jan 14–Mar 4 6:30–7:15 pm 8/\$104

Table Tennis

Intro to Table Tennis - Youth

Ages: 7–12

In this program, participants will improve their physical literacy by practising basic table tennis skills, such as footwork, serves, drives, timing, and strategy.

TCC - D South

Tue Jan 13–Mar 3 6:30–7:30 pm 8/\$80



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Aberdeen: 250-374-3115

Art Knapp HOME & GARDEN 2026 Seminars

Jan.24 th General Seed Starting	Feb.21 st Tropicals & Air Plants
Jan.31 st Micro Greens	Feb.28 th General Pruning
Feb.7 th General Seed Starting	Mar. 1 st General Pruning (Sunday)
Feb.14 th Growing Cannabis	Mar. 7 th Fruit Tree Pruning

Saturdays 10:00am

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765 LANSDOWNE ST.

Greg Kozoris and his team are passionate about exercise physiology and about helping you reach your maximum physical potential. Give the Acceleration team a call to help you reach your goals.

PAID ADVERTISING

2026 SPRING SEASON

Registration Opens

January 10th 2026



April - June



Charles Anderson Statuim
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U7- 2019/2020/2021

U9- 2017/2018

U11- 2015/2016

U13C- 2013/2014

U15C- 2011/2012

U17C- 2009/2010

U20C- 2008/2007/2006

Contact Us!



www.KAMLOOPSMINORFASTBALL.com





ARTS AND CULTURE

Dancing

Aerial Hoop - Lyra

Are you curious about Lyra, the aerial hoop, but unsure if it's the right fit for you? Our one-hour teaser class is the perfect way to dip your toes into this mesmerizing aerial discipline. Designed specifically for beginners, this session provides a comprehensive overview of what a full Lyra class involves. Experience a structured approach, including warm-up, strengthening, and stretching exercises, and get hands-on with basic stances and introductory moves. This class offers a glimpse into the exciting world of aerial arts and helps you decide if Lyra is the right fit for your fitness and creative goals.

Unity 253 Aerial Arts Studio

Sat	Jan 10	6:30–7:30 pm	1/\$28
Sat	Mar 14	6:30–7:30 pm	1/\$28

Aerial Sling - Hammock

Are you curious about the aerial hammock but unsure if it's the right fit for you? Our one-hour teaser class is the perfect way to explore this captivating aerial discipline. Designed for beginners, this session offers a taste of a full aerial hammock class, complete with a structured approach to warm-up, strengthening, and stretching. You'll get hands-on experience with basic stances and introductory moves, giving you a glimpse into the fun and dynamic world of aerial arts.

Unity 253 Aerial Arts Studio

Sat	Jan 10	7:45–8:45 pm	1/\$28
Sat	Mar 14	7:45–8:45 pm	1/\$28

Ballet Beginner Level 1

This multi-level ballet class uses barre work, across-the-floor exercises, and centre work. This program is based on the Royal Academy of Dance and is designed for those looking to take their ballet to the next level and for a ballet challenge.

Kamloops Performance Company

Wed	Jan 14–Mar 11	6:15–7:15 pm	9/\$148.50
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Ballet Beginner Level 2

This multi-level ballet class uses barre work, across-the-floor exercises, and centre work. This program is based on the Royal Academy of Dance and is designed for those looking to take their ballet to the next level and for a ballet challenge.

Kamloops Performance Company

Wed	Jan 14–Mar 11	7:15–8:15 pm	9/\$148.50
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Beginner Contemporary Dance

Using core strength and flexibility, dancers will experience fluid movement that increases body awareness and strength. This program is open to dancers with beginner to advanced contemporary dance experience.

Kamloops Performance Company

Wed	Jan 14–Mar 11	6:15–7:15 pm	9/\$148.50
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Belly Dance Beginner

Belly dance classes are fun, uplifting, and empowering. Posture, muscle isolation, and dance movements are taught using various stretching and strengthening exercises. In this class, you will learn graceful techniques, layering movements, and simple choreography. These low-impact classes can aid in stress reduction and are likely to boost your self-esteem and body image. Come feel the magic and sensuality of belly dance, and leave each class with revived beauty and energy.

Kamloops School of the Arts

Tue	Jan 13–Mar 10	6:30–7:20 pm	9/\$135
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Belly Dance Intermediate

The style of Egypt! This class goes beyond the beginner level. Students will work towards a fun choreography experience with instructor Shahrazad, who has trained in Egypt.

Kamloops School of the Arts

Thu	Jan 15–Mar 12	6:00–7:00 pm	8/\$120
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Country Two Step & Swing Dance Workshop

In this workshop, you will learn and practise the basic country two-step rhythm and some fun country swing moves for added flavour and flair. You will also learn social dance etiquette, the line of dance, and additional skills that will keep you grooving on any dance floor as well as partner-style lead and follow moves, footwork, and musicality to create a dynamic social dance on any dance floor. The moves you will learn will help you feel more confident to join the dance floor at any party, as many of the moves are interchangeable with different genres of music. You can enjoy this class with or without a partner. This vibrant dance workshop is set to good old-fashioned country-western tunes and modern-day country mixes. Get ready for the most fun you've had in your adult life. Make it a date or come solo to socialize with like-minded friends. Social dance is where it is at!

Let's Move Studio

Single Class

Sat	Jan 24	4:00–5:15 pm	1/\$35
Sat	Feb 28	4:00–5:15 pm	1/\$35
Sat	Mar 28	4:00–5:15 pm	1/\$35

Three Classes

Sat	Jan 24–Mar 28	4:00–5:15 pm	3/\$90
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Hip Hop

Get ready to groove with the latest adult hip hop dance classes. These high-energy classes are designed for beginner and intermediate dancers, offering a fun, social way to stay active and learn choreography.

Kamloops Performance Company

Sat	Jan 10–Mar 7	10:00–10:50 am	9/\$148.50
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Hula Hoop Dance

Hula hoop meets movement with sweet tunes, cool vibes, and an awesome tribe. Think flow-like body movements set to amazing music while using the hula hoop, silk fans, or poi as a prop. In this class, you will learn hoop and body isolations and various mesmerizing hula hoop tricks. You will also stretch and flow with dance inspired movement with the hula hoop. Come learn some mind body connection. This class is inspired by music, low impact, magical, and fun.

Kamloops School of the Arts

Thu	Jan 15–Mar 12	7:10–8:00 pm	9/\$135
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Intro into Pole Sport

This class is for beginners with little or no pole experience. Learn basic pole grips, stance, and some introductory moves. Become familiar with the structure of the pole classes, including a warm-up, strengthening moves, and a stretch. This class is the minimum prerequisite for attending drop-in pole classes.

Unity 253 Aerial Arts Studio

Sat	Jan 10	5:15–6:15 pm	1/\$28
Sat	Mar 14	5:15–6:15 pm	1/\$28

Jazz

This program is designed for those with beginner to advanced dance experience. Dancers will learn many fun and trendy steps used in all forms of dance, focusing on strength, flexibility, conditioning techniques, and progressions.

Kamloops Performance Company

Wed	Jan 14–Mar 11	5:15–6:15 pm	9/\$148.50
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Latin Partner Dance Workshop

This workshop will feature Latin dance moves set to fabulous, vibrant, upbeat music, suitable for beginners and more advanced dancers. You will learn beat, rhythm, style, and Latin dance moves, which a focus on how a person can be creative and spontaneous on the dance floor using a small skill set to create a dynamic, spontaneous, and fun dance. This class includes partner-style lead and follow moves, footwork and musicality to create a dynamic social dance on any dance floor. Enjoy this class—with or without a partner—set to spicy, flavourful, exciting Latin music that will make you feel alive. Get ready for the most fun you've had in your adult life. Make it a date or come solo to socialize with like-minded friends. Social dance is where it is at!

Let's Move Studio

Single Class

Sat	Jan 24	5:45–7:00 pm	1/\$35
Sat	Feb 28	5:45–7:00 pm	1/\$35
Sat	Mar 28	5:45–7:00 pm	1/\$35

Three Classes

Sat	Jan 24–Mar 28	5:45–7:00 pm	3/\$90
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Line Dance

In this fun, interactive line dance class, beginners will learn about beat, music timing, rhythm, and basic dance steps. They will also learn simple, choreographed, repeating-sequence dance routines. No previous dance experience or a partner is required. Join in the fun for all ages, and dance to all types of music.

Kamloops Performance Company

Tue	Jan 13–Mar 10	6:00–7:00 pm	9/\$121.50
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West Highlands Community Centre

Tue	Jan 13–Mar 10	3:00–4:00 pm	9/\$121.50
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Modern Dance

In a modern dance class, students will learn various techniques, including suspension and release, fall and recovery, and using momentum and breath with movement. You will explore different ways of moving in the warm-up, across the floor, combination, and floor work.

Kamloops Performance Company

Mon	Jan 12–Mar 9	7:30–8:30 pm	8/\$120
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Social Ballroom Dancing - Jive

We will provide an enjoyable dance experience where you will feel comfortable dancing with a partner in a social atmosphere. Solo dancers are welcome if they are willing to dancing with each other.

West Highlands Community Centre

Wed	Jan 21–Mar 11	7:00–8:00 pm	8/\$120
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Tap Beginner - Level 1

This class is for absolute beginners to learn the fundamentals of tap techniques and develop strength, stability, rhythm, and coordination. Tap shoes are not required to try this class. As an alternatively, wear hard-soled shoes to give tapping a go.

Kamloops Performance Company

Mon	Jan 5–Mar 9	5:00–5:45 pm	9/\$135
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Tap Level 2

This class is suitable for those with previous tap experience who want to focus on and refine fundamental techniques. Tap shoes are required.

Kamloops Performance Company

Mon	Jan 5–Mar 9	5:45–6:30 pm	9/\$135
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Drawing and Painting

Acrylic Painting

Develop your artistic skills while having fun learning techniques to take a photo image from a sketch to a painted master piece. While this workshop is geared towards beginners, all levels are welcomed. All supplies are included.

Parkview Activity Centre

Thu	Feb 10–Mar 10	6:00–8:30 pm	8/\$160
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Drawing on the Basics

Anyone can learn to draw. Really! This course offers you a chance to learn how to develop a basic skill in a relaxed, fun, and supportive environment. The course is based on a foundation of classical drawing techniques. Each week's topic will be reinforced through still life exercises. Supplies are extra.

Parkview Activity Centre

Thu	Jan 15–Mar 5	9:30–11:30 am	8/\$160
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Oil Painting for Beginners

Discover the world of oil painting in this introductory course. You will explore the fundamentals of drawing and the process of transferring a model onto canvas. Students will learn the basics of oil colours, including colour mixing and familiarization with the tools. By the end of the 10-week course, you will bring all the acquired skills and insights together to craft a stunning oil painting. Students are required to purchase their canvas.

Heritage House

Wed	Jan 14–Mar 11	6:00–8:30 pm	9/\$180
Wed	Jan 21–Mar 11	9:00–11:30 am	8/\$160

Oil Painting - Level 2

Oil painting is a timeless art form that offers rich textures and vibrant colours, making it a favorite medium for artists. To take your oil painting to the next level, focus on mastering techniques like underpainting, layering, and blending. Experiment with different styles to find your unique voice.

Students are required to purchase their canvas.

Heritage House

Mon	Jan 5–Mar 9	6:00–8:00 pm	8/\$160
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Beyond the Basics - Watercolour

For the beginning student, this friendly course introduces the exciting possibilities, delights, and challenges of watercolours. Fun and easy projects are designed to teach basic techniques and build students' confidence to paint a basic landscape or a flower. Supplies are extra.

Parkview Activity Centre

Tue	Jan 13–Mar 3	1:00–3:00 pm	8/\$150
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Watercolour for the Beginner

For the beginning student, this course introduces the exciting possibilities, delights, and challenges of watercolours. Fun and easy projects are designed to teach basic techniques and build students' confidence to paint a basic landscape or a flower. Supplies are extra.

Parkview Activity Centre

Tue Jan 13–Mar 3 10:00–12:00 pm 8/\$150

Watercolour Open Studio

Fully explore your favourite techniques from previous classes at your own pace in the open studio watercolour session. You will have the chance to review techniques from the beginner class and work independently. Guidance and critiquing will round out the experience. Participants must bring their own supplies.

Parkview Activity Centre

Tue Jan 13–Mar 3 12:15–2:15 pm 8/\$150

Fabric Arts

Beginner Crochet

This beginner course will teach you basic crochet stitches, tools, and terms. You will work on a project that will allow you to use the stitches you learn. Some supplies are required.

Parkview Activity Centre

Wed Jan 21–Feb 11 6:30–8:00 pm 4/\$80

Memory Quilt - T-shirts/Jerseys/Baby Clothes/ Assorted Clothing

If you've always wanted to make a memory quilt but find the idea intimidating, this is the perfect course for you. In this workshop, quilt enthusiast Marnie Freeman will share sewing tips for working with clothing items. You will learn a method of sewing stretchy fabrics without using interfacing. Participants are required to bring their sewing machines.

Heritage House

Sat Jan 31–Feb 28 1:00–3:30 pm 4/\$150

9PM Routine



Property crimes are often crimes of opportunity. Creating a simple and quick checklist of things to do nightly can deter criminals. We encourage you to double-check that your valuables and property are locked up and safe.

Make a 9 pm checklist a habit

Lock Up

- Close and secure all windows and doors, including your garage.
- Lock sheds, outbuildings, and gates.
- Lock your vehicles.
- Set your home alarm (if you have one).

Lights On

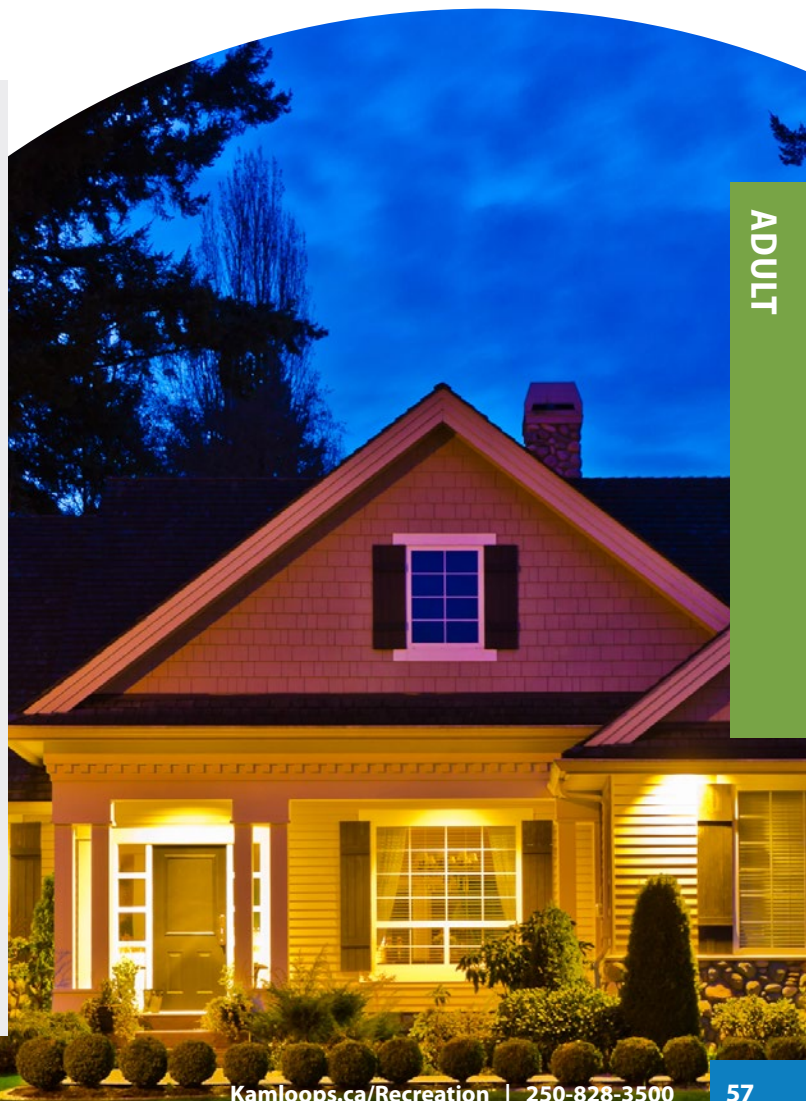
- Turn on exterior lights.
- Leave an indoor light on.

Exterior Checks

- Remove valuables and garage door opener from your vehicle.
- Do a perimeter check of your property and secure all bikes, tools, and other valuables.

To learn more, visit

Kamloops.ca/CrimePrevention.





© Peter Olsen

Photography

iPhone/Android/iPad/Tablet

Bring your iPhone/Android/iPad/tablet (mobile device with a camera) to this fun class and learn how to take spectacular photos with just your phone or iPad camera. During these three sessions, we will explore techniques that will allow you to move from taking a snapshot to making a photograph. When you have finished the program, you will have acquired skills that will enable you to take cellphone photos worthy of being printed for your home or office walls.

TCC - Meeting Room B

Sun	Jan 25–Feb 8	1:30–3:30 pm	3/\$90
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FITNESS AND HEALTH

Group Classes

Barre-lates

Join us at the barre for a workout blending ballet, Pilates, strength, and flexibility. Strengthen your body while improving endurance. No dance experience is needed.

TCC - Fitness Studio

Thu	Jan 8–Mar 12	6:15–7:15 pm	10/\$93.30
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Bellyfit

This holistic fitness class designed for women of all ages who want to experience a fusion of fitness; dance styles such as belly dance, African, Bollywood, and bangra; and yoga, where powerful fluid movements and intentional breath blend seamlessly to phenomenal music. With a short opening meditation and finishing on the mat, this is a complete mind, body, and spirit workout. All levels are welcome, and no experience is needed. Please bring a yoga mat for core and stretching. A small number of mats are provided.

Arthur Stevenson Elem. School Arthur Stevenson Gym

Wed	Jan 7–Mar 11	5:30–6:30 pm	10/\$93.30
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TCC - Fitness Studio

Thu	Jan 8–Mar 12	1:00–2:00 pm	10/\$93.30
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Cardio Kickboxing

This class combines kickboxing with high-energy cardio exercise to boost cardiovascular fitness. You will engage in a dynamic workout that burns calories, improves endurance, and enhances coordination.

TCC - Fitness Studio

Wed	Jan 7–Mar 11	6:00–7:00 pm	10/\$81.50
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HIIT - High Intensity Interval Training

Come prepared to sweat in this fast-paced class. Using Tabata-style or high-intensity intervals followed by a short rest, you will be invigorated by this challenging, full-body workout.

TCC - Fitness Studio

Thu	Jan 8–Mar 12	5:00–6:00 pm	10/\$81.50
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Introduction to Weight Training

This beginner class covers weight training fundamentals, including setting up equipment, creating personalized programs, and adjusting exercises to your needs. Taught by a certified trainer, it builds confidence and skills for the gym.

TCC - Fitness Studio

Mon	Jan 5–Feb 2	6:30–7:30 pm	5/\$62.50
Mon	Feb 9–Mar 9	6:30–7:30 pm	5/\$62.50

Low Intensity Circuit

This circuit-style class encourages you to work at your level. You will be introduced to various cardio, strength, and flexibility exercises to help keep you strong and mobile for your daily activities.

Westsyde Pool & Fitness Centre

Wed	Jan 7–Mar 11	1:30–2:30 pm	10/\$75
Fri	Jan 9–Mar 13	1:30–2:30 pm	10/\$75

Strength Training with Resistance Bands

This class is designed to increase strength in a gentle yet challenging manner, using loop bands and elastic bands. Colour-coded elastic bands provide different resistance levels, allowing for a gradual increase in strength and better conditioning. This type of workout is useful for those not ready to start weight training using free weights or machines, but are determined to pursue a workout routine to help open the path to sustained resistance training. It is also great for people living in small spaces or while travelling.

TCC - Fitness Studio

Wed	Jan 7–Mar 11	5:00–5:45 pm	10/\$93.30
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Stretch and Relax

You will be guided through a full-body stretch that promotes flexibility, mobility, breathing, and relaxation. Participants must be comfortable getting down to the floor and back up again.

TCC - Fitness Studio

Mon	Jan 5–Mar 9	10:15–11:15 am	10/\$75
Wed	Jan 7–Mar 11	10:15–11:15 am	10/\$75

Taiji Qi Gong

Exploration of Taiji and Qigong exercises for mind body connection. Studies indicate Taiji benefits include improved balance, help chronic pain such as osteoarthritis and fibromyalgia, mental health and cognitive function.

West Highlands Community Centre

Thu	Jan 8–Mar 12	9:30–11:00 am	10/\$93.30
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Women's Only Introduction to Weight Training

This class empowers women through weightlifting and healthy habits. Learn proper techniques, build strength, and boost confidence in a supportive environment. It also emphasizes nutrition and wellness for thriving beyond the gym.

TCC - Fitness Studio

Wed	Jan 7–Mar 11	7:15–8:15 pm	5/\$62.50
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Women's Only Intermediate Weight Training

This class empowers women through weightlifting and healthy habits and emphasizes nutrition and wellness for thriving beyond the gym. Learn advanced techniques, build strength, and boost confidence in a supportive environment.

TCC - Fitness Studio

Thu	Jan 8–Mar 12	7:30–8:30 pm	10/\$125
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Zumba®

Zumba® fitness blends Latin beats with fun, easy-to-follow moves for a party-like workout. It offers a total body workout, combining cardio, muscle conditioning, balance, flexibility, and boosted energy.

Hal Rogers

Tue	Jan 6–Mar 10	6:00–7:00 pm	10/\$93.30
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TCC - Fitness Studio

Fri	Jan 9–Mar 13	9:45–10:45 am	10/\$93.30
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Pre & Post Natal

Stroller Fit

Join other moms in this fun, all-levels class focusing on strength, cardio, and flexibility while your baby or toddler relaxes in their stroller. Nursing and crawling babies are welcome. Moms should be at least 4–6 weeks post-natural delivery or 8–10 weeks post-caesarean.

TCC - North Court

Mon	Jan 5–Mar 9	11:30–12:30 pm	9/\$83.97
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Spin

CycleFit

This intermediate spin class has something for everyone. It features various intervals and cycling drills that are guaranteed to have you feeling the burn. Work at your own intensity through hill climbs, speed intervals, and active recovery.

TCC - Spin Studio

Wed	Jan 7–Mar 11	5:15–6:15 pm	10/\$81.50
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Yoga

Beginner Hatha Yoga

Beginner Hatha yoga offers slow, meditative movements to improve strength, balance, and flexibility. Learn calming breath and meditation practices to enhance your well-being on and off the mat. Modifications are provided, making it suitable for all levels.

David Thompson Elementary

Tue	Jan 6–Mar 10	5:30–6:30 pm	10/\$93.30
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Beginner Yoga

Practise simple yoga postures and breathing exercises to build strength and flexibility in a welcoming environment. Modifications are offered for all fitness levels. No experience necessary.

Hal Rogers

Tue	Jan 6–Mar 10	9:00–10:00 am	10/\$93.30
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TCC - Meeting Room C

Mon	Jan 5–Mar 9	5:15–6:15 pm	9/\$83.97
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Valleyview Community Hall

Mon	Jan 5–Mar 9	9:00–10:00 am	10/\$93.30
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Intro to Yin Yoga

This class is an ideal starting point for those new to yin yoga or looking to slow down and reconnect. Yin yoga is a quiet, meditative practice targeting deeper connective tissues. Poses are held for several minutes, allowing the body to soften gradually and the mind to settle. This class offers a calm, supportive environment to explore breath, stillness, and mindful awareness. Perfect for beginners or anyone seeking stress relief, improved flexibility, and a deeper sense of inner ease. No previous yoga experience is needed. Just bring an open mind, a mat, and a willingness to pause.

West Highlands Community Centre

Sun	Jan 4–Mar 8	4:30–5:30 pm	10/\$93.30
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Help Keep Kamloops Safe

Volunteer with the Kamloops Community Patrol!

Do you want to make a real difference in your neighborhood? Join the Kamloops Community Patrol (KCP) as an RCMP Crime Prevention Volunteer and become an extra set of eyes and ears for your community.

As a KCP volunteer, you'll:

- Receive full training and ongoing support
- Patrol local neighborhoods and assist in crime prevention
- Work with a team of dedicated, community-minded individuals
- Help create a safer, more connected Kamloops
- Whether you're looking to give back, meet new people, or gain experience, this is your chance to make an impact—while having fun doing it!

Join us today and be part of something meaningful.

For more information, contact us at Kamloops.ca/CrimePrevention.



Steel Mace Vinyasa

Steel Mace Vinyasa blends traditional yoga with weight training using a steel mace to tone muscles, increase flexibility, improve balance, and reduce stress. The focus cultivates a mind-body connection through breathwork. Holding a mace in poses helps students stay focused and strengthen their practice.

TCC - Fitness Studio

Fri	Jan 9–Mar 13	11:00–12:00 pm	10/\$93.30
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Warrior Yoga

Warrior yoga combines traditional yoga with weight training using a steel mace to tone muscles, increase flexibility, improve balance, reduce stress, and boost energy. Suitable for beginners and athletes, this unique practice enhances overall health and well-being.

TCC - Fitness Studio

Tue	Jan 6–Mar 10	7:30–8:30 pm	10/\$93.30
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Yoga Flow

This all-levels yoga class is designed to connect breath with movement, helping students build strength, flexibility, and mindfulness. While participants should ideally be comfortable transitioning up and down from the mat, modifications will be offered throughout to support different abilities and experience levels. Whether you're newer to yoga or looking to deepen your practice, this class offers space to move at your own pace.

Valleyview Community Hall

Thu	Jan 8–Mar 12	9:00–10:00 am	10/\$93.30
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Health & Lifestyle Coaching

Better Menopause Through Lifestyle and Exercise

Learn what your body goes through as you enter perimenopause, menopause, and postmenopause. Making certain lifestyle changes, including adjusting nutrition patterns, sleep, stress, and exercise, can help women mitigate symptoms and improve their quality of life. You will be provided with evidence-based information and information on menopausal hormonal therapy, which can be another tool for managing symptoms.

TCC - Meeting Room B

Tue	Jan 6–Feb 3	5:00–6:00 pm	5/\$6.64
Tue	Feb 10–Mar 10	5:00–6:00 pm	5/\$6.65

Healthy Dinner Fix

Take the stress out of dinner with this four-week mini coaching series. Learn a freezer meal system, simple meal planning and grocery strategies, how to handle busy nights, and ways to get the whole family involved. Walk away with practical tools, recipes, and systems that make healthy eating easier.

TCC - Meeting Room C

Sun	Jan 11–Feb 1	4:00–5:30 pm	4/\$8
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Healthy Habits Coaching Package

Are you overwhelmed by lifestyle changes? This package helps you set clear health goals with personalized coaching for support and accountability. It includes one 60-minute assessment and one 60-minute follow-up session, available virtually, by phone, or in person.

1 hr assessment and 1 hr follow-up session/\$165

Healthy Habits Coaching Add-Ons

This package includes 60-minute health coaching sessions to create additional accountability and take your goals to the next level. Recommendations and accountability strategies are all personalized for you.

1 session (1 hrs)/\$75
4 sessions (4 hrs)/\$280
12 sessions (12 hrs)/\$720

Menopause Women Wellness Coaching

Are you struggling with menopause or postmenopause? This one-on-one coaching package helps you manage symptoms through nutrition and lifestyle changes. It includes a 90-minute assessment with a report and goal setting, plus your choice of 60-minute coaching sessions to improve health, strength, and reduce chronic disease risks.

TCC - Training Lab

3 sessions (3 hrs)/\$295
6 sessions (6 hrs)/\$490

Wellness Workshops

Healthy Habits That Stick

We all start the year with great intentions, but most resolutions often fade before February. Join nutritionist Amanda McKeen for this interactive workshop to help you pause, reflect, and reset. A guided wellness wheel activity is designed to make healthy habits that actually stick. Start your year feeling balanced, energized, and confident in a plan that fits your real life.

TCC - Meeting Room B

Wed	Jan 7	6:30–8:30 pm	1/\$20
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Real Food, Real Life: Everyday Nutrition Made Easy

Are you tired of confusing diet rules and all-or-nothing advice? This workshop cuts through the noise to help you build a realistic, balanced approach to eating well. You'll learn how your body uses nutrients to create energy, balance hormones, and support long-term health—so you can feel confident and empowered to make food choices that truly work for you.

TCC - Meeting Room B

Wed	Mar 4	6:30–8:30 pm	1/\$20
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Sleep Smarter: The Skill That Changes Everything

Sleep isn't just rest—it's recovery, balance, and prevention. Most of us don't realize that sleep is a skill and that we can get better at it. Join nutritionist Amanda McKeen and learn how to train your body for deeper, more restorative sleep and uncover why improving this one habit can transform your overall health.

TCC - Meeting Room B

Wed Feb 4 6:30–8:30 pm

1/\$20

Personal Training

Introduction to Personal Training - Youth

If you're aged 12–17 and new to the gym, this package offers a one-on-one orientation with a personal trainer. Learn gym safety, etiquette, and a beginner workout routine, plus get a one-month gym-only pass.

1 (1 hr) session/\$50

Small Group Personal Training

Make training fun with friends, family, or co-workers. This semi-private package includes a group fitness assessment and nine 60-minute sessions to work on your goals together.

10 sessions/\$875

Train Smart Package

This two-part package includes a 30-minute assessment to establish your baseline fitness level. The second 60-minute session is to learn about your personalized fitness program and increase your confidence in your exercise program.

1 session (90 mins)/\$99

Personal Training Add-Ons

Once you have completed a Train Smart package, you can purchase additional 60-minute personal training sessions. These appointments can be made at your convenience, whether you would like to meet regularly to help with motivation or when you need an update to your program.

1 session (1 hr)/\$65

4 sessions (4 hrs)/\$250

12 sessions (12 hrs)/\$690

Train Smart with a Friend!

Team up with a friend for a fun, semi-private training package. It includes individual assessments and three 60-minute sessions to work on your personal goals together.

3 sessions (3 hrs)/\$320

A CHORAL RHAPSODY OF

Christmas

A Free Community Concert from the City of Kamloops

Monday, December 15, 2025
7:00–9:00 pm
Sagebrush Theatre

The choirs of Kamloops present a delightful selection of Christmas carols with fun, old-fashioned singalongs between sets.

To reserve your seat, call Kamloops Live! Box Office at 250-374-5483.

Kinesiology Training

Train Smart Assessment with a Kinesiologist

If you have an injury, chronic condition, or concerns about exercise safety, this program is designed for you. Complete a comprehensive fitness assessment and exercise program with a kinesiologist. With focused education on topics ranging from chronic disease to orthopaedics, working with a kinesiologist will help you meet your fitness goals safely and effectively (program includes two 60-minute sessions). Call 250-828-3698 for information.

2 (1 hr) sessions/\$150

Train Smart with a Kinesiologist Add-Ons

These 60-minute kinesiology sessions are designed with you in mind. Use them to support your exercise program on an ongoing basis or to update your old program to further your exercise goals. Participants must complete a Train Smart assessment with a kinesiologist before registering for additional sessions.

1 session (1 hr)/\$75

4 sessions (4 hrs)/\$280

12 sessions (12 hrs)/\$780

Clinical Exercise

FAME - Fitness and Mobility Exercise

FAME (Fitness and Mobility Exercise) is a community-based program for stroke survivors designed specifically for and proven to improve fitness, mobility, and strength. This small-group class includes functional strength, agility, and balance exercises. It is suitable for people at any time after a stroke who can stand for five minutes, walk 10 m (even with a walking aid), and communicate with the instructor. To register, call 250-828-3742.

TCC - Fitness Studio

Tue/Thu Jan 20–Mar 12 2:30–3:30 pm 16/\$160

Sensational Survivors

This goal-oriented exercise program is dedicated to helping women in all stages of a cancer diagnosis empower, strengthen, and challenge themselves in a safe and welcoming environment. It includes an initial assessment, an exercise program setup, and 12 classes. To register, call 250-828-3742.

TCC - Fitness Studio

Wed	Jan 7–Mar 25	1:00–2:00 pm	\$115
Fri	Jan 9–Mar 27	12:15–1:15 pm	\$115

SPECIAL INTEREST

Cooking

Hot & Sour Soup

Learn how to make this popular Beijing dish from the Red Seal Chef of Kuzina Messer Culinaire. This Chinese dish is meat based (can be made vegetarian) and contains ingredients such as day lily buds, wood ear fungus, bamboo shoots, and tofu in a sour and slightly spicy broth. The price includes all ingredients and some supplies. Participants will need to bring some supplies to the class.

NorKam Secondary

Wed Jan 7 6:00–8:30 pm 1/\$56

Japanese Curry

Curry is one of the most popular dishes in Japan. You'll learn how to make this amazing Japanese staple using various vegetables and optional meat, served with rice and pickled ginger, from the Red Seal Chef of Kuzina Messer Culinaire. The price includes all ingredients and some supplies. Participants will need to bring some supplies to the class.

NorKam Secondary

Wed Mar 18 6:00–8:30 pm 1/\$56

Paneer Butter Masala

Also known as butter paneer, this is a rich and creamy curry is made with paneer, spices, onions, tomatoes, cashews, and butter. In this class, you'll learn how to make this delicious dish from scratch from the Red Seal Chef of Kuzina Messer Culinaire. The price includes all ingredients and some supplies. Participants will need to bring some supplies to the class.

NorKam Secondary

Wed Mar 4 6:00–8:30 pm 1/\$56

Traditional Gnocchi with Lemon Butter Sauce

Learn how to make traditional potato gnocchi served in a tangy and rich lemon butter sauce from the Red Seal Chef of Kuzina Messer Culinaire. The price includes all ingredients and some supplies. Participants will need to bring some supplies to the class.

NorKam Secondary

Wed Jan 21 6:00–8:30 pm 1/\$56

Wonton Soup

The Red Seal Chef of Kuzina Messer Culinaire will guide you through folding wontons from scratch with a savoury pork and shrimp filling and crafting a rich and savory broth. Perfect for cozy nights and nourishing meals—no prior experience needed. The price includes all ingredients and some supplies. Participants will need to bring some supplies to the class.

NorKam Secondary

Wed Feb 25 6:00–8:30 pm 1/\$56

Gardening

Advanced Tree Pruning

Are you looking to level up your tree pruning? Join our ISA-certified arborist to learn more about young tree (new) and advanced fruit tree pruning techniques as well as the how and when to prune your trees.

Valleyview Community Hall

Sat Mar 7 1:00–3:00 pm 1/\$35

Pruning - Fruit and Ornamental Trees

Prepare your trees for spring by learning how to prune ornamental and fruit trees. Learn about reasons for pruning, types of cuts, and when to prune from an ISA-certified arborist.

Valleyview Community Hall

Sat Feb 28 1:00–4:00 pm 1/\$40

Pruning - Shrubs

Do your shrubs look more like hairy monsters than plants? Join an ISA- certified arborist to learn the reasons for pruning as well as the how and when to prune your shrubs.

Valleyview Community Hall

Sat Mar 14 1:00–3:30 pm 1/\$37.50

Languages

Conversational French

This informal program to learn and practise speaking and basic reading in French is designed for individuals with little or no prior knowledge. This program will focus on the conversational aspects of the language, learning personal introductions and basic greetings and expressions. This program consists of 8 two-hours sessions once per week.

Lloyd George Elementary

Tue Jan 20–Mar 10 7:00–9:00 pm 8/\$150

Martial Arts

Self-Defence For Women Series

Learn tips and techniques to feel confident and safe. Valeri Prociuk will empower you to read a danger situation, help you channel feelings of anxiety and fear into confidence and power, and defend yourself against violence or in a dating situation that turns sideways. This course is gender inclusive, and you can participate as it best fits with your gender identity.

Valleyview Community Hall

Wed Feb 18–Mar 4 5:00–6:30 pm 3/\$37.50

SPORT

Pickleball

Intro to Pickleball

Participants will be introduced to the sport of pickleball and learn the basic skills, techniques, and rules of the games with an emphasis on fun.

Parkcrest Elementary

Mon/Wed Jan 12–Jan 14 6:00–8:00 pm 2/\$80

Mon/Wed Feb 16–Feb 18 6:00–8:00 pm 2/\$80

Mon/Wed Mar 2–Mar 4 6:00–8:00 pm 2/\$80

Rowing

Introduction to Rowing

Join this short session to learn how to perform the four components of a rowing stroke correctly while using an ergometer (rowing machine). As an indoor sport and outdoor watersport, rowing promises you a full-body, non-weight bearing workout. On its own or used as an exercise to support your training for other sports, rowing is an amazing sport that your body can benefit from for many years to come to. Rowing will help you build muscle, control and lose weight, maintain and/or broaden your mobility while supporting your cardiac and mental health. Come learn how to use this machine correctly, and enjoy learning in a supportive atmosphere.

TCC - Fitness Studio

Sat Feb 21 9:00–10:15 am 1/\$25

Sat Feb 21 10:30–11:45 am 1/\$25

Tennis

Adult Green Dot Clinic

This is for players who have completed the Progressive Tennis for Adults program or those with previous experience. This clinic is on a full-size court while using a green dot ball, which is 75% compression of a regular ball. The clinic's goal is to continue improving a player's ability to serve, return, rally, and score, emphasizing consistency and doubles play. This program is in partnership with the Kamloops Tennis Centre.

Kamloops Tennis Centre

Wed Jan 7–Jan 28 7:00–8:30 pm 4/\$110

Wed Feb 4–Feb 25 7:00–8:30 pm 4/\$110

Wed Mar 4–Mar 25 7:00–8:30 pm 4/\$110

Progressive Tennis for Adults

In this program, you will learn skill progressions and use low-compression balls and appropriately sized racquets and nets. You will start with a small court and work your way to the baseline for full-court play. You will experience immediate success by building your skills as you learn to play. This program is in partnership with the Kamloops Tennis Centre.

Kamloops Tennis Centre

Tue Jan 6–Jan 27 7:00–8:30 pm 4/\$90

Tue Feb 3–Feb 24 7:00–8:30 pm 4/\$90

Tue Mar 3–Mar 24 7:00–8:30 pm 4/\$90

Give the Gift of Recreation!



Digital gift cards are now available and are a great way to give the gift of recreation.

Available in \$25, \$50, \$100, and \$250

Your friends and family can use their gift card for their favourite activity or hobby or discover something new! They are simple and easy to use and can be redeemed for:

- Admissions, recreation passes, and memberships
- Online registration for drop-in events
- Recreation programs and classes
- Swimming lessons
- Products at Kamloops Museum and Archives
- PacificSport Interior BC registration
- Booking a City of Kamloops facility for a celebration

Purchase a gift card online at [Kamloops.ca/GiftCard](https://kamloops.ca/GiftCard).

Full terms and conditions available online. A recreation account is required to complete a purchase.



LEARN TO PLAY

Adult Tennis Clinics Now Enrolling!

NEW TO TENNIS?

REGISTER FOR PTA
(PROGRESSIVE TENNIS FOR ADULTS)

COMPLETE PTA

REGISTER FOR AGDC
(ADULT GREEN DOT CLINIC)

COMPLETE AGDC

Talk to the coaches about 2.0 practices, clinics & leagues

KAMLOOPS TENNIS CENTRE
www.kamloopstennis.com

LEARN
Progressive instruction designed to improve your game

PRACTICE
Drill sessions designed for maximum repetition

PLAY
Organized play to help you meet new PLAYERS

SPECIAL THANKS
TO OUR SPONSORS



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- ▶ **CRITICAL INCIDENT NOTIFICATIONS**
- ▶ **EMERGENCY ALERT NOTIFICATIONS**



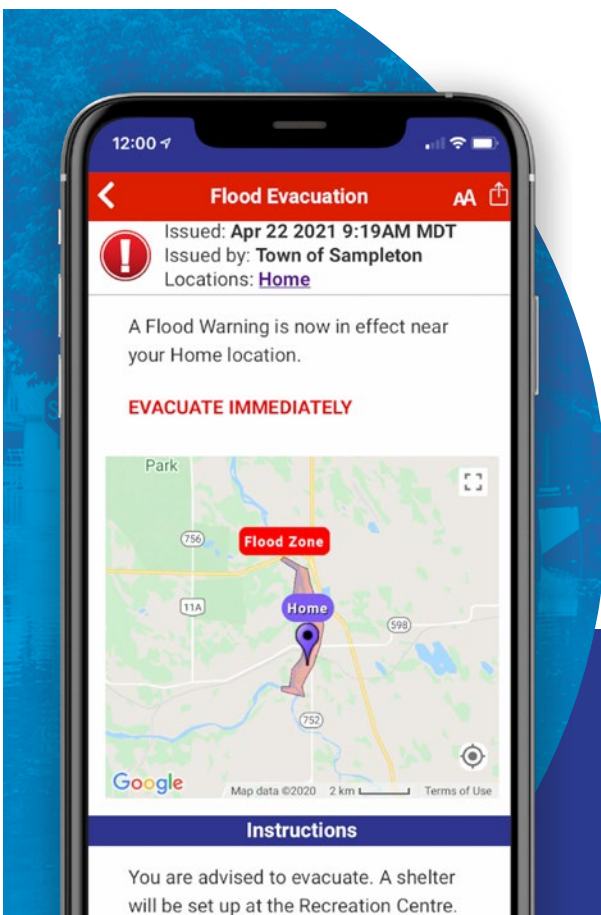
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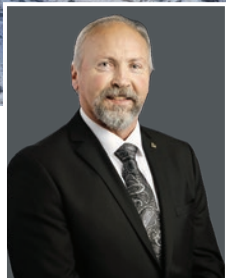
MOBILE APP USERS

Download and install the Voyent Alert! app from the Apple App or Google Play stores.



KAMLOOPS HAS SOMETHING FOR EVERYONE

Try a new activity this year for your mental & physical well-being



WARD STAMER, MLA

Kamloops-North Thompson
618B Tranquille Rd. Kamloops, BC V2B 3H6
250-554-5416
Ward.Stamer.MLA@leg.bc.ca
X @WardStamer
f WardStamerMLA



PETER MILOBAR, MLA

Kamloops Centre
446 Victoria St. Kamloops, BC V2C 2A7
778-471-9371
Peter.Milobar.MLA@leg.bc.ca
X @PeterMilobar
f PeterMilobarKamC



**YOUTH &
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WELCOME
TO JOIN**



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January 25, 2026

BC INTERIOR TRIATHLON

July 4 & 5, 2026

Swim-Bike-Run Training for all ages & abilities

For more information visit

TRYTRI.ORG



The Kamloops Museum and Archives engages our visitors by offering various ways to explore. Discover local stories and diverse heritage through our engaging programs and resources. Join us today for programs such as a tour of the Historic Chinese Cemetery, or join the Kamloops Museum and Archives Historic Book Club, a program developed in collaboration with the Thompson-Nicola Regional Library. To learn more about these programs, visit KamloopsMuseum.ca or page 26 of this guide.

ARTS AND CULTURE

Dancing

Line Dance

Line dancing is great fun because it can be danced with or without a partner and is popular across North America in country nightclubs, weddings, and fitness centres. While it's often associated with country music, line dancing can be done to any genre of music. In this fun and interactive beginner class, you will learn about beat, musical timing, rhythm, and basic dance steps, along with simple, choreographed, repeating, sequenced dance routines that the class will do together in arranged rows. Lines usually face in the same direction, but sometimes line dances are performed facing each other. Join us for this low-impact class suitable for all ages, great for the young and the young at heart.

Let's Move Studio

Wed Jan 7–Mar 25 10:00–10:50 am 12/\$162

West Highlands Community Centre

Tue Jan 13–Mar 10 3:00–4:00 pm 9/\$121.5

Drawing and Painting

Mixed Media Magic

In this mixed-media class, participants will learn how to combine different art mediums on a page and create interesting dynamics in their art pieces in a relaxed and fun atmosphere. This program is in partnership with the Kamloops Arts Council. No art experience is necessary. All supplies are provided.

Heritage House

Fri Jan 9–Mar 6 1:30–3:30 pm 9/\$180

FITNESS AND HEALTH

Group Classes

Strong Bones

Join a qualified instructor to safely and effectively increase your fitness level by improving posture and balance, and build stronger muscles and bones while decreasing the risk of falls and fractures.

TCC - North Court

Tue/Thu Jan 8–Mar 12 11:00–12:00 pm 18/\$135
Thu Jan 8–Mar 12 12:05–12:45 pm 10/\$75

Stronger Bones

Building on the Strong Bones principles with this advanced class, enhancing your balance, strength, and coordination in a safe and fun environment while managing your risk for falls and fractures.

TCC - North Court

Tue	Jan 6–Mar 10	9:45–10:45 am	10/\$75
Thu	Jan 8–Mar 12	9:45–10:45 am	10/\$75

Zumba® Gold

Zumba® Gold adapts Zumba® for active older adults, with modified moves and pacing while keeping the vibrant Latin music and fun, easy-to-follow routines.

TCC - Fitness Studio

Tue	Jan 6–Mar 10	1:00–2:00 pm	10/81.50
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Zumba® Gold Combo

Zumba® Gold adapts Zumba® for active older adults, with modified moves and pacing, while keeping the vibrant Latin music and fun, easy-to-follow routines. The added combo is a mix of Zumba dance, Strong Nation® ab quadrant (done standing), and CIRCL Mobility™ ending to leave you feeling amazing.

Hal Rogers

Mon	Feb 16–Mar 9	2:30–3:30 pm	10/\$81.50
Wed	Feb 18–Mar 11	2:30–3:30 pm	10/\$81.50

Yoga

Gentle Chair Yoga

Enjoy a fun and inclusive yoga class that uses chairs and modified poses to improve your mobility and flexibility. If you are experiencing stiffness associated with aging, injury, or joint replacement, this class is for you. Each class concludes with a guided relaxation.

Hal Rogers

Wed	Jan 7–Mar 11	1:00–2:00 pm	10/\$81.50
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Valleyview Community Hall

Wed	Jan 7–Mar 11	9:00–10:00 am	10/\$81.50
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West Highlands Community Centre

Fri	Jan 9–Mar 13	2:00–3:00 pm	10/\$81.50
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Gentle Yoga

This is a 55+ yoga class for those who would like a slower-moving class, bringing more awareness and breath into the poses. Offering modifications to improve mobility and flexibility, the class will end with a guided relaxation.

Hal Rogers

Wed	Jan 7–Mar 11	10:30–11:30 am	10/\$81.50
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Seniors Chair Yoga

Seniors chair yoga helps reduce fall risk with slow movements, strengthening poses, and focused breathing. It improves balance, flexibility, stability, and strength while enhancing overall well-being. Modifications and props will be provided for all levels. This is a chair-assisted class.

Heritage House

Thu	Jan 8–Mar 12	4:30–5:30 pm	10/\$81.50
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OUTDOOR ACTIVITIES

Trail Walking

Nature Walk

Join our knowledgeable staff on interpretive hikes of the City's nature parks. Bring your questions, sense of adventure, and water on these hikes to learn about the history and the flora and fauna of our parks.

Aviation Way Rivers Trail

Wed	Feb 25	10:00–12:00 pm	1/\$5.50
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Dallas Barnhartvale Nature Park

Wed	Feb 11	10:00–12:00 pm	1/\$5.50
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Peterson Creek Nature Park

Wed	Feb 4	10:00–12:00 pm	1/\$5.50
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Wed	Feb 18	10:00–12:00 pm	1/\$5.50
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SPORT

Table Tennis

Intro to Table Tennis - Seniors

In this program, participants will improve their physical literacy by practising basic table tennis skills, including footwork, serves, drives, timing, and strategy.

TCC - D South

Tue	Jan 13–Mar 3	7:45–8:45 pm	8/\$64
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Physician/Nurse Practitioner Referred Programs

Strategic Health Alliance at TCC

Cardiac Rehab

The Vascular Improvement Program (VIP) is for people who have had a heart attack or heart surgery or for people who have cardiovascular conditions:

- Exercise and education support with Cardiac Rehab clinical specialists
- Cardiac Rehab in-person running at the TCC
- Virtual Cardiac Rehab visits are conducted by phone
- To access the full education program offering, internet and email is required
- Physician/Nurse Practitioner referral is required

For more information, contact 250-314-2727.

Free

Pulmonary Rehab

This program is designed for participants diagnosed with a chronic lung condition:

- Supervised by a physiotherapist and respiratory therapist
- Designed to improve your quality of life by increasing your activity, strength training, and breathing techniques
- 8 week graded exercise and education program; in-person returning
- Physician/Nurse Practitioner referral is required
- Contact your MD/NP to register

For more information, contact 778-220-3761.

Free

On Track

On Track offers support for people with health conditions such as pre-diabetes, diabetes, elevated blood pressure, high cholesterol, depression, anxiety, and/or inactivity:

- A 10–12 week program to improve participants lifestyle and overall health
- Sessions to be led by our team of exercise and clinical specialists
- Program runs at the TCC Thursday mornings - 9:30 am–12:00 pm
- Sessions in September, January, and April
- On Track is a prevention program and not for people with established heart disease
- Physician/Nurse Practitioner referral is required

For more information, contact 250-828-3742.

**COST
\$35**



Strategic Health Alliance is a relationship between the City of Kamloops and Interior Health. The exercise programs delivered through this innovative partnership offer individuals with chronic conditions a way to get moving using the clinical expertise of medical staff in a recreation setting.

For referral forms, please visit KeepOnMoving.ca/Physicians



Interior Health



Canada's Tournament Capital



Santa Claus Parade 2024

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Ben van der Gracht



Shazia Hosenbocus

Let us help you get started –
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morellichertkow.com

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Chertkow** LLP
L A W Y E R S

Okke J Koedooder | Dutch Oak Photography



Interested in becoming a coach?

Check out our Coach Enhancement workshops in this section.



Andrew Klaver Photography

PACIFICSPORT

INTERIOR BC

Who We Are

The PacificSport Centres are a network of not-for-profit organizations committed to enriching lives and energizing communities via sport, physical activity, and physical literacy across BC. In partnership with the Regional Sport Alliance, PacificSport Interior BC aims to increase awareness, opportunity, and participation in physical activity and sport—from playground to podium—while enhancing access to coaching and athlete programs.

Powering Sport - What We Do

PacificSport Centres offer a variety of programs and services for BC-based athletes at all stages of the Canadian Sport for Life (CS4L) continuum.



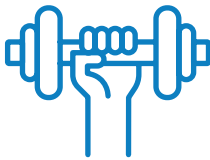
Sport Participation and Development

Grassroots programs that support physical literacy and ensure that BC youth have the opportunity to be inspired by sport and lead a healthy and active lifestyle.



Education and Advocacy

Opportunities for sport education at all levels of the CS4L pathway, including current and interactive seminars, workshops, and conferences that assist in furthering community sport development and performance.



Sport Performance and Leadership

High-performance programs that provide BC athletes and coaches with access to training facilities, innovative sport science techniques, and support services to provide every advantage to win medals for Canada.



Support and Resources

Specialized equipment, technology innovations, and grants to assist with the transfer and acquisition of knowledge, technical, and tactical implementation as well as the administrative progress of local sport organizations.

PacificSport Interior BC 910 McGill Road, Kamloops, BC V2C 6N6

Carolynn Boomer

Executive Director

☎ 250-828-3344

✉ cboomer@pacificsport.com

Krista Buder

Sport Participation Coordinator

☎ 250-828-3346

✉ kbuder@pacificsport.com

Kordell Primus

Sport Performance Coordinator

☎ 250-828-3583

✉ kprimus@pacificsport.com

Group/Team Rates

Group/team rates are available for most programs.

Contact us for more details.

Follow Us!

Facebook @PacificSportInteriorBC

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For more information or to register for any of these programs, contact PacificSport at **250-828-3583** or visit **PacificSportInteriorBC.com**.

IGNITE ATHLETE DEVELOPMENT



SPRINT / STRENGTH / GYMNASTICS

FASTER, STRONGER & MORE ATHLETIC



2 SESSIONS/WEEK
MON & WED
6:30-8:00 PM
SPRING MARCH-JUNE
FALL OCT-FEB
\$450

REGISTER NOW!

PACIFICSPORTINTERIORBC.COM/IGNITE
FOR MORE INFORMATION CALL 250-828-3583
OR EMAIL KPRIMUS@PACIFICSPORT.COM



Coaches' Corner

Educational workshop with a guest speaker and trending topics. Coaches Corner is a fun and informal lunch N' learn for coaches.

Save the Dates: January 15, March 19, and May 21

Visit **PacificSportInteriorBC.com/Events** for upcoming events.



PACIFICSPORT
INTERIOR BC



Interested in Coaching?

Multiple courses will be offered through the year. To find the updated course schedule, please visit **PacificSportInteriorBC.com/Events**. If you are looking for a specific course to be ran please reach out to Kordell Primus at **kprimus@pacificsport.com**.



*National
Coaching
Certification
Program*



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 PacificSportInteriorBC

 @PacificSportINT



PRO D DAY CAMP

February 6 \$49

Ages 7–12 | 8:30 am–4:30 pm

Tournament Capital Centre

SPRING BREAK CAMP

Week 1: March 16–20 \$195

Week 2: March 23–27 \$195

Tournament Capital Centre

Ages 7–12 | 8:30 am–4:30 pm

Camp t-shirt provided

Early drop-off and late pickup available for a \$5 fee.

To register, call 250-828-3500

or visit Kamloops.ca/Register

For more info, call 250-828-3346

PacificSportInteriorBC.com

SPORT EDUCATION & GENERAL INTEREST WORKSHOPS

Open to athletes, coaches, parents, and weekend warriors. Visit PacificSportInteriorBC.com/Event-Calendar for upcoming workshops. Workshops are FREE for PacificSport-registered athletes and coaches.

Register at Kamloops.ca/PerfectMind or PacificSportInteriorBC.com/Events

Coach/Leader Education Workshops

For groups of 10+ people, we can arrange a workshop for your organization. Prices may vary depending on facilitator travel and fees. For more information, or to book a workshop, contact Kordell at kprimus@pacificsport.com or call **250-828-3583**.

Other Training Seminars Available by Request

Field Testing Kit Coach Training

18+ yrs

Video Analysis and Dartfish Training

18+ yrs

AFFILIATED SPORTS

Alpine Skiing

Sun Peaks Alpine Ski Club

Sun Peaks Alpine Club is pleased to be able to offer ski programming for families in the Kamloops area. Our goal is to create an environment for all athletes to excel at all levels and meet their athletic goals through the sport of skiing. Registration will be open this summer for new and returning members. Please visit SunPeaksRacers.com to find out about our club and see further program descriptions.

3110 Creekside Way, Sun Peaks

BC PO Box, 1294 Kamloops, BC, V2C 6H3

Staff

Wade Rettie, Program Director spacprogramdirector@gmail.com

Mike Lorimer, President

Lyndsey Harvey, Ski League Coordinator ngslspac@gmail.com

For information or to register: SunPeaksRacers.com

 #spacwolfpack  @sunpeaksracers

 Sun Peaks Racers and Sun Peaks Alpine Racers Oktoberfest

Harper Mountain Ski Club Nancy Greene Ski League

\$425
Ages 4-11

As part of the Nancy Greene Ski League, kids are taught alpine ski racing by certified coaches and ski instructors utilizing the Husky Snow Star Program, Canada's National Alpine Ski Skill Development Program. This program offers athletes an opportunity to compete against other clubs at various mountains throughout the Interior (competing is not mandatory). Our program runs on Sundays, 9:30 am–2:00 pm, January through March, at Harper Mountain (a 20-minute drive from Kamloops).

For information:

Glenn Smith, Program Coordinator - harperskiclub@gmail.com

HarperSkiClub.com

ARTISTIC SWIMMING

formerly Synchronized Swimming

Kamloops Sunrays Synchronized Swimming

Artistic swimming is a unique sport that combines strength, flexibility, teamwork, endurance, and creativity. The Kamloops Sunrays is the interior's premiere high-performance synchronized swim club. All of our coaches are NCCP certified. Most importantly, we provide FUN! We offer affordable programs for children of all abilities and ages. Both boys and girls are welcome. Contact headcoach@kamloopssynchro.com for more details about our summer camps.

For information or to register contact:

Tina Naveri, Head Coach - headcoach@kamloopssynchro.com

KamloopsSynchro.com

ATHLETICS

Kamloops Track and Field Club

The Kamloops Track and Field Club has a proud history of producing successful athletes. Our experienced coaching staff provide a fun and encouraging environment to support recreational and competitive athletes. Our programs follow Athletics Canada's Long Term Athlete Development Model and offer options for athletes aged three to Masters (35+). Athletes can train for multiple events, including cross-country, sprints, hurdles, middle distance, jumps, pole vault, and throws. Alternatively, they can specialize and/or pursue high-performance opportunities. Seasonal cross-training for other sports is also an option that is supported. The Kamloops Track and Field Club has access to some of the best training facilities in Canada, allowing athletes to train year-round. We host indoor and outdoor competitive meets, and all athletes can participate in local and regional meets.

Programs:

Cross-country season: September–October

Indoor season: November–March

Outdoor season: April–mid-July

- Mini Track Rascals (ages 3–5)
- Track Rascals (ages 6–8)
- Junior Development (ages 9–13)
- U14, U16, U18, U20
- Senior (ages 20–34+)
- Cross-Country and Middle Distance (all ages)

**Location: Tournament Capital Centre
Fieldhouse /Hillside Stadium**

Coaching staff:

Dylan Armstrong, Head Coach and Throws

Christine Yamaoka, Sprints/Hurdles

Mike Kern, Jumps/Pole Vault

Derek Peregrin and Sean Lehmann, Middle Distance/Cross-Country

Mike Kern, and Miriam Dziadyk, Junior Development

Dayl Dhaliwal, Track Rascals

For information:

Judy Armstrong, KTFC President

Judy54armstrong@gmail.com or 250-851-2512

Caitlin Reed, Club Communications Manager

communications@kamtrack.ca

To register and to sign up for our newsletter: KamTrack.ca

@kamtfc @ktfc3 @kamloopstrackandfieldclub

BASEBALL

The TRU WolfPack baseball team plays all of its games at NorBrock Stadium on McArthur Island. Home games are played as double headers, usually on Saturdays and Sundays. League play starts in March and finishes in April, with an exhibition schedule in the fall.

For information: Ray Chadwick - coachrchadwick@tru.ca

BASKETBALL

TRU Men's Basketball Academy

A skills development program that runs in conjunction with Basketball BC and the Regional Training Centre program. All sessions are at the Tournament Capital Centre for boys in grades 6–11. The program will span 40 hours over a number of weekends. This program is designed to be intense and challenge participants to develop in all aspects of basketball as well as to develop their personal capacity as positive members of society. If chosen, athletes will need to pay a \$425 fee, which includes tuition, a reversible jersey, a WolfPack T-shirt, and a Basketball BC membership for each participant.

For information:

Chad Jacobson, Coach - cjacobson@tru.ca

CANOE/KAYAK

Kamloops Canoe and Kayak Club

Join the Kamloops Canoe and Kayak Club for an exciting range of recreational programs for ages 7 and up and year-round competitive paddling programs for kids, youth, and adults.

Inclusive Recreational Programs

- Team Building Corporate Events: ideal for corporations, non-governmental organizations, and school teacher groups with fun activities such as dragon boat races and Voyageur canoeing (May–August)
- Adult and Family Paddling: enjoy kayaking, stand-up paddleboarding, and canoeing (May–August)
- Canoe Kids Summer Camps: one-week camps for kids aged 8–12, combining fun and skill building (July–August)
- School Field Trips: one-day paddling trips for school kids, exposing them to different boats and paddling basics (May–June)

Competitive and Fitness Development

Programs (Kids and Youth)

- Learn to Train Regatta Ready: focused on young athletes preparing for the 2026 BC Summer Games (May–August)
- Development Teams: for beginner and novice athletes (April–October)

Join our High-Performance Winter Training Program (November–March)

- An opportunity to bring your summer sports to the next level.
- No paddling experience is required for these sessions.
- Year-round training for athletes aged 14–17, including a focus on dryland training and swimming endurance in winter.

For information:

Head Coach - info@kamloopscanoekayakclub.ca

 [@kamloopscanoekayakclub](https://www.instagram.com/kamloopscanoekayakclub)

 Kamloops Canoe & Kayak Club

KamloopsCanoeAndKayakClub.ca

CROSS-COUNTRY SKIING

Overlander Ski Club

The Overlander Ski Club offers age-specific skills following the Cross-Country Canada development model. Cross-country skiing is a “lifetime” sport suitable for individuals and families of all ages.

Programs:

- Ski League (ages 5–11)
- Junior Development (ages 12–20)
- Annual program
- Masters program - open to all adults, some previous ski experience required
- Adult beginner lessons
- Introductory or skill development lessons for all ages and abilities

For information:

Chelsea Francis, General Manager - chelseaoverlanderski@gmail.com | 250-372-5514

OverlanderSkiClub.com

DIVING

Learn to Dive with KGTC Diving

Recreational to competitive programs for ages 6 and up. Participation in diving begins with a recreational program, building a foundation of physical and motor abilities and developing competency and movement confidence. Each athlete progresses upward in skills at their own pace of learning and along their pathway of interest. Classes run in fall, winter, and spring sessions, with diving camps in the summer.

Prerequisite:

Participants must be able to swim comfortably in deep water.

Location:

Tournament Capital Centre - 910 McGill Road

For information or to register:

250-374-6424 | info@kgtc.ca | KGTC.ca

FIGURE SKATING

Kamloops Skating Club

Learn to Skate/CanSkate

Preschool/Elementary-Aged, Teen, and Adult

- Fall session: September–December
- Winter session: January–March

Figure Skating

- Regular season: September–March
- McArthur Island Olympic Ice
- Sandman Centre
- Spring ice - Brock Arena - view the online schedule for location details

For information or to register:

KamloopsSkatingClub.com

KamloopsSkateClub@gmail.com

Registrar.KamloopsSC@gmail.com

 Kamloops Skating Club

GYMNASTICS/TRAMPOLINE

Kamloops Gymnastics | Trampoline Centre

Active Start (ages 1–5)

- **Gymnastics and Trampoline sport specific**
Programs include Wiggles, Squiggles, Just 3's, Fun 4's, Active Kidz, and Fun 4 Jumpers. Learn to move through exploration and discovery.

Fundamentals (ages 5–18)

- **Gymnastics, Trampoline, and Diving sport specific**
Programs include CanGym, CanJUMP, and CanDive. Add challenges and refinement as key skills are achieved.

Learn to Train (ages 6–18+)

- **Gymnastics, Trampoline, and Diving sport specific**
Programs include XCEL Gymnastics, Kickstart Boys Gymnastics, GymStars Girls Gymnastics, SuperStars, XCEL Trampoline, Power Tumbling, and Advanced and Learn to Train Diving.

Train for excellence and performance confidence. Athletes may participate in non-competitive and competitive events.

• Competitive (ages 6+)

Gymnastics, Trampoline, and Diving sport specific

Programs include Artistic Gymnastics, Trampoline, Double-mini, Power Tumbling, and Diving. Train for excellence with discipline specific goals.

• Other Programs

Sport Cross-Training, Adaptive Gymnastics, community access/field trips, Pro D Day camps, and seasonal camps

Location:

Tournament Capital Centre - 910 McGill Road

For information or to register:

250-374-6424 | info@kgtc.ca | **KGTC.ca**

SPEED SKATING

Kamloops Long Blades Speed Skating Club

Kamloops Long Blades has offered affordable speed skating programs in our community for all skill levels and ages since 1992. Starting this fall is a new speed skating program for non-competitive or competitive skaters aged 14+ in a friendly, supportive environment. Weekly sessions on the Olympic Rink in the McArthur Island Sport and Event Centre. Tuesdays, 7:30–9:00 pm.

For information or to register:

info@kamloopslongblades.ca

We will also be continuing to offer Learn to Speed Skate and our regular club programming.

Try it once before joining the club:

contact Jodi Roberts at kamloopslongblades@gmail.com

Programs offered:

- Club Programs (year-round/ongoing registration)
- Learn to Skate/Learn to Speed Skate lessons
- Summer ice camps
- Dryland
- Long track opportunities
- Inline skating
- High-performance cross-training sessions

Location:

McArthur Island Sport and Event Centre - Olympic Rink

For information:

Sandi Vyse, Coach Coordinator: NCCP Level 3
250-851-1481 | kamloopslongblades@gmail.com

KamloopsLongBlades.com

SWIMMING

Kamloops Classics Swimming

Kamloops Classic Swimming is dedicated to providing the best available teaching, coaching, training, and competitive opportunities to all levels of swimmers at an affordable cost. Please refer to our website for the latest programming changes.

Programs offered (ongoing registration):

- Recreational Youth Swimming | SwimX (12–17 yrs)
Tue/Thu 6:30–7:30 pm (Sep–Jun)
- Competitive Youth Swimming | Novice to Performance Tiers (7–19 yrs) (Sep–Jun)
- Masters Swimming (19+) (Sep–Jun)

Canada Games Pool

910 McGill Road | 250-828-3660

For information:

info@swimkamloops.com

SwimKamloops.com

SwimSkill 8-Week Youth Lesson Program \$195 (Stroke Development) **Ages: 5–12**

Taught by certified water safety instructors with additional stroke development training. Two 40-minute sessions.

Novice-Prep Program **\$294** **Ages: 5–12**

Taught by Kamloops Classics Swimming coaching staff, this program is for swimmers who have reached the upper levels of YMCA or Lifesaving Society swim lesson programming and are interested in becoming a competitive swimmer. The focus of this program is building endurance and fine tuning the four competitive strokes. This is an eight-week program.



LOCAL 900

SERVING THE THOMPSON-NICOLA

CUPE 900 represents municipal workers across the Thompson-Nicola, including those in the communities of Ashcroft, Barriere, Chase, Clearwater, Clinton, Kamloops, Logan Lake, Lytton, and Merritt plus those working for the TNRD itself. CUPE workers are also at the Kamloops Golf and Country Club, Kamloops Wildlife Park Society, and Rayleigh Waterworks.

There is a whole team of CUPE municipal workers behind the services Thompson-Nicola residents count on every day. Regardless of what jobs they perform, CUPE 900 members are proud to serve the communities in which they work and live. When our public services are properly funded and well-run, we all benefit.



116 Seymour St., Kamloops, BC V2C 2E1
(250) 374-0042 | cupe900.ca



Ignite your potential

Join the YMCA and **find your community!**

YMCA BC - Kamloops

Downtown Y
400 Battle St.

kamloopsy.ca



KAMLOOPS KIDZ

EARLY LEARNING CENTER

**REGISTER NOW
FOR JAN - JUNE
PRESCHOOL**
Child must be 30
months of age

A lifetime of learning begins here



Montessori prepared environment:

- Practical Life - activities to aid in developing independence for the child
- Sensorial - physical development of the senses
- Language - speaking, listening, reading and writing
- Mathematics - concepts of number, shape and space
- Cultural Studies - enrich the child's understanding of the world through the study of zoology, botany, geography, history, art and music

Enhanced Environment:

- Block area and dramatic play area, loose parts play - helps children learn socially, physically, intellectually and creatively
- Extensive curriculum, phonics, art and music program

Programs We Offer:

- Infant/Toddler: 7:30 am to 5:30 pm
- Preschool: 8:45 am to 11:15 am OR 11:45 am to 2:15 pm
- **NEW!** Junior Kindergarten 8:45 am to 2:15 pm / SD 73 Calendar
- 3-5 Preschool / Childcare: 7:30 am to 5:30 pm
- School Age Care: Juniper, Lloyd George, School of the Arts, South Sahali, McGowan, Pacific Way & Dallas.

Ongoing Registration All Programs

September 2026 Preschool registration starts February 1st. Mark your calendar so you don't miss out on our award winning preschool. Email today to secure your space administration@kamloopskidz.com

always
putting children first
& always going several steps beyond!
Orchards Walk Campus • Pineview Campus • Sahali Campus



250.319.9044 • www.kamloopskidz.com