



# Winter Swim Lesson Schedule

Canada Games Aquatics Centre

Schedules can be found at [Kamloops.ca/Swim](http://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](http://Kamloops.ca/Register) on December 9 at 6:30 am.

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

Posted November 24, 2025

\*Schedules subject to change based on registration.