



Winter Swim Lesson Schedule

Canada Games Aquatics Centre

Schedules can be found at Kamloops.ca/Swim or picked up at the Tournament Capital Centre or Westsyde Pool and Fitness Centre. Registration will be available at Kamloops.ca/Register on December 9 at 6:30 am.

| Date | Mon/Wed | Mon/Wed |
|--------------------------------------------|-----------------------------------------------|-------------------------------------------------------------|
| | January 5 – February 4, 2026 | February 9 – March 11, 2026 |
| Parent & Tot – Ages 4–36 Months | | |
| Jellyfish | | 9:30–10:00 am |
| Goldfish | | |
| Seahorse | 9:30–10:00 am | |
| Preschool – Ages 3–5 Years | | |
| Octopus | 10:00–10:30 am, 5:00–5:30 pm, 6:30–7:00 pm | 9:00–9:30 am, 10:00–10:30 am, 5:00–5:30 pm, 6:30–7:00 pm |
| Crab | 9:00–9:30 am, 5:00–5:30 pm, 6:00–6:30 pm | 5:00–5:30 pm, 6:00–6:30 pm |
| Orca | 10:30–11:00 am | 10:30–11:00 am |
| Sea Lion | 5:30–6:00 pm | 5:30–6:00 pm |
| Narwhal | 5:30–6:00 pm, 7:00–7:30 pm | 5:30–6:00 pm |
| Swimmer – Ages 6–14 Years | | |
| Swimmer 1 (6–8y) | 5:00–5:30 pm, 7:00–7:30 pm | 5:00–5:30 pm, 7:00–7:30 pm |
| Swimmer 1 (9–14y) | 6:30–7:00 pm | |
| Swimmer 2 (6–8y) | 5:30–6:00 pm | |
| Swimmer 2 (9–14y) | 6:00–6:30 pm | |
| Swimmer 3 (6–8y) | 6:00–6:30 pm, 6:30–7:00 pm | |
| Swimmer 3 (9–14y) | | |
| Swimmer 4 (6–8y) | | 5:30–6:00 pm |
| Swimmer 4 (9–14y) | | |
| Swimmer 5 | | 6:00–6:45 pm |
| Swimmer 6 | | |
| Rookie / Swimmer 7 | | |
| Ranger / Swimmer 8 | | 6:00–7:00 pm |
| Star / Swimmer 9 | | |
| Other Programs | | |
| Teen/Adult Beginner | | 7:00–7:30 pm |
| Teen/Adult Stroke | | |

Posted November 24, 2025

*Schedules subject to change based on registration.