



# Spring & Summer 2026 Activity Guide



Canada's Tournament Capital

Registration Opens: March 10, 2026

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

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

# From Rock to Laughs— it's all at Sandman Centre!



**MAR  
17**

## George Thorogood and The Destroyers, With Guests The Baddest Show On Earth Tour

Celebrate decades of legendary rock with **George Thorogood & The Destroyers** and guests at the Sandman Centre this spring—relive the classic hits that defined an era.

**APR  
02**

## The Price is Right Live™

America's most beloved game show experience is hitting the road—**The Price is Right Live™** is making its way across the country with a brand-new, high-energy live stage show hosted by a celebrity host full of charisma, laughs, and big personality.



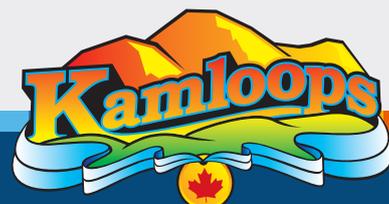
**SEP  
20**

## Jimmy Carr Laughs Funny

Global comedy superstar Jimmy Carr is returning to Canada with his biggest national tour ever. The brand-new show, **Jimmy Carr: Laughs Funny**, will hit an unprecedented 31 cities across the country, a first for an international comedian.



Get your tickets at  
[Kamloops.ca/SandmanCentre](http://Kamloops.ca/SandmanCentre).



Canada's Tournament Capital



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**The Kamloops Centre for the Arts officially broke ground in November 2025! Building this amazing space will take about four years.**

**Here's the plan:**

- **Fall/Winter 2025: Early site work**
- **Spring 2026: Big digs and foundations**
- **2027: The building starts to rise with steel and walls**
- **2028: Inside work, like drywall and finishing**
- **2029: Grand opening!**

**Learn more at [Letstalk.Kamloops.ca/KCA](https://Letstalk.Kamloops.ca/KCA).**



# Registration



## Registration Opens: **Tuesday, March 10**

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

|  |   |
|--|---|
| <b>Tournament Capital Centre (TCC)</b> 910 McGill Road   | <b>Monday–Friday:</b> 6:00 am–8:00 pm<br><b>Saturday and Sunday:</b> 8:00 am–7:00 pm                    |
| <b>Westsyde Pool &amp; Fitness Centre</b> 859 Bebek Road | <b>Monday–Friday:</b> 7:00 am–11:00 am, 3:30 pm–8:00 pm<br><b>Saturday and Sunday:</b> 10:30 am–3:00 pm |
| <b>Kamloops Museum and Archives</b> 207 Seymour Street   | <b>Tuesday–Saturday:</b> 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**.
- 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](http://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**

|            |                    |                          |                  |
|------------|--------------------|--------------------------|------------------|
| <b>Mon</b> | <b>Apr 1–May 6</b> | <b>11:15 am–12:00 pm</b> | <b>5/\$46.43</b> |
|------------|--------------------|--------------------------|------------------|

↑ 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.

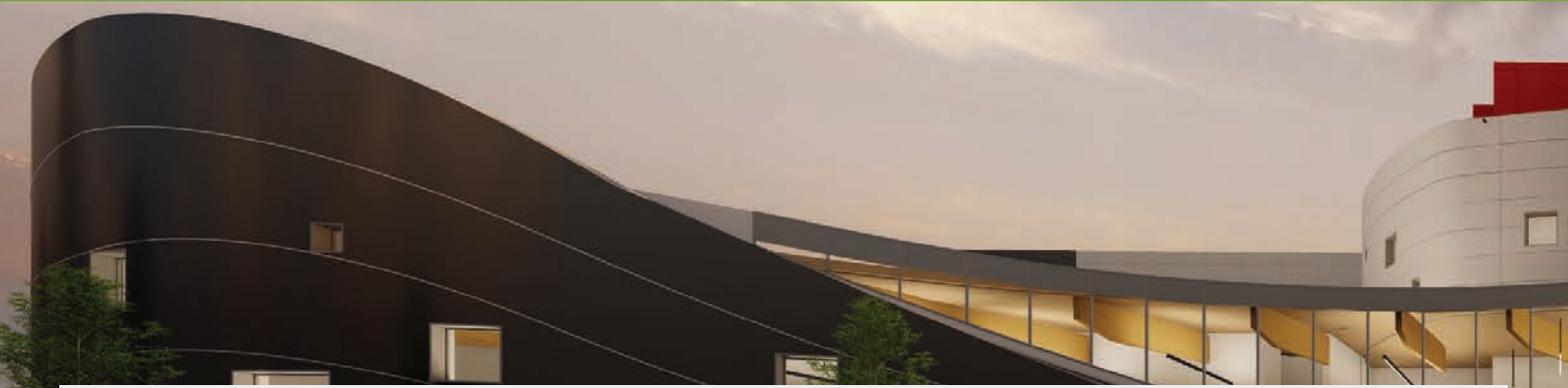
Don't miss a notification email! Make sure your recreation account is up to date with your current email address, and watch for notifications from City of Kamloops Recreation.



Follow us on Facebook!

@CityofKamloops

@CityofKamloopsPRC



## 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)          | <a href="https://www.kamloops.ca/TCC">Kamloops.ca/TCC</a>       |
| Canada Games Aquatic Centre      | <a href="https://www.kamloops.ca/Swim">Kamloops.ca/Swim</a>     |
| Westsyde Pool and Fitness Centre | <a href="https://www.kamloops.ca/Swim">Kamloops.ca/Swim</a>     |
| City Arenas                      | <a href="https://www.kamloops.ca/Arenas">Kamloops.ca/Arenas</a> |

## 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://www.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.

**DID YOU KNOW?**

**Fun fact! The south/southeast side of the Kamloops Centre for the Arts is designed to replicate five lines of a music staff, with multiple small windows representing music notes. These windows allow sunlight to filter into the facility while protecting the interior as gallery space.**

**Learn more about this project at [LetsTalk.Kamloops.ca/KCA](http://LetsTalk.Kamloops.ca/KCA)**

## Administration

Email . . . . . [prcaccount@kamloops.ca](mailto:prcaccount@kamloops.ca)  
 General Inquiry . . . . . 250-828-3569  
 Adopt-A-Road . . . . . 250-828-3461

## Aquatics

Online . . . . . [Kamloops.ca/Swim](http://Kamloops.ca/Swim)  
 Email . . . . . [swim@kamloops.ca](mailto: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](mailto:facilities@kamloops.ca)

## Kamloops Museum and Archives

Online . . . . . [KamloopsMuseum.ca](http://KamloopsMuseum.ca)  
 Email . . . . . [museum@kamloops.ca](mailto:museum@kamloops.ca)  
 General Inquiry . . . . . 250-828-3576

## PacificSport Interior BC

Online . . . . . [PacificSportInteriorBC.com](http://PacificSportInteriorBC.com)  
 Email . . . . . [interiorbc@pacificsport.com](mailto:interiorbc@pacificsport.com)  
 General Inquiry . . . . . 250-828-3344

## Parks

Online . . . . . [Kamloops.ca/Parks](http://Kamloops.ca/Parks)  
 Email . . . . . [parks@kamloops.ca](mailto:parks@kamloops.ca)  
 General Inquiry . . . . . 250-828-3551  
 Parks Bookings . . . . . 250-828-3335

## Program Registration

Online . . . . . [Kamloops.ca/Register](http://Kamloops.ca/Register)  
 General Inquiry . . . . . 250-828-3500

## Sandman Centre & Arenas

Online Skate Schedules . . . . . [Kamloops.ca/Arenas](http://Kamloops.ca/Arenas)  
 Arena Bookings . . . . . 250-828-3707  
 Email . . . . . [arenas@kamloops.ca](mailto:arenas@kamloops.ca)  
 . . . . . [recreation@kamloops.ca](mailto: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](http://Kamloops.ca/Recreation)  
 Email . . . . . [recreation@kamloops.ca](mailto:recreation@kamloops.ca)  
 . . . . . [fitness@kamloops.ca](mailto:fitness@kamloops.ca)  
 . . . . . [arts-culture@kamloops.ca](mailto:arts-culture@kamloops.ca)  
 . . . . . [neighbourhoods@kamloops.ca](mailto:neighbourhoods@kamloops.ca)  
 . . . . . [events@kamloops.ca](mailto:events@kamloops.ca)

## Tournament Capital Centre

General Inquiry . . . . . 250-828-3655  
 Online . . . . . [Kamloops.ca/TCC](http://Kamloops.ca/TCC)  
 Email . . . . . [tccfacilities@kamloops.ca](mailto: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 <sup>†</sup><br>(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<br>(max. cost \$19.20) | \$97.20   | \$971.80    | \$59.25 (5-punch pass. One punch per family visit.)   |
| Early Bird<br>(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<br>(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<br>(max. cost \$34.00) | \$97.20      | \$971.80    |

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

|               | Single Admission                        | Monthly Membership | Annual Membership<br>(Advance Payment) | Annual Membership<br>(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<br>(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)   | \$6.55                                | \$24.20      |
| Adult (19–59)   | \$9.25                                | \$25.35      |
| Senior (60+)    | \$6.55                                | \$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.

<sup>†</sup>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.



### Brocklehurst Outdoor Pool (All rates include tax)

|                 | Single Admission                         | Monthly Pass |
|-----------------|--|--------------|
| Preschool (3–6) | \$2.25                                   | \$16.60      |
| Child (7–13)    | \$4.25                                   | \$33.20      |
| Youth (14–18)   | \$5.00                                   | \$40.35      |
| Adult (19–59)   | \$7.00                                   | \$42.30      |
| Senior (60+)    | \$5.00                                   | \$40.35      |
| Family*         | \$4.25 per person<br>(max. cost \$17.00) | \$84.60      |

### Westsyde Pool and Fitness Centre (All rates include tax)

|                              | Single Admission                         | Monthly Pass  | Annual Pass<br>(Advance Payment) | Annual Pass<br>(Average Monthly Payment) | Individual Punch Pass <sup>†</sup><br>(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<br>(max. cost \$17.00) | \$84.60   | \$846.25                         | \$70.50                                  | \$51.30 (5 punch pass. One punch per family visit.)   |
| Early Bird<br>(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<br>(July 2–August 31, 2026) |
|-----------------|------------------|---|
| Preschool (3–6) | \$2.50           | \$22.50                                 |
| Child (7–13)    | \$5.00           | \$45.00                                 |
| Youth (14–18)   | \$5.75           | \$51.75                                 |
| Adult (19–59)   | \$7.50           | \$67.50                                 |
| Senior (60+)    | \$5.75           | \$51.75                                 |
| Family*         | N/A <sup>^</sup> | \$135.00                                |
| Drop-in Hockey  | \$8.75           | \$78.75                                 |

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.

<sup>†</sup>ARCH subsidy is available for individual punch cards only.

<sup>^</sup> Not available for online purchase.

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](https://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](mailto: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](http://KamloopsFoodPolicyCouncil.com).**  
**Phone: 250-851-6111**  
**Email: [info@kamloopsfoodpolicycouncil.com](mailto:info@kamloopsfoodpolicycouncil.com)**

 **Kamloops Food Policy Council**

## Kamloops Farmers' Market

### Saturdays

April 20–October 26  
200 block of St. Paul Street  
(in front of the Stuart Wood schoolyard)

### Wednesdays

May 1–October 23  
400 block of Victoria Steet  
(in front of the TNRD Library)

**Learn more at [KamloopsFarmersMarket.com](http://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](http://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](#).**



 Beth Taylor



**McArthur Island**

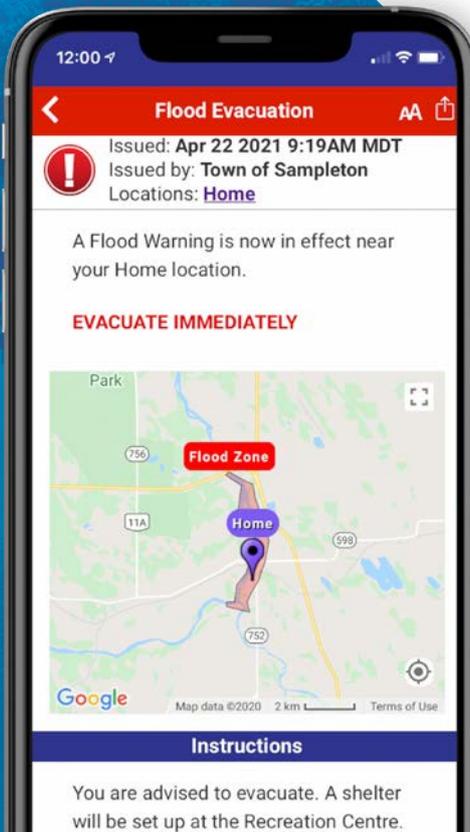


**Westsyde Centennial**



**Rose Hill**

# Kamloops Disc Golf Club [kdgc.com](http://kdgc.com)



## CITY OF KAMLOOPS EMERGENCY ALERT SERVICE

- ▶ CRITICAL INCIDENT NOTIFICATIONS
- ▶ EMERGENCY ALERT NOTIFICATIONS



LEARN MORE AND **REGISTER TODAY**

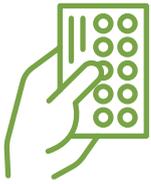


Register online to receive email, voice or text-based alerts at:  
[Kamloops.ca/Voyent](http://Kamloops.ca/Voyent)

### MOBILE APP USERS

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





## 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](http://Kamloops.ca/ARCH).**



## 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](mailto:KidSportKamloops@SportBC.com), or visit [Kamloops.ca/KidSport](http://Kamloops.ca/KidSport).**



## 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.

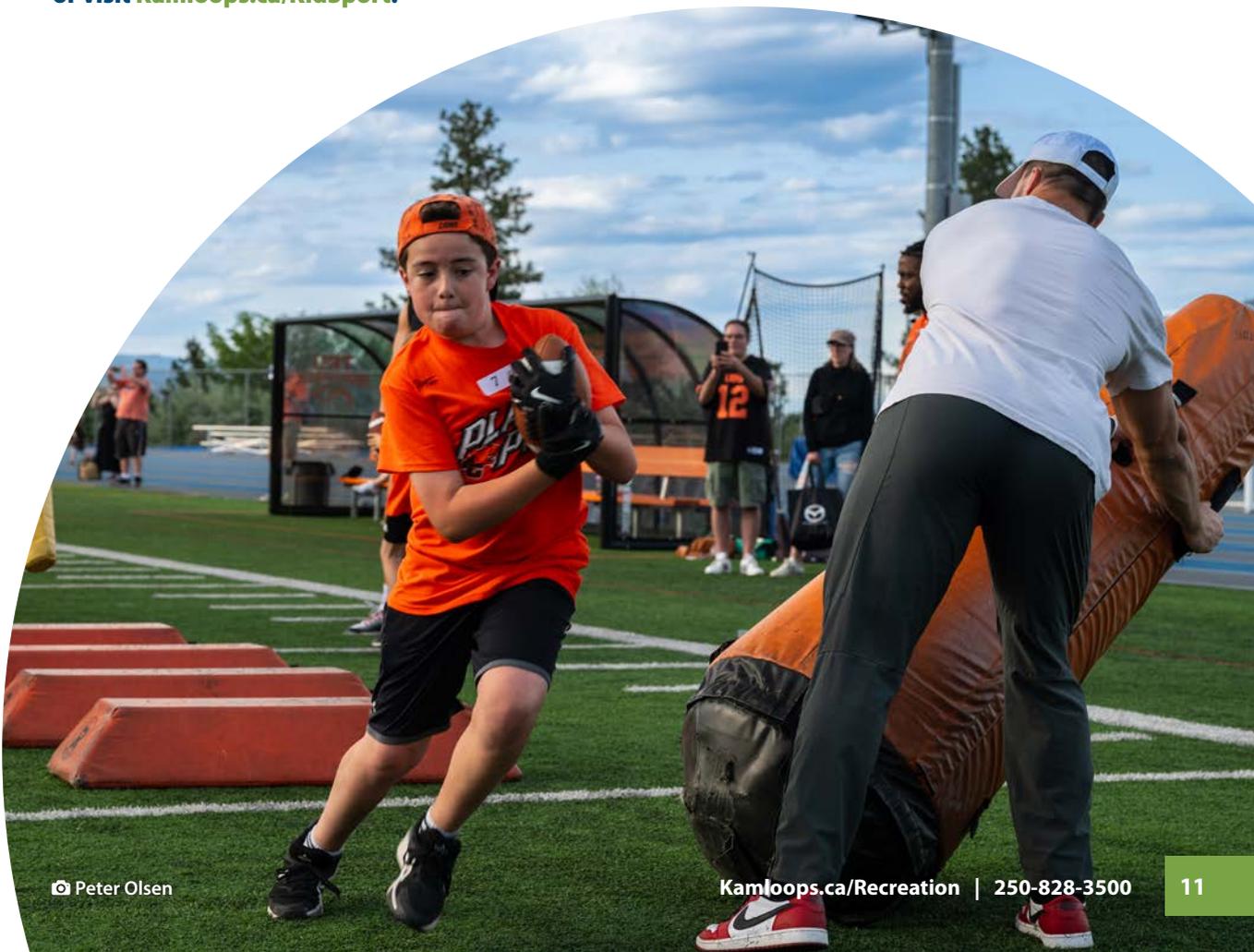
**Call us to find out more at 250-828-3582 or visit [Kamloops.ca/KamPASS](http://Kamloops.ca/KamPASS).**



## 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](http://Kamloops.ca/BoogieFund).**



# Fitness Schedules



Tourism Kamloops | Candace Hansma

## 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   | <b>Beginner Yoga</b> ●<br>9:00–10:00 am<br>Valleyview Community Centre   | <b>Beginner Yoga</b> ●<br>9:00–10:00 am<br>Hal Rogers Activity Centre | <b>Gentle Chair Yoga</b> ●<br>9:00–10:00 am<br>Valleyview Hall           | <b>Yoga Flow</b> ●<br>9:00–10:00 am<br>Valleyview Hall        | <b>Qi Gong</b> ●<br>9:30–11:00 am<br>West Highlands Community Centre          |   |
|           |  |   | <b>Gentle Yoga</b> ●<br>10:30–11:30 am<br>Hal Rogers Activity Centre     |   |   |   |
| Afternoon |  |   | <b>Gentle Chair Yoga</b> ●<br>1:00–2:00 pm<br>Hal Rogers Activity Centre |   |   |   |
|           | <b>ZUMBA® Gold Combo</b> ●<br>2:30–3:30 pm<br>Hal Rogers Activity Centre |   | <b>ZUMBA® Gold Combo</b> ●<br>2:30–3:30 pm<br>Hal Rogers Activity Centre |   | <b>Gentle Chair Yoga</b> ●<br>2:00–3:00 pm<br>West Highlands Community Centre |   |
| Evening   |  |   |  | <b>Seniors Chair Yoga</b> ●<br>4:30–5:30 pm<br>Heritage House |   | <b>Intro to Yin Yoga</b> ●<br>4:30–5:30 pm<br>West Highlands Community Centre |
|           |  | <b>Zumba</b> ▲<br>6:00–7:00 pm<br>Hal Rogers Activity Centre          |  |   |   |   |

## Westsyde Community Health and Fitness

|           | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|-----------|--|--|--|--|--|
| Morning   | <b>AquaFit (Shallow)</b> ◆<br>8:00–9:00 am<br>WSP<br>Registration Required | <b>Parent and Baby AquaFit (Shallow)</b> ◆<br>11:00–11:45 am<br>WSP<br>Registration Required | <b>AquaFit (Shallow)</b> ◆<br>8:00–9:00 am<br>WSP<br>Registration Required | <b>Parent and Baby AquaFit (Shallow)</b> ◆<br>11:00–11:45 am<br>WSP<br>Registration Required | <b>AquaFit (Shallow)</b> ◆<br>8:00–9:00 am<br>WSP<br>Registration Required |
| Afternoon |  |  | <b>Low Intensity Circuit</b> ●<br>12:30–1:30 pm<br>WSP - Gym               |  | <b>Low Intensity Circuit</b> ●<br>12:30–1:30 pm<br>WSP - Gym               |
|           |  |  | <b>CIRCL Mobility</b> ●<br>1:45–2:30 pm<br>WSP - Gym                       |  | <b>CIRCL Mobility</b> ●<br>1:45–2:30 pm<br>WSP - Gym                       |
| Evening   | <b>CIRCL Mobility</b> ●<br>5:30–6:30 pm<br>David Thompson Elementary Gym   | <b>Beginner Hatha Yoga</b> ●<br>5:30–6:30 pm<br>David Thompson Elementary Gym                | <b>Bellyfit</b> ●<br>5:30–6:30 pm<br>Arthur Stevenson Elementary Gym       |  |  |
|           |  | <b>AquaFit (Shallow)</b> ◆<br>7:00–8:00 pm<br>WSP<br>Drop-in                                 |  | <b>AquaFit (Shallow)</b> ◆<br>7:00–8:00 pm<br>WSP<br>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 ●<br>8:00–8:55 am<br>*Drop-in      | Deep Water Running ▲●<br>8:00–9:00 am                  | Gentle Circuit ●<br>8:00–8:55 am<br>*Drop-in              | Deep Water Running ▲●<br>8:00–9:00 am                       | Gentle Circuit ●<br>8:00–8:55 am<br>*Drop-in |
|           | Gentle Circuit ●<br>9:00–9:55 am<br>*Drop-in      | Gentle Circuit Pro ●<br>9:00–10:00 am                  | Gentle Circuit ●<br>9:00–9:55 am<br>*Drop-in              | Gentle Circuit Pro ●<br>9:00–10:00 am                       | Pilates with Props ●<br>8:30–9:30 am         |
|           | Stretch and Relax ●<br>10:15–11:15 am             | Stronger Bones ●<br>9:45–10:45 am                      | Stretch and Relax ●<br>10:15–11:15 am                     | Stronger Bones ●<br>9:45–10:45 am                           | Gentle Circuit ●<br>9:00–9:55 am<br>*Drop-in |
|           |   | Chair Yoga ●<br>10:15–11:15 am                         |   |   | Zumba® ▲<br>9:45–10:45 am                    |
|           | Stroller Fit ●<br>11:30 am–12:30 pm               | Mom and Baby Fitness ●<br>10:30–11:30 pm               |   | Strong Bones ●<br>11:00 am–12:00 pm                         | Steel Mace Vinyasa ▲<br>11:00 am–12:00 pm    |
|           |   | Strong Bones ●<br>11:00 am–12:00 pm                    |   |   |  |
| Afternoon |   |  |   | Strong Bones ●<br>12:05–12:45 pm                            | Sensational Survivors<br>12:15–1:15 pm       |
|           |   | Zumba Gold® ●<br>1:00–2:00 pm                          | Sensational Survivors<br>1:00–2:15 pm                     |   |  |
|           |   | FAME (Fitness and Mobility Exercise) ●<br>2:30–3:30 pm |   | FAME (Fitness and Mobility Exercise) ●<br>2:30–3:30 pm      |  |
| Evening   |   |  | Strength Training with Resistance Bands ●<br>5:00–5:45 pm | HIIT - High Intensity Interval Training ◆<br>5:00–6:00 pm   |  |
|           | Beginner Yoga ●<br>5:15–6:15 pm                   |  |   | Intro to Mat Pilates ●<br>5:00–6:00 pm                      |  |
|           | Introduction to Weight Training ▲<br>6:30–7:30 pm | Beginner Mat Pilates ●<br>6:15–7:15 pm                 | Cardio Kickboxing ▲<br>6:00–7:00 pm                       | Barre-lates ▲<br>6:15–7:15 pm                               |  |
|           | Intermediate Weight Training ▲<br>8:00–9:00 pm    | Warrior Yoga ▲<br>7:30–8:30 pm                         | Women's Only Intro to Weight Training ●<br>7:15–8:15 pm   | Women's Only Intermediate Weight Training ●<br>7:30–8:30 pm |  |

# Arts & Culture

## 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](http://KFPA.ca)

## KAMLOOPS FILM FESTIVAL

March 5–14

*Paramount Theatre*

Get ready for the 30th Annual Kamloops Film Festival! Join the Kamloops Film Society for a captivating lineup of award-winning films from around the world.

## ART EXPOSED- A JURIED ART SHOW

March 6–14

*Old Courthouse Gallery*

Now over 10 years old, the Kamloops Arts Council's Art Exposed Regional Exhibition is a community-centred visual arts exhibit. Unique to Kamloops, Art Exposed is open to all residents of the TNRD, emerging to established. Artists are invited to submit artwork in any medium—2D and 3D.

## TEDDY BEAR

### MOTHER GOOSE PICNIC

June 18

*John Todd Centre*

Residents of all ages are invited to attend free, low-barrier, inclusive Try It! events offered through various organizations in the community supporting our ParticipACTION Community Challenge. The goal is to encourage individuals to try a new activity and discover what could be a new passion and gathering of new friends.

## ART IN THE PARK

July 1

*Riverside Park*

Now running for more than 40 years, Art in the Park on Canada Day is the largest arts event in Kamloops. The full day of arts exhibitions and sales, demos and performances are free to the public. More than 100 artists present their handcrafted and original work from painting and pottery to fashion and jewelry, while the KAC's Performing Arts Stage features entertainment for all ages.

## THEATRE UNDER THE TREES 2026

July 6–25

*Prince Charles Park*

Theatre Under the Trees is a family-friendly outdoor theatre festival. Sprouting annually in the corner of Prince Charles Park, the festival has become a Kamloops tradition, delighting countless families and nurturing the talents of hundreds of local artists.

Robin Hood and The Paper Bag Princess.

## OVERLANDER'S DAY

July 19

*Brocklehurst Park*

Join in the fun at the 11th annual North Shore Business Improvement Association Overlanders Day, an amazing event that combines both business and community!

## KAMLOOPS BUSKERS FESTIVAL

July 24–26

*Riverside Park*

The Kamloops International Buskers Festival is at Riverside Park. Attendees can enjoy free performances by acrobats, magicians, jugglers, musicians, and more. Local food trucks offer diverse culinary options as well, ensuring visitors are well fed while enjoying the entertainment.

## KAMLOOPS HIGHLAND GAMES

June 27

*Albert McGowan Park*

Take in the sights and sounds of traditional highland games. This annual festival will be the host to many activities including Scottish heavy athletics, highland dance and music performances, solo piping, drumming and band competitions, clan genealogy information, children's activities and more!

## MUSIC IN THE PARK

July 1–August 31

*Riverside Park Bandshell*

This beloved summer tradition will bring the community together, with free live music performances every evening throughout July and August, suitable for all ages.



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

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

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

**Kamloops Museum and Archives**  
Tuesday to Saturday  
[kamloopsmuseum.ca](http://kamloopsmuseum.ca)

**Kamloops Art Gallery**  
Monday to Saturday  
[kag.bc.ca](http://kag.bc.ca)

**Kamloops Symphony Orchestra**  
September to May  
[kamloopssymphony.com](http://kamloopssymphony.com)

**Western Canada Theatre**  
September to April  
[wctlive.ca](http://wctlive.ca)

# 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  
@WardStamer  
WardStamerMLA



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



**YOUTH & ADULTS OF ALL LEVELS ARE WELCOME TO JOIN**



**KTC 2026 MEMBERSHIP AVAILABLE**

**BC INTERIOR TRIATHLON**  
July 4 & 5, 2026

Swim-Bike-Run Training for all ages & abilities

For more information visit

**TRYTRI.ORG**



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# CANADA'S GARAGE



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944 8th Street  
North Shore: 250-376-3755

1441 Hillside Drive  
Aberdeen: 250-374-3115



# Together, it's possible.

**JOIN THE YMCA TODAY!**

When we're together, amazing things happen. Find community at the YMCA.

**[bc.ymca.ca](https://bc.ymca.ca)**

Terms and conditions apply. See website for details.

Shine On  **YMCA  
BC**

# Accessible Recreation

© Peter Olsen



## Good for your head, heart, and health!

**DID YOU KNOW?**



The Kamloops Centre for the Arts will be inclusive and accessible, with elevators to all levels, accessible seating in both theatres, enclosed viewing spaces for sensory needs, and barrier-free access throughout. The design follows top accessibility guidelines, such as the BC Building Code and Rick Hansen Foundation standards, to make sure it's welcoming for all.

The Kamloops Centre for the Arts will host concerts, dance recitals, graduations, live theatre, and more, making it a true community space.

Learn more at [Letstalk.Kamloops.ca/KCA](https://Letstalk.Kamloops.ca/KCA).

## 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](https://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 | Mar 23–April 20 | 1:15–2:15 pm | 5/\$50 |
| Mon | Apr 27–Jun 1    | 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 | Mar 26–April 23 | 10:30–11:30 am | 5/\$30 |
| Thu | Apr 30–May 28   | 10:30–11:30 am | 5/\$30 |

## SPORT

### Hockey

#### Adapted Floor Hockey I

**Ages: 5–10**

Open to youth with disabilities, adapted floor hockey will build stick and running skills through drills and games. Our instructors will make sure your child's experience is safe and fun.

**Dufferin Elementary**

|     |               |              |        |
|-----|---------------|--------------|--------|
| Thu | Apr 23–Jun 11 | 5:30–6:15 pm | 8/\$40 |
|-----|---------------|--------------|--------|

#### Adapted Floor Hockey II

**Ages: 11–16**

Open to youth with disabilities, adapted floor hockey will build stick and running skills through drills and games. Our instructors will make sure your child's experience is safe and fun.

**Dufferin Elementary**

|     |               |              |        |
|-----|---------------|--------------|--------|
| Thu | Apr 23–Jun 11 | 6:15–7:00 pm | 8/\$40 |
|-----|---------------|--------------|--------|

### Multi-Sport

#### Move Together

**Ages: 2 1/2–8**

Experience the joy of learning new skills through the eyes of your child. In this multi-sport 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 a diagnoses. Additional support will be provided by the Canucks Autism Network.

**Beattie Elementary**

|     |               |               |           |
|-----|---------------|---------------|-----------|
| Sun | Apr 12–May 24 | 9:30–10:15 am | 6/\$52.50 |
|-----|---------------|---------------|-----------|



## Canada Day at Riverside Park

Kamloops is invited to come together for live music, family activities, cultural performances, local food, and a vibrant atmosphere on July 1. It's a day to celebrate national pride, enjoy summer traditions, and experience one of Kamloops' most beloved annual events including Art in the Park.

**Full event details and performance schedules can be found late spring at [Kamloops.ca/CanadaDay](http://Kamloops.ca/CanadaDay).**



# Accessible Recreation



Pacific Sport



**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](http://PeopleInMotion.org)



A leader in adapted and integrated sport opportunities.

[KamloopsAdaptedSport.com](http://KamloopsAdaptedSport.com)



Kamloops Community YMCA-YWCA

Delivering programs and services to enhance and empower lives.

[KamloopsY.org](http://KamloopsY.org)



Adaptive snow sports and recreation programs at Sun Peaks Resort.

[AdaptiveSportsAtSunPeaks.org](http://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](https://canucksautism.ca).

### Multi-Sport - Baseball (3–12 yrs) Beattie Elementary

**Sun, Apr 12–May 24**  
10:15–11:00 am (3–6 yrs)  
11:00 am–12:00 pm (7–12 yrs)

Funded by Jays Care and in partnership with PacificSport Interior BC, this program teaches children fundamental skills, such as throwing, catching, running, and hitting. The program will be delivered indoors and outdoors.

### Gymnastics (7–12 yrs) Tournament Capital Centre

**Sat, Apr 11–May 23** | 1:00– 2:00 pm and 2:00– 3:00 pm

This program is 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 yrs) YMCA Downtown

**Tue, Apr 14–Jun 2** | 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

**Tue, Apr 14–Jun 2** | 4:30–5:00 pm and 5:00–5:30 pm,  
**Sun, Apr 19–Jun 14** | 4:00–4:30 pm and 4:30–5:00 pm

Swim Level 1 focuses on water safety, swim skills, and fitness. Participants will learn blowing 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

**Tue, Apr 14–June 2** | 5:30–6:00 pm  
**Sun, Apr 19–Jun 14** | 5:00–5:30 pm

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

### Swimmer 3 (6–12 yrs) YMCA Downtown

**Sun, Apr 19–Jun 14** | 5:30–6:00 pm

Swim Level 3 expands on Swim Level 2 skills, adding in front/side glide with kicks and increasing front and back crawl distance to 15 m. Time will spent in deep water practising jumps, dives, and deep water support. Participants with all levels of support needs are encouraged to register.

To register for any of these programs and to purchase your CAN membership, visit [canucksautism.ca](https://canucksautism.ca).

# LET'S 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 one of Canada's fastest-growing cities.

Learn more about the three facilities currently in progress as part of the Build Kamloops program.



## Kamloops Centre for the Arts

### Current Status: Construction

The Kamloops Centre for the Arts will be an iconic structure that elevates our city's overall cultural vibrancy and serves as a cornerstone for economic growth. Located at 393 Seymour Street, it will be Kamloops' first new theatre since 1978.



## Arena Multiplex

### Current Status: Validation-Design

The Arena Multiplex will be built at 2070 Hillside Drive, adding four new rinks to expand capacity for more than 100 local clubs and strengthen event-hosting capabilities. More details on the final design and budget are expected this summer!



## Curling & Racquet Sports Complex

### Current Status: Planning

The project will redevelop an entire city block at the east end of downtown into a vibrant hub for curling, racquet sports, and community activity. With construction still years away, user and community engagement will shape the project's vision and design.



Learn more about the Build Kamloops projects at:  
[LetsTalk.Kamloops.ca/BuildKamloops](https://LetsTalk.Kamloops.ca/BuildKamloops)



Canada's Tournament Capital

PLEASED  
TO MEET  
YOU  
KMA

PHOTO CREDIT TOJANEKI KAN LOOPS

# HISTORY BY EVERYONE. HISTORY FOR EVERYONE.

PHOTO CREDIT BETH TAYLOR

**KAMLOOPS MUSEUM AND ARCHIVES**

207 SEYMOUR STREET | 250 828 3576 | 9:30-4:30, TUES-SAT | [KAMLOOPSMUSEUM.CA](http://KAMLOOPSMUSEUM.CA)

## FAMILY CHILDREN AND YOUTH PROGRAMS

### **MUSIC AT THE MUSEUM DROP-IN PROGRAM**

Ages 0–5  
Sat, Apr 25, May 2,  
May 23, May 30, Jun 6  
10:00–10:30 am  
\$6 per session

Introduce your little one to the world of museums through music, song, and movement at the Kamloops Museum and Archives. Each session will offer sensory and play experiences for young children and caregivers, connecting to the Museum's collections, exhibitions, and activities.

### **MUSIC AT THE MUSEUM SPECIAL SUMMER DROP-IN EDITION**

Ages 0–5  
Sat, Jul 4, Tue, Jul 14,  
Sat, Aug 8, Thu, Aug 20  
10:00–10:45 am  
\$8 per session

Join the Kamloops Museum and Archives for drop-in summer sessions of Music at the Museum. Caregivers and little ones are invited to sing, dance, and play in a hands-on, music-based session. Weather permitting, sessions may be held outdoors. Please dress for the weather.

### **MY FIRST MUSEUM DROP-IN PROGRAM**

Ages 2–5  
Wed, May 20–Jun 24  
10:00–10:45 am  
\$10 per session

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

### **SATURDAYS ON SEYMOUR**

All Ages  
Sat, Apr 18, May 16,  
Jun 20, Jul 18, Aug 15  
11:00 am–1:00 pm  
Free

Drop in and join 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.

### **LOOM KNITTING**

Ages 8+  
Sat, May 2  
11:30 am–1:30 pm  
1/\$35

Easily accessible for beginners, Loom Knitting will teach participants to knit using a loom technique. Loom knitting can be used to make toques, bags, and other knitted items. No previous experience is required, and looms will be provided for in-class use. Please note that this is not a drop-off class, and caregivers must remain with their child.

### **CRAFTING WITH PRIDE: RAINBOW BRACELETS**

Ages 12+  
Sat, Jun 6  
11:30 am–1:30 pm  
1/\$15

Get Pride Parade ready with this rainbow bracelet-making workshop presented in collaboration with the Kamloops Pride Society. Participants will learn to make rainbow friendship bracelets using a traditional Japanese technique called Kumihimo. All supplies will be provided.

### **RAINBOW CONNECTIONS: THE RAINBOW MAGIC PASSPORT PROGRAM**

All Ages  
Sat, June 13  
10:00 am–1:00 pm  
Free

Join the Kamloops Museum and Archives as we celebrate Pride with the Kamloops Pride Society, the Kamloops Art Gallery, the Thompson-Nicola Regional Library, and the BIG Little Science Centre. Participants can pick up a passport at any partner location and receive a stamp for fun, family-friendly activities at each stop. Passports with two or more stamps can be entered to win a prize.

## KMA | ADULT PROGRAMS

### **ABSENT VOICES: RAINBOW STORIES**

All Ages  
Tue–Sat, Jun 1–30  
9:30 am–4:30 pm  
Free

What would you like future researchers to know about being a member of the 2SLGBTQPIA+ community in Kamloops? Share your memories, stories, and lived experiences on rainbow postcards at the Kamloops Museum and Archives. Stories that are shared will be housed in the Archives and will grow to inform 2SLGBTQPIA+ archival documents and photographs that amplify the voices of the Kamloops queer community for future generations to learn from.

### **ESPRESSO YOURSELF**

All Ages  
Last Sat of the month,  
Apr 25, May 30, Jun 27,  
Jul 25, Aug 29  
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, visit [KamloopsPride.com](http://KamloopsPride.com).

### **HISTORIC BOOK CLUB**

Ages 16+  
Third Fri of the month, Apr 17,  
May 15, Jun 19, Jul 17, Aug 21  
10:00–11:30 am  
Free

Join the Kamloops Museum and Archives in collaboration with the Thompson-Nicola Regional Library for a book club with a historic twist. We will explore fiction and non-fiction books based on historical themes, periods, and countries.

### **INTERNATIONAL MUSEUMS DAY CELEBRATION**

All Ages  
Sat, May 23  
11:00 am–1:00 pm  
Free

Join the Kamloops Museum and Archives to celebrate International Museums Day. Museum tours will be available on the hour. Families are invited to drop in and enjoy time together, building on museum-themed crafts from across the ages.

### **LEARN WITH PRIDE: HISTORY OF THE LAVENDER SCARE AND HOMOPHOBIA IN CANADA**

Ages 16+  
Thu Jun 11  
2:00–3:30 pm  
Free

Join the Kamloops Pride Society and the Kamloops Museum and Archives to learn more about 2SLGBTQPIA+ history in Canada and Kamloops, including a look at the Lavender Scare, discriminatory practices, and the modern impacts of systemic homophobia.

### **FABRIC CYANOTYPES**

Ages 16+  
Thu, Jun 18  
10:00–11:00 am  
1/\$15

Join the Kamloops Museum and Archives as we explore cyanotypes—a camera-less printing technique that uses ultraviolet light to create stunning white and Prussian blue images. Participants can choose to make their cyanotype prints on fabric or paper. Please note that this workshop will have an outdoor component, so please dress for the weather.

Discover more at [KamloopsMuseum.ca](http://KamloopsMuseum.ca)

## KMA | ADULT PROGRAMS

### **LEARN TO SEW 101: BASICS**

Ages 12+  
Sat, Jun 27–Jul 11  
9:30–11:30 am  
3/\$57

Learn more about the historic role of sewing and practise the basics of sewing in this hands-on class at the Kamloops Museum and Archives. This workshop will teach participants the basics of using a sewing machine, pattern reading, and fabric choice and invite them to create a simple sewing piece to practise their skills. Please note that a sewing machine is required for this class. All other supplies will be provided.

### **LEARN TO SEW 103: UPCYCLING AND ALTERATIONS**

Ages 12+  
Sat, July 18–Aug 1  
9:30–11:30 am  
3/\$57

Learn more about the historic practice of upcycling and alterations with this Saturday morning class at the Kamloops Museum and Archives. This workshop will introduce participants to the art of altering and upcycling thrifted clothing and fabrics. Please note that a sewing machine is required for this class, and participants will need to bring a piece of clothing to be altered.

### **LEARN TO SEW 104: VINTAGE PATTERNS**

Ages 12+  
Sat, Aug 15–29  
9:30–11:30 am  
3/\$57

Learn more about the historic role of sewing and build on basic sewing skills in this Saturday morning class at the Kamloops Museum and Archives. Participants will learn how vintage patterns differ from modern patterns and how to adjust them to suit modern materials. Please note that a sewing machine is required for this class.

### **LEARN TO KNIT**

Ages 12+  
Wed, July 8–22  
9:30–11:30 am  
3/\$57

Learn more about the historic art of knitting at the Kamloops Museum and Archives. This course will teach you how to cast on, maintain correct tension, and cast off. We will also discuss the various types of yarn, knitting needles, and simple basic pattern skills. Some supplies are required.

### **PRESERVATION 101: PRESERVING PHOTOGRAPHS AND PAPER DOCUMENTS**

Ages 16+  
Fri, Jul 24  
10:00–11:00 am  
1/\$12

Join the Kamloops Museum and Archives and Archivist Mitchell Fridman to learn more about how to preserve and care for family photographs, documents, and other 2D materials. This workshop is aimed at community members seeking to care for and pass on their family history.



# KMA | HERITAGE WALKING TOURS

## **CEMETERY STROLL**

All Ages  
Fri, May 29, Sat, Jun 27,  
Tue, Aug 11  
9:00–10:30 am  
1/\$12

Join the Kamloops Museum and Archives this spring at the Pleasant Street Cemetery to learn more about the Kamloops residents buried there and the history and historic practices surrounding grave markers in Kamloops.

## **VETERANS LAND ALLOTMENT: HISTORY OF VALLEYVIEW**

All Ages  
Tue, Jun 16, Thu, Jul 9, Aug 13  
9:00–10:30 am  
1/\$12

To repay those who served in World War II, the Canadian Government offered veterans an allotment of land in Valleyview. Learn more about this process and the community's development on this new tour. This tour will meet at Valleyview Centennial Park. Please dress for the weather and bring a water bottle.

## **DOWNTOWN CORRIDOR**

All Ages  
Sat, Jun 20, Jul 18, Aug 15  
9:00–10:30 am  
1/\$12

Join the Kamloops Museum and Archives and discover more about the people, buildings, and heritage that are cornerstones of our community's foundation while strolling through the downtown core. This tour will meet at the Kamloops Museum at 207 Seymour Street. Please dress for the weather and bring a water bottle.

## **GERMANTOWN AND BEYOND: HISTORY OF BROCKLEHURST AND TRANQUILLE**

All Ages  
Sat, Jul 11, Thu, Aug 6  
9:00–10:30 am  
1/\$12

Join the Kamloops Museum and Archives to discover the history of the early days of BC Fruitlands and Kamloops' multi-cultural history while strolling along Rivers Trail. This tour will meet at 2780 Aviation Way. Please dress for the weather and bring a water bottle.

# LESS DUST, MORE DIALOGUE.

**KAMLOOPS MUSEUM AND ARCHIVES**

207 SEYMOUR STREET | 250 828 3576 | 9:30-4:30, TUES-SAT | [KAMLOOPSMUSEUM.CA](http://KAMLOOPSMUSEUM.CA)

**PLEASED  
TO MEET  
YOU  
KMA**

## Y WOMEN'S EMERGENCY SHELTER

A Transition House that provides temporary safe housing and support for women with or without children fleeing violence in the home. 24 hour phone support available.

Call: 250-374-6162  
Text: 250-682-7931

## PEACE CHILD & YOUTH COUNSELLING PROGRAM

Prevention, Education, Advocacy, Counselling and Empowerment program for children and youth aged 3 to 18 who have experienced violence in the home.

Call: 250-319-2406

## VIOLENCE AGAINST WOMEN INTERVENTION & SUPPORT SERVICES

### STOPPING THE VIOLENCE OUTREACH

A free and confidential mobile program that provides support to women who have experienced or who are currently experiencing intimate partner violence.

Call: 250-320-3110

### HOUSING OUTREACH SERVICES

A free and confidential mobile program that provides possible rental subsidies and housing-specific support for women who have experienced intimate partner violence.

Call or Text: 250-319-4283

YMCA BC's anti-violence programs offer a continuum of services to help women and children find safety and support when leaving violence in the home. If you or someone you know is looking for safety, these programs can help.

### Ways to Give

We are forever grateful for our community and how they continue to support and give to our programs. Monetary donations, monthly giving, legacy giving and 3rd party fundraisers are just a few of the ways that offer that support. For more information, please see the QR code below.

**Give safety. Give possibility. Give hope.**



Dawn Brauer



## 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!



## Spring/Summer Lesson Programming

The main registration date for winter swimming lesson registration is on Tuesday, March 10, 2026 (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.

### Summer Lesson Schedule Options

This summer, we're offering a variety of lesson options that allow families to choose the lesson schedule that best fits their summer plans while still supporting consistent skill development for swimmers of all ages.

- Canada Games Aquatic Centre: two-week lesson sets running Monday to Friday
- Westsyde Pool and Brock Pool: standard lesson sets running twice per week

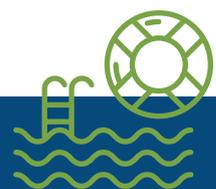
## Swim Lesson Fees

|                      |      |
|----------------------|------|
| 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).**



## REGISTERED AND DROP-IN AQUAFIT CLASSES

### Deep Water Running - 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 14 participants.

#### Canada Games Aquatic Centre

|     |               |              |
|-----|---------------|--------------|
| Tue | Mar 31–May 5  | 8:00–9:45 am |
| Thu | Apr 2–May 7   | 8:00–9:45 am |
| Tue | May 12–Jun 16 | 8:00–9:45 am |
| Thu | May 14–Jun 18 | 8:00–9:45 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 14 participants.

#### Westsyde Pool & Fitness Centre

|     |                                |                |
|-----|--------------------------------|----------------|
| Tue | Mar 31–May 12                  | 11:00–11:45 am |
| Thu | Apr 2–May 14                   | 11:00–11:45 am |
| Tue | May 19–Jun 30                  | 11:00–11:45 am |
| Thu | May 21–Jul 2 (no class May 28) | 11:00–11:45 am |
| Tue | Jul 14–Aug 18                  | 11:00–11:45 am |
| Thu | Jul 16–Aug 27                  | 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      Mar 16–Sep 4      8:00–9:00 am

No classes on: Mar 23, 25, 27 and Jul 6, 8, 10

##### Drop-in

Tue/Thu      Mar 31–Sep 3      7:00–8:00 pm

Find a current schedule at [Kamloops.ca/Swim](http://Kamloops.ca/Swim).

DID YOU KNOW?



Fun fact! The curved shape on the east side of the Kamloops Centre for the Arts building design was inspired by the elegant lines of a violin or guitar.

Learn more about this project at [LetsTalk.Kamloops.ca/KCA](http://LetsTalk.Kamloops.ca/KCA)





## 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?**



The Kamloops Centre for the Arts has been deliberately designed to maximize visitor experience. The lobby spaces for each of the theatres are offset, meaning separate events can take place without imposing on each other.

Learn more about this project at [LetsTalk.Kamloops.ca/KCA](https://LetsTalk.Kamloops.ca/KCA)

## 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 flotation, 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

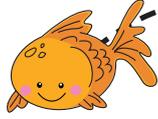
## PARENT AND TOT LESSONS

### 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

© Mary Putnam

## 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](mailto: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](http://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  | May 3  | 9:00 am–5:00 pm | \$131.25 | Canada Games Aquatic Centre |
| Lifesaving Instructor | Sun  | Jun 14 | 9:00 am–2:00 pm | \$91.30  | Canada Games Aquatic Centre |
| Swim Instructor       | Sun  | Jun 21 | 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 Spring/Summer 2026

| Course  | Days   | Dates                       | Time            | Fee      | Location                    |   |
|---|--|-----------------------------|-----------------|----------|-----------------------------|---|
| Bronze Star   | Thu–Fri  | Jul 2–3<br>(No class Jul 1) | 9:00 am–4:00 pm | \$110    | Canada Games Aquatic Centre |    |
|   | 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  | Mar 28–Apr 5                | 12:00–6:30 pm   | \$215    | Canada Games Aquatic Centre |    |
|   | Mon–Wed  | Jul 6–9                     | 9:00 am–3:30 pm | \$215    | Canada Games Aquatic Centre |   |
| Bronze Medallion challenges the candidates both mentally and physically. Judgement, knowledge, skill, and fitness. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Course fee includes a manual and pocket mask. Prerequisites: 13 years (by last day of course) or Bronze Star (need not be current), and 100% attendance is required.  |  |                             |                 |          |                             |   |
| Bronze Cross  | Sat & Sun  | Apr 11–19                   | 12:00–6:00 pm   | \$193.75 | Canada Games Aquatic Centre |    |
|   | Fri, Mon–Wed   | Jul 10–15                   | 9:00 am–3:30 pm | \$193.75 | Canada Games Aquatic Centre |   |
| Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. The importance of teamwork and communication are emphasized in this course. Course fees include a manual, pocket mask, and whistle. Prerequisites: Bronze Medallion (need not be current), and 100% attendance required. |  |                             |                 |          |                             |   |
| National Lifeguard - Pool Option  | TBD  | TBD                         | TBD             | \$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   | Mon & Wed  | Jun 1–29                    | 4:00–9:00 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  | Mon  | Apr 27                      | 9:00 am–4:00 pm | \$115.25 | Canada Games Aquatic Centre |  |
|   | Sun  | Jul 5                       | 9:00 am–4:00 pm | \$115.25 | Canada Games Aquatic 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.



SwimSkill

# SWIMSKILL LESSON PROGRAM

5 - 12 YEARS



**REGISTRATION  
OPENS  
MAR 8  
2026**

## SPRING SESSION APRIL 6 - JUNE 12

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

PRICES START AT \$230 FOR 16 LESSONS

Register online at  
[swimkamloops.com](http://swimkamloops.com)

250.828.3660 or [lessons@swimkamloops.com](mailto:lessons@swimkamloops.com)

BOOK A FREE SWIM ASSESSMENT  
email: [lessons@swimkamloops.com](mailto: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

## SUMMER CAMPS AVAILABLE

# BOOK YOUR SKATING party



For full details, visit [Kamloops.ca/SkateParty](http://Kamloops.ca/SkateParty).

Canada's Tournament Capital

THE

# Dunes

AT KAMLOOPS

## GOLF SWING LESSONS

Five one hour lessons focusing primarily on the full golf swing, with time dedicated to chipping putting and greenside bunker play.

- Equipment, range balls, natural grass hitting surface, and additional training links will be provided to each student.
- Each class is 1 hour in length with additional training time included.
- Max 8 students per class.

### ADULT LESSONS

May: 14, 19, 21, 26, 28  
10:00 AM - 11:00 AM

June: 4, 9, 11, 16, 18  
9:30 AM - 10:30 AM

### LADIES ONLY LESSONS

May: 14, 19, 21, 26, 28  
5:45 PM - 6:45 PM

June: 4, 9, 11, 16, 18  
5:45 PM - 6:45 PM

**FEE \$160**

Payment due at booking

### ONLINE LESSONS

Want more flexibility  
with your lessons?

### I NOW OFFER ONLINE COACHING

Scan the QR code  
to learn more and get your  
first lesson free!



For Junior Program information visit:  
**GOLFTHEDUNES.COM**

**Booking 250.579.3300 EXT 1**  
**or proshop@golfthedunes.com**  
we will contact you for payment  
All lessons take place at The Dunes at Kamloops

# FREE! LIBRARY PROGRAMS EVERYONE WELCOME

## For book lovers

Our various book club offerings cover lots of interest bases. Join in for original discussions on books with other readers. Led by library staff, our book clubs also include complimentary refreshments.

## For gamers

From tabletop games to those on the screen, there's something for everyone!

## For crafters

Build community and creativity. Join us for meetups, paint nights and more.

## For littles

Start their love of reading early. Our Early Years programs are led by staff and designed to introduce young children to language skills, stories, songs, fingerplays and rhymes. We make reading fun!

## For family time

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

Our programs are organized by age group. Browse [Early Years](#), [School Age](#), [Teen](#), [Adult](#) and [Family](#) programs on our website: [tnrl.ca/calendar](http://tnrl.ca/calendar)



## Locations

| Aberdeen Tiny Library              | Kamloops Library        | North Kamloops Library  |
|------------------------------------|-------------------------|-------------------------|
| Aberdeen Mall, near the food court | 100-465 Victoria Street | 693 Tranquille Road     |
| Monday: Closed                     | Monday: 10:00 - 6:00    | Monday: 10:00 - 6:00    |
| Tuesday: 12:00 - 4:00              | Tuesday: 10:00 - 6:00   | Tuesday: 10:00 - 8:00   |
| Wednesday: 12:00 - 4:00            | Wednesday: 10:00 - 6:00 | Wednesday: 10:00 - 6:00 |
| Thursday: 10:00 - 5:00             | Thursday: 10:00 - 8:00  | Thursday: 10:00 - 6:00  |
| Friday: 10:00 - 5:00               | Friday: 10:00 - 5:00    | Friday: 10:00 - 5:00    |
| Saturday: 10:00 - 4:00             | Saturday: 10:00 - 5:00  | Saturday: 10:00 - 5:00  |
| Sunday: 12:00 - 4:00               | Sunday: 12:00 - 4:00    | Sunday: 12:00 - 4:00    |

**Spring Program Registration opens April 14th**



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

# Making reading a community event

Be part of the library's  
shared reading experience

## What is One Book One Community?

This is a region-wide initiative, with all 14 library locations participating. We all read the same title and, in the spring, attend local events with the author.

## About the book:

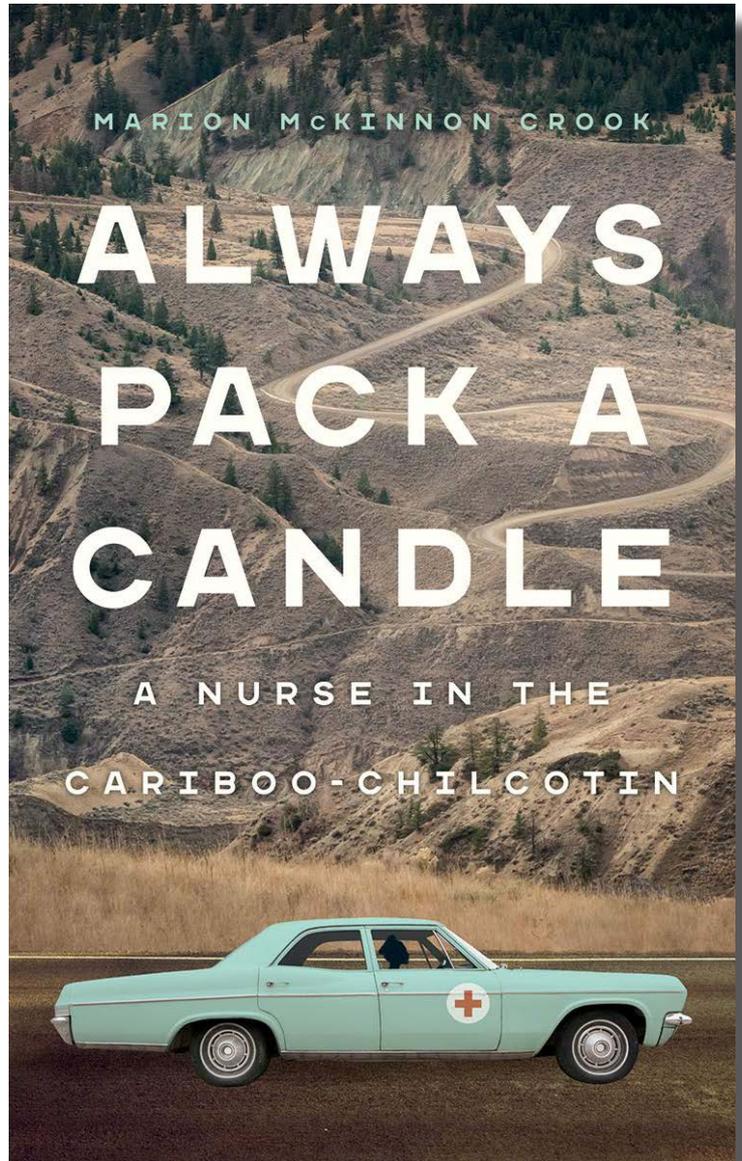
*Always Pack a Candle* is a powerful memoir recounting Marion McKinnon Crook's first year as a public health nurse in the early 1960s, serving remote communities throughout the Cariboo-Chilcotin.

Through vivid stories of school visits, home calls, and the realities of rural health care, Crook paints a compelling picture of courage, compassion, and resilience in mid-20th-century British Columbia.

## About the author:

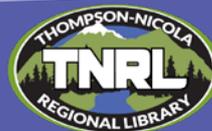
Marion McKinnon Crook is a Canadian nurse turned author. After decades of work in public health – initially throughout the Cariboo region and later in the Fraser Valley – she went on to earn a master's degree in liberal studies and a PhD in education.

She is the author of more than 15 books, including novels, sociological non-fiction, and memoir. She also writes under the pen name Emma Dakin, which she uses for her *British Book Tour Mysteries* series.



THOMPSON-NICOLA REGIONAL LIBRARY

For a full list of events, to place the title on hold and to learn more, visit [tnrl.ca/oboc](https://tnrl.ca/oboc)



**THOMPSON-NICOLA**  
REGIONAL LIBRARY

# Your Digital Library Toolkit

Load your device up with apps to access free content with your library card!



Easily look up account details, place holds and keep track of your entire family's cards with linked accounts.



Borrow eBooks, eAudiobooks and eMagazines for free on your chosen device. Download titles for offline use.



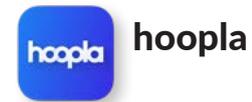
From local stories to global headlines, read thousands of popular magazines and newspapers.



Start a new streak! Learn more than 70 different languages! Test your knowledge of vocabulary, pronunciation, grammar and culture.



Stream thousands of films ad-free with Kanopy. Check out Kanopy Kids for age-appropriate content.



Borrow a wide range of media from eBooks and eAudiobooks to movies, music and TV. Use BingePasses to access entire collections like BBC, Craftsy courses and Fret Zealot guitar lessons.



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# Summer Reading Club

Free!

Keep reading skills sharp over the summer

Summer reading challenges for the whole family!

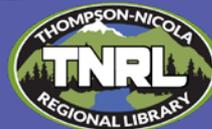
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**CELEBRATING,**  
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**OUR FAITH**

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### SAA CHILDCARE CENTRE

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office@st-anns.ca

**ACADEMICS - ARTS - ATHLETICS  
GRADE 8 - 12**



### CHECK US OUT ON THE SOCIALS

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

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





## DID YOU KNOW?



Our multi-sport programs are designed to foster physical literacy—the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life (International Physical Literacy Association).

## 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 Apr 1–Jun 17 4:15–5:00 pm 12/\$162

#### 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 Apr 4–Jun 20 11:00–11:50 am 12/\$162

#### Hip Hop

**Ages: 4–7**

This is a fun and exciting program for your child to learn 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 Apr 4–Jun 20 10:00–10:50 am 12/\$162

#### 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 Apr 1–Jun 17 3:30–4:00 pm 12/\$96

#### Little Hip Hop

**Ages: 3–5**

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

**Kamloops Performance Company**

Wed Apr 1–Jun 17 3:30–4:15 pm 12/\$162

## Musical Theatre

**Ages: 3–6**

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**

Thu Apr 2–Jun 18 4:15–5:00 pm 12/\$162

## 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 Apr 4–Jun 20 9:30–10:10 am 12/\$160

## SPORT

### 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 Apr 7–May 12 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 practise important movement skills like running, jumping, throwing, catching, and balancing. This program is in partnership with PacificSport Interior BC.

**Beattie Elementary**

Tue Apr 7–May 12 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 May 6–Jun 24 11:00–12:00 pm 7/\$35

## Move Together

**Ages: 2 1/2–8**

Experience the joy of learning new skills through the eyes of your child. In this multi-sport 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 a diagnoses. Additional support will be provided by the Canucks Autism Network.

**Beattie Elementary**

Sun Apr 12–May 24 9:30–10:15 am 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.

**Albert McGowan Park**

Sun Apr 12–Jun 7 9:00–9:45 am 8/\$104

Sun Jun 21–Aug 16 9:00–9:45 am 8/\$104

**Sahali Secondary**

Sat Apr 11–Jun 6 9:00–9:45 am 8/\$104

Sat Jun 20–Aug 15 3:00–3:45 pm 8/\$104

**West Highlands Community Centre**

Tue Apr 14–Jun 2 9:00–9:45 am 8/\$104

**West Highlands Park**

Tue Jun 23–Aug 11 9:00–9:45 am 8/\$104



**DID YOU KNOW?**

Get ready to get active for the ParticipACTION Community Challenge this June to help Kamloops be named Canada's Most Active Community and receive funding to support local physical activity and sport initiatives!

## 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.

### Albert McGowan Park

|     |               |                |         |
|-----|---------------|----------------|---------|
| Sun | Apr 12–Jun 7  | 10:00–10:45 am | 8/\$104 |
| Sun | Jun 21–Aug 16 | 10:00–10:45 am | 8/\$104 |

### Parkcrest Park Soccer 1

|     |               |              |         |
|-----|---------------|--------------|---------|
| Thu | Jun 25–Aug 13 | 5:00–5:45 pm | 8/\$104 |
|-----|---------------|--------------|---------|

### Sahali Secondary

|     |               |                |         |
|-----|---------------|----------------|---------|
| Sat | Apr 11–Jun 6  | 10:00–10:45 am | 8/\$104 |
| Sat | Jun 20–Aug 15 | 4:00–4:45 pm   | 8/\$104 |

### West Highlands Community Centre

|     |              |                |         |
|-----|--------------|----------------|---------|
| Tue | Apr 14–Jun 2 | 10:00–10:45 am | 8/\$104 |
|-----|--------------|----------------|---------|

### West Highlands Park

|     |               |                |         |
|-----|---------------|----------------|---------|
| Tue | Jun 23–Aug 11 | 10:00–10:45 am | 8/\$104 |
|-----|---------------|----------------|---------|

## Sportball 1 & 2

**Ages: 1–3**

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

|     |              |               |         |
|-----|--------------|---------------|---------|
| Thu | Apr 16–Jun 4 | 9:30–10:15 am | 8/\$104 |
|-----|--------------|---------------|---------|

## Sportball 3

**Ages: 3–5**

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.

### Albert McGowan Park

|     |               |                |         |
|-----|---------------|----------------|---------|
| Sun | Apr 12–Jun 7  | 11:00–11:45 am | 8/\$104 |
| Sun | Jun 21–Aug 16 | 11:00–11:45 am | 8/\$104 |

### Heritage House

|     |              |                |         |
|-----|--------------|----------------|---------|
| Thu | Apr 16–Jun 4 | 10:30–11:15 am | 8/\$104 |
|-----|--------------|----------------|---------|

### Parkcrest Park Soccer 1

|     |               |              |         |
|-----|---------------|--------------|---------|
| Thu | Jun 25–Aug 13 | 6:00–6:45 pm | 8/\$104 |
|-----|---------------|--------------|---------|

### Prince Charles Park

|     |               |              |         |
|-----|---------------|--------------|---------|
| Wed | Apr 15–Jun 3  | 5:00–5:45 pm | 8/\$104 |
| Wed | Jun 24–Aug 19 | 5:00–5:45 pm | 8/\$104 |

### Sahali Secondary

|     |               |                |         |
|-----|---------------|----------------|---------|
| Sat | Apr 11–Jun 6  | 11:00–11:45 am | 8/\$104 |
| Sat | Jun 20–Aug 15 | 5:00–5:45 pm   | 8/\$104 |

### West Highlands Community Centre

|     |              |                |         |
|-----|--------------|----------------|---------|
| Tue | Apr 14–Jun 2 | 11:00–11:45 am | 8/\$104 |
|-----|--------------|----------------|---------|

### West Highlands Park

|     |               |                |         |
|-----|---------------|----------------|---------|
| Tue | Jun 23–Aug 11 | 11:00–11:45 am | 8/\$104 |
|-----|---------------|----------------|---------|

## Soccer

### Kick 'n' Play 1

**Ages: 2 1/2–3**

In this play inspired program, your child will be introduced to various fundamental movement skills, including running, striding, and kicking. Your child will develop their physical literacy skills through exploration, open-ended activities, and play-based games. This program requires parent participation.

### Valleyview Centennial Park

|     |               |              |        |
|-----|---------------|--------------|--------|
| Tue | May 12–Jun 23 | 4:15–4:45 pm | 7/\$56 |
| Tue | Jul 7–Aug 18  | 4:15–4:45 pm | 7/\$56 |

### Marion Schilling

|     |               |              |           |
|-----|---------------|--------------|-----------|
| Thu | May 14–Jun 25 | 4:15–4:45 pm | 7/\$56    |
| Thu | Jul 9–Aug 20  | 4:15–4:45 pm | 6/\$41.14 |

### Kick 'n' Play 2

**Ages: 2 1/2–3**

In this play inspired program, your child will be introduced to various fundamental movement skills, including running, striding, and kicking. 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 | May 12–Jun 23 | 5:00–5:45 pm | 7/\$73.50 |
| Tue | Jul 7–Aug 18  | 5:00–5:45 pm | 7/\$73.50 |

### Marion Schilling

|     |               |              |           |
|-----|---------------|--------------|-----------|
| Thu | May 14–Jun 25 | 5:00–5:45 pm | 7/\$73.50 |
| Thu | Jul 9–Aug 20  | 5:00–5:45 pm | 6/\$63    |

## T-Ball

### Swing 'n' Play 1

**Ages: 1 1/2–3**

In this play-inspired program, your child will be introduced to various fundamental movement skills, including throwing, catching, and striking. Your child will develop their physical literacy skills through exploration, open-ended activities, and play-based games. This program requires parent participation.

### Hal Rogers

|     |               |              |        |
|-----|---------------|--------------|--------|
| Wed | May 13–Jun 24 | 4:15–4:45 pm | 7/\$56 |
| Wed | Jul 8–Aug 19  | 4:15–4:45 pm | 7/\$56 |

### Swing 'n' Play 2

**Ages: 2 1/2–6**

In this play-inspired program, your child will be introduced to various fundamental movement skills, including throwing, catching, and striking. Your child will develop their physical literacy skills through exploration, open-ended activities, and play-based games. This program requires parent participation.

### Albert McGowan Park

|     |               |              |           |
|-----|---------------|--------------|-----------|
| Wed | May 13–Jun 24 | 5:00–5:45 pm | 7/\$73.50 |
| Wed | Jul 8–Aug 19  | 5:00–5:45 pm | 7/\$73.50 |



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### Spring Break Camp

Week 1: March 16-20  
Week 2: March 23-27

Daily rate: \$74  
Weekly rate: \$334

10% Sibling Discount  
Registration Open Now



### Extended Hours

7:45-5:15pm

Available for both Spring Break and Summer Camps. Activities during early drop off and late pick up will include coloring, reading, word searches, board games, etc.



### Summer Camp

Weekly camps from July 6 to September 4

Daily rate: \$74  
Weekly rate: \$334

10% Sibling discount  
Registration Opens March 15

Games, crafts, tumbling and stunting!  
Special outing or activity planned for each day!



**Just be. Curious. Thoughtful. Connected.  
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Learn new things with girls who feel like old friends. DIY projects, science experiments, and camping are just a few of the things girls get to experience at Girl Guides.

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**Starting in April girls can try out Girl Guides for free with the Try Now, Join Later program!**

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If you have questions, you can email [info@girlguides.ca](mailto:info@girlguides.ca)

**Girl Guides**

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Canada's Tournament Capital

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**CURRENT SCHEDULES / REGISTRATION / MORE INFO...**

[www.kgtc.ca](http://www.kgtc.ca)

910 McGill Rd. 250-374-6424

(located inside the Tournament Capital Centre)



## 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 Apr 1–Jun 10 4:15–5:00 pm 11/\$148.50

#### 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 Mar 31–Jun 16 5:30–6:20 pm 12/\$162

#### Hip Hop

**Ages: 6–8**

This is a fun and exciting program for your child to learn self-expression, movement improvisation, and structured dance steps and tricks.

**Kamloops Performance Company**

Mon Mar 30–Jun 15 4:30–5:15 pm 10/\$135

**DID YOU KNOW?**



Join us for Park Play Days! This free program is for all children/youth/families in the community who want to get active through open play opportunities, games, and activities.

View the schedule at [Kamloops.ca/ParkPlayDays](http://Kamloops.ca/ParkPlayDays).

### 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 Mar 31–Jun 16 5:00–5:45 pm 12/\$162

### Drawing and Painting

#### Artistic Voyage

**Ages: 9–12**

Artistic Voyage is a creative art class designed for children ages 9 to 12. It provides a supportive and inspiring studio environment where students can explore their creativity through a variety of hands-on projects. Children will experiment with different art forms, such as painting, drawing, clay work, and craft making. All materials are provided, and students are encouraged to express themselves freely while learning new techniques and building confidence in their artistic abilities.

**Parkview Activity Centre**

Tue Mar 31–June 9 5:30–7:30 pm 10/\$180

## Family Art Workshop

**Ages: 5+**

This workshop is designed to bring children and their parents or grandparents together for a meaningful, creative experience. The goal is to help families engage in a shared activity, strengthen their connection, and enjoy making art side by side. Throughout the workshop, participants will explore various hands-on projects, including working with clay, acrylic painting, watercolours, and simple crafts. Adults will support the children as they learn new techniques, follow guided steps, and use their creativity to complete their own unique artwork. By working together, families will build positive communication, enjoy quality time, and leave the class with beautiful creations and shared memories.

### Heritage House

|     |               |              |        |
|-----|---------------|--------------|--------|
| Sun | May 31–Jun 14 | 2:00–4:00 pm | 3/\$54 |
| Sun | Jul 5–19      | 2:00–4:00 pm | 3/\$54 |

## OUTDOOR ACTIVITIES

### Canoeing

## Try-It Out Voyageur Canoe Paddle **All Ages**

Experience paddling a traditional voyageur canoe on the Thompson River with the Thompson Rivers Interior Sports Club. This guided try-it session is led by certified instructors and designed for beginners and families. It introduces basic paddling skills, teamwork, and water safety in a fun, supportive environment. No previous experience required. All equipment will be provided.

### Pioneer Park

|     |        |              |        |
|-----|--------|--------------|--------|
| Wed | Jun 17 | 5:30–7:00 pm | 1/Free |
|-----|--------|--------------|--------|

## Fishing

### Learn to Fish - Families

**Ages: 5–15**

Join the Freshwater Fisheries Society of BC and learn the basics of fishing, including fish identification, proper fish handling, tackle, rod rigging, casting, and hands-on fishing. All supplies are provided. Parent participation required.

### Edith Lake

|     |        |              |        |
|-----|--------|--------------|--------|
| Tue | May 12 | 6:00–8:00 pm | 1/Free |
| Tue | May 26 | 6:00–8:00 pm | 1/Free |
| Tue | Jun 9  | 6:00–8:00 pm | 1/Free |

## SPECIAL INTEREST

### Educational Workshops

## Dream Team Robotics Workshop **Ages: 7–12**

Calling all dream teams! Join us at the Dream Team Robotics Workshop for an unforgettable collaboration experience. No prior experience required—just bring your enthusiasm and get ready for an abundance of fun, learning, and teamwork.

### TCC - Meeting Room D

|     |       |              |        |
|-----|-------|--------------|--------|
| Sat | Jun 6 | 1:00–2:30 pm | 1/\$40 |
|-----|-------|--------------|--------|

## Engineer Race Cars Camp **Ages: 7–12**

Rev up your engines and hit the racetrack with RoboThink. Get ready for an adrenaline-pumping camp where you will build and race a fleet of extraordinary race cars.

### TCC - Meeting Room D

|     |        |              |        |
|-----|--------|--------------|--------|
| Sat | Jun 20 | 1:00–4:00 pm | 1/\$60 |
|-----|--------|--------------|--------|

**DID YOU KNOW?**



The Kamloops Centre of the Arts is designed to work with the environment. Most of the windows face north and northeast. The south side has solid walls to help block strong sunlight and heat from getting inside the building.

Learn more about this project at [LetsTalk.Kamloops.ca/KCA](http://LetsTalk.Kamloops.ca/KCA)



## Intro to Robotics Workshop

**Ages: 7–12**

Join us for the Intro to Robotics Workshop brought to you by RoboThink. Our robotic experts will cover the basics of stem robotics. By the end of the program, you will have learned how to build your own moving and controllable robot.

**TCC - Meeting Room B**

|     |       |                |        |
|-----|-------|----------------|--------|
| Sat | Apr 4 | 11:00–12:00 pm | 1/\$10 |
| Sat | Jun 6 | 11:00–12:00 pm | 1/\$10 |

**West Highlands Community Centre**

|     |       |                |        |
|-----|-------|----------------|--------|
| Sat | May 2 | 11:00–12:00 pm | 1/\$10 |
|-----|-------|----------------|--------|

## Mechanical Contraptions Robotics Workshop2

**Ages: 7–12**

Unlock the secrets of engineering in the Mechanical Contraptions Robotics Workshop. In this immersive experience, students will be introduced to a fascinating world of engineering concepts.

**West Highlands Community Centre**

|     |        |              |        |
|-----|--------|--------------|--------|
| Sat | Apr 18 | 1:00–2:30 pm | 1/\$40 |
|-----|--------|--------------|--------|

## RoboPetz Workshop

**Ages: 7–12**

Step into the captivating world of RoboPetz in our thrilling workshop. In this hands-on experience, students will use gears, axles, motors, and RoboThink's exclusive hardware to bring a diverse range of wildlife to life.

**West Highlands Community Centre**

|     |       |              |        |
|-----|-------|--------------|--------|
| Sat | May 2 | 1:00–2:30 pm | 1/\$40 |
|-----|-------|--------------|--------|

## Galactic Robotics

**Ages: 7–12**

Blast off into a universe of creativity and engineering at our galactic robotics workshop. Join us for an exhilarating adventure where you will design, build, and pilot robots inspired by iconic spacecraft from beloved sci-fi movies. Participants will learn the fundamentals of robotics and mechanical engineering in a fun, interactive environment.

**TCC - Meeting Room C**

|     |        |              |        |
|-----|--------|--------------|--------|
| Sat | Apr 11 | 1:00–4:00 pm | 1/\$60 |
|-----|--------|--------------|--------|

## SPORT

### Multi-Sport

## Basics of Bicycle Maintenance for Youth

**Ages: 12+**

In this session, participants will learn about the ABCs (air, brakes, and chain) of bicycle maintenance. You will learn how to identify any problems or concerns, but this course will not teach you how to repair your bike. We will cover how to do a bolt check on your bike without damaging it, and show you how to clean and lubricate your bicycle without damaging sensitive parts. Adult participation required. This program is in partnership with the Kamloops Biking Coalition.

**Heritage House**

|     |        |              |        |
|-----|--------|--------------|--------|
| Sat | Apr 11 | 2:00–3:30 pm | 1/\$25 |
|-----|--------|--------------|--------|

## Sportball 4

**Ages: 5–8**

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.

**Prince Charles Park**

|     |               |              |         |
|-----|---------------|--------------|---------|
| Wed | Apr 15–Jun 3  | 6:00–6:45 pm | 8/\$104 |
| Wed | Jun 24–Aug 19 | 6:00–6:45 pm | 8/\$104 |

## Badminton

### Come & Play - Badminton

**Ages: 7+**

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 racket; however, a limited number will be available on site to borrow for a small fee, if needed. In partnership with the Shuttlers Club.

**Pacific Way Elementary**

|     |              |              |        |
|-----|--------------|--------------|--------|
| Tue | Apr 7–May 26 | 6:30–9:30 pm | 8/\$60 |
| Tue | Jul 7–Aug 25 | 6:30–9:30 pm | 8/\$60 |

### 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 | Apr 9–May 28 | 6:00–7:00 pm | 8/\$40 |
| Thu | Jul 2–Aug 27 | 6:00–7:00 pm | 9/\$45 |

## Table Tennis

### Intro to Table Tennis - Youth

**Ages: 7–13**

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 | Apr 7–May 26 | 6:30–7:30 pm | 8/\$80 |
| Tue | Jun 2–Jul 28 | 6:30–7:30 pm | 8/\$80 |



Free YMCA membership



Ages 8 and up

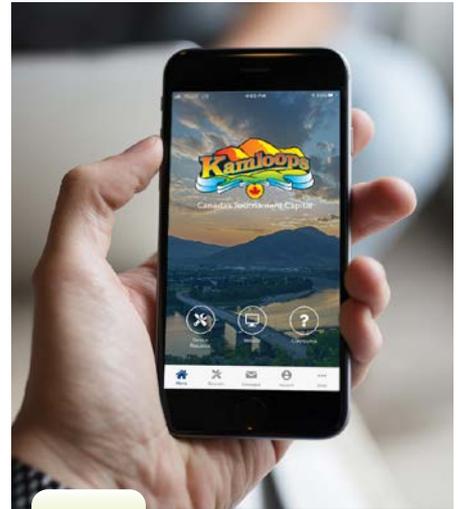
# Learn to cope with stress Y Mind

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

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](mailto: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.**



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!



## Please join Mayor and Council at the **Annual Volunteer Appreciation BBQ**

to celebrate the volunteers who build, maintain, and grow healthy communities.

**April 24, 2026**  
**11:30 am – 1:30 pm**  
Sandman Centre,  
300 Lorne Street

**Thank you for making a difference in Kamloops!**

**Kamloops.ca**



Canada's Tournament Capital





**DID YOU KNOW?**



The feature lobby of the Kamloops Centre for the Arts will be an incredible venue all on its own! This 17,000 square foot space with expansive windows and wooden details will be a gathering space for community.

Learn more about this project at [Letstalk.Kamloops.ca/KCA](https://Letstalk.Kamloops.ca/KCA).

## ARTS AND CULTURE

### Dancing

#### 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 Apr 1–Jun 10 6:15–7:15 pm 11/\$181.50

#### 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 Apr 1–Jun 10 7:15–8:15 pm 11/\$181.50

#### Ballroom Basics Dance Workshop

In this workshop, you will learn and practise ballroom dance basics. Some of the basic rhythms that may be covered include Rumba, Waltz, Tango, Foxtrot, Cha Cha, or Swing. You will also learn about timing, footwork/foot placement, leading and following, style, and social dance etiquette. You can enjoy this class with or without a partner. This vibrant dance workshop is set to great music that will help 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**

Sat Apr 25/May 30/ Jun 27 2:00–3:30 pm

3/\$90

#### 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 Apr 1–Jun 10 6:15–7:15 pm 11/\$181.50

## 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 Mar 31–Jun 2 7:30–8:20 pm 10/\$150

## Belly Dance Intermediate

Intermediate belly dance takes it to the next level and explores traditional folk and Golden Age styles as well as contemporary Middle Eastern dances. It includes props such as veils, assayas, and finger cymbals. Students will work towards a fun choreography. A solid foundation in belly dance is a prerequisite for this class. Instructor William has trained in Egypt (Raq Sharqi) and is also proficient in vintage Cabaret style.

**Kamloops School of the Arts**

Thu Apr 2–Jun 4 6:00–7:00 pm 10/\$150

## Bollywood Dance

This Indian dance fusion will be your next favourite. This upbeat and invigorating dance genre embraces the essence of Indian culture and wraps the ethnic style with some fitness flare. No dance skills are required, and all levels are welcome to explore the colourful nature of this Indian dance class.

**Let's Move Studio**

Wed Apr 1–Jun 17 8:00–8:50 pm 12/\$180

## 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**

Sat Apr 25/May 30/Jun 27 12:30–2:00 pm 3/\$90

## 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 Apr 2–Jun 4 7:10–8:00 pm 9/\$135

## Fast Support Starts with the BC Services Card App



Emergencies don't always mean large evacuations. Individual house fires and other unexpected events can happen close to home. And, when they do, Emergency Support Services (ESS) may be there to help. By downloading the **BC Services Card app** and registering your profile at [ESS.gov.bc.ca](https://ESS.gov.bc.ca), you'll streamline the process and access support—like accommodation, food, or other essentials—faster. Plus, if you use online banking, you can receive funds directly by Interac e-Transfer—giving you flexibility and control. Don't wait until disaster strikes—set up the app and your profile now and save time when you need help most. Prepare today for peace of mind tomorrow!

**Learn more and download the app at [ESS.gov.bc.ca](https://ESS.gov.bc.ca).**



## 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 Apr 1–Jun 10 5:15–6:15 pm 11/\$148.50

## Latin Dance Social Patio Party - All Levels

Join us for an exciting afternoon of spicy Latin vibes—Salsa, Bachata, Merengue, and more—at the Latin Dance Social Patio Party, hosted by Let's Move Studio and Mr. Mikes. This relaxed, social dance event is perfect for all levels—no formal lesson, just great music, great people, and non-stop dancing. Our friendly instructors will be on the dance floor all afternoon, ready to dance with you, offer guidance and tips, and help you improve naturally. There's truly no better place to learn than on the dance floor. The welcoming atmosphere is ideal for both beginners and experienced dancers. Enjoy food and drink specials with outdoor patio bar service, and soak up the energy of a fun, lively patio party filled with rhythm, movement, and connection.

### Mr. Mikes

#### Single Class

|     |        |              |        |
|-----|--------|--------------|--------|
| Sun | Jun 21 | 2:00–5:00 pm | 1/\$20 |
| Sun | Jul 26 | 2:00–5:00 pm | 1/\$20 |
| Sun | Aug 23 | 2:00–5:00 pm | 1/\$20 |

#### Three Classes

|     |                       |              |        |
|-----|-----------------------|--------------|--------|
| Sun | June 21/Jul 26/Aug 23 | 2:00–5:00 pm | 3/\$45 |
|-----|-----------------------|--------------|--------|

## Latin Partner Dance

In this class, you will learn a variety of Latin rhythms and steps for all levels across popular dance genres, including Salsa, Bachata, Merengue, Cha Cha Cha, and Rumba. Each term (three months) will focus on a new dance genre, and you will learn the fundamentals to one style. You will learn partner-style lead and follow moves, footwork, and musicality to create a dynamic social dance on any dance floor. You can enjoy this class with or without a partner. This vibrant dance hour is set to spicy, flavourful, and exciting Latin music that will help you to feel alive. Get ready for the most fun you've had in your adult life. Make it a date night or come solo to socialize with like-minded friends. Social dance is where it is at!

### Let's Move Studio

Fri Apr 3–Jun 26 7:10–8:00 pm 13/\$195

## Tap Beginner - Level 1

Tap dance is characterized by the sound of the metal tap striking the floor. It combines rhythm, syncopation, sound, and movement. Emphasis is placed on musicality, expression, and improvisation. Tap shoes are not required to try out this class—send us a message, and we'll see if we have a pair in your size available for you to try. Alternatively, wear hard-soled shoes to give tapping a go.

### Kamloops Performance Company

Mon Mar 30–Jun 22 5:00–5:45 pm 11/\$165

## Tap Level 2

Tap dance is characterized by the sound of the metal tap striking the floor. It combines rhythm, syncopation, sound, and movement. Emphasis is placed on musicality, expression, and improvisation. Level 2 will build on the fundamental skills learned in Level 1. Do you need a pair of tap shoes? Send us a message, and we'll see if we have a pair in your size available for you to try.

### Kamloops Performance Company

Mon Mar 30–Jun 22 5:45–6:30 pm 11/\$165

## Tap Level 3

Tap dance is characterized by the sound of the metal tap striking the floor. It combines rhythm, syncopation, sound, and movement. Emphasis is placed on musicality, expression, and improvisation. Level 3 will build on the fundamental skills learned in Level 2. Do you need a pair of tap shoes? Send us a message, and we'll see if we have a pair in your size available for you to try.

### Kamloops Performance Company

Mon Mar 30–Jun 22 6:30–7:15 pm 11/\$165

## West Coast Swing Dance Workshop

Get ready to glide, groove, and connect in this fun and vibrant West Coast Swing workshop. Set to smooth contemporary, bluesy, and pop music, this class welcomes all levels—perfect for beginners and great for dancers wanting to add creativity and flair. You'll learn the essentials: timing, stretch, slotted movement, partner lead and follow techniques, and musicality. With just a small set of moves, you'll discover how to dance dynamically, confidently, and spontaneously on any dance floor. Come with a partner or solo—everyone is welcome. West Coast Swing's friendly, playful vibe makes this the perfect place to meet new people, build skills, and have an unforgettable time. Get ready for a smooth, stylish, and seriously fun dance experience. Social dance is where it's at!

### Let's Move Studio

Sat Apr 25/May 30/ Jun 27 5:00–6:30 pm 3/\$90

## Drawing and Painting

### Drawing from Life

This still life drawing class introduces students to the essential foundations of drawing objects from real life. We begin by learning how to break down everyday objects into simple geometric shapes and create quick, effective sketches while also understanding key concepts, including perspective and proportion. Step by step, students learn how to observe their environment more accurately, simplify complex forms, and then build details gradually. By the end of the class, students will complete a more polished and refined drawing of a selected still-life arrangement, demonstrating the skills they have developed throughout the course. Supplies are included.

### Parkview Activity Centre

Tue Mar 31–Jun 9 9:30–11:30 am 10/\$180

## Drawing for Beginners

This drawing class is designed as a foundational and academic program that prepares students for future painting classes, including oil painting, acrylic, and watercolour. This course will equip students with the essential drawing skills they need before moving into more advanced art techniques. Throughout the class, students work step by step from simple forms to more complex shapes, learning how to observe more carefully, understand proportions, and capture details with greater accuracy. This structured approach helps them develop the visual and technical skills required for success in painting classes of any medium. Supplies are included.

### Parkview Activity Centre

Thu Apr 2–Jun 11 9:30–11:30 am 10/\$180

## Acrylic Painting

This acrylic painting class introduces students to the fundamentals they need to create expressive and confident acrylic artwork. We begin with an overview of the colour wheel, basic colour-mixing techniques, and the unique properties of acrylic paint and its mediums. Throughout the course, students will explore various acrylic techniques, ranging from smooth layering and blending to creating textured surfaces. We will also experiment with texture pastes and learn how to incorporate gold leaf to add depth and visual interest to a piece. By the end of the class, each student will complete a personal final project, choosing a style and scale that reflects their own artistic interest. Whether you prefer simple acrylic paintings or more detailed work with texture and gold leaf, this class equips you with the essential skills to bring your creative ideas to life.

### Parkview Activity Centre

Thu Apr 12–Jun 11 6:00–8:30 pm 10/\$200

## 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.

### Old Courthouse

Wed Apr 1–Jun 3 1:30–3:30 pm 10/\$150

## Oil Painting for Beginners

This beginner-friendly oil painting class is designed to guide students step by step through the fundamentals they need to start painting with confidence. The first few sessions focus on essential drawing skills, basic colour theory, and understanding the colour wheel. Once students are comfortable with these foundations, they will select their own reference image or model for their painting project. Each participant works at their own pace, depending on their skill level and the complexity of the model they choose. While the completion time may vary from person to person, the course will teach all the key techniques involved in creating a full oil painting, from composition and underpainting to layering and final details. Even if a student does not fully finish their painting within the course duration, they will still learn all the essential steps and techniques needed to continue and complete it confidently on their own. Students are required to purchase their own canvas.

### Heritage House

Wed Apr 1–Jun 3 6:00–8:30 pm 10/\$200

**DID YOU KNOW?**



The Kamloops Centre for the Arts will have 158 parking spaces, 32 of which will be electric vehicle-ready. Adding a second level of parking during the main build is more efficient and cost-effective than constructing a standalone structure in the future. Council has prioritized the construction of this parkade to support the Kamloops Centre for the Arts and the surrounding downtown business district, using existing funds, not new taxes.

View floor plans and budget information at [LetsTalk.Kamloops.ca/KCA](https://lets-talk.com/kamloops.ca/KCA).



**The Kamloops Centre for the Arts project, including the additional parkade, will be funded through existing approved funds—a combination of electorate-approved debt funding, existing funds (reserves, operating budgets, and non-competitive grant programs/streams), and a community fundraising campaign. Any successful provincial and federal grants received will reduce the total amount needed from these sources. This will ensure we meet our community’s evolving needs without placing additional burden on taxpayers.**

**Learn more at [LetsTalk.Kamloops.ca/KCA](https://LetsTalk.Kamloops.ca/KCA).**

## Oil Painting Intermediate

This intermediate oil painting class is designed for students who already have a solid understanding of drawing on canvas, colour mixing, and the essential tools and materials used in oil painting. We assume participants have completed at least two rounds of Oil Painting for Beginners or have equivalent experience. In this class, each student selects a model or reference image of their choice. The instructor will guide them through the specific techniques, challenges, and details related to their chosen project. The focus is on advancing individual skills, such as refining brushwork, improving colour harmony, building strong compositions, and developing personal style, while receiving targeted feedback tailored to each student’s artwork. This course is ideal for learners who want to deepen their skills, take on more complex projects, and continue growing confidently as oil painters. Students will require to purchase their own canvas.

### Heritage House

|     |               |               |          |
|-----|---------------|---------------|----------|
| Wed | Apr 1–Jun 3   | 9:00–11:30 am | 10/\$200 |
| Mon | Apr 13–Jun 22 | 6:00–8:00 pm  | 8/\$160  |

## Photography

### Improve Your Photography

Are you ready to move beyond the auto setting on your SLR or mirrorless camera? Join Dave Snider and fellow novice photographers in this five-part series designed for those new to adjusting aperture, shutter speed, and ISO settings. Learn introductory photography skills that will allow you to develop your camera creativity. There will be short outdoors hands on sessions.

#### Parkview Activity Centre

|     |               |              |         |
|-----|---------------|--------------|---------|
| Sun | Apr 12–May 10 | 1:30–3:30 pm | 5/\$150 |
|-----|---------------|--------------|---------|

### 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.

#### Parkview Activity Centre

|     |              |              |        |
|-----|--------------|--------------|--------|
| Sun | May 24–Jun 7 | 1:30–3:30 pm | 3/\$90 |
|-----|--------------|--------------|--------|

## 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 Apr 9–Jun 18 6:15–7:15 pm 11/\$102.63

#### 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 Elementary

Wed Apr 8–Mar 27 5:30–6:30 pm 8/\$74.64

##### TCC - Fitness Studio

Thu Apr 9–Jun 18 1:00–2:00 pm 11/\$102.63

#### 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 Apr 8–Jun 17 6:00–7:00 pm 11/\$89.65

#### CIRCL Mobility

CIRCL Mobility™ is a full-circle wellness experience designed to help your body move the way it is intended to. Focus on breath work, mobility, and flexibility exercises will help you release stress, improve your range of motion, and renew your ability to move better, longer. A mat is needed for most of the class.

##### David Thompson Elementary

Mon Apr 13–May 25 5:30–6:30 pm 7/\$65.31

##### Westsyde Pool & Fitness Centre

Wed Apr 8–Jun 17 1:45–2:30 pm 11/\$102.63

Fri Apr 10–Jun 19 1:45–2:30 pm 11/\$102.63

#### 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 Apr 9–Jun 18 5:00–6:00 pm 11/\$89.65

## Exemplary Service Award Call for Nominations!

Do you know an outstanding Kamloops citizen who deserves recognition for their contributions to the community? Don't miss out on your chance to nominate them for an Exemplary Service Award.

Each year, City Council formally acknowledges individuals who have dedicated their time and service to the City with Exemplary Service Awards. Nominations are accepted in two categories:

- Young adult - under 30
- Adult - 30 and over

The nomination window for 2026 closes at 4:30 pm on March 13.

**Find more information about nomination criteria and how to submit a nomination at [Kamloops.ca/ExemplaryServiceAward](https://Kamloops.ca/ExemplaryServiceAward).**



## Intermediate Weight Training

This class builds on existing lifting skills and helps participants take their strength to the next level. We focus on progressive training techniques, advanced exercise variations, and proper form to improve muscle strength, tone, and confidence. Participants receive coaching on technique, safe spotting, and effective use of both free weights and machines.

### TCC - Training Lab

|     |               |              |          |
|-----|---------------|--------------|----------|
| Mon | Apr 13–Jun 15 | 8:00–9:00 pm | 10/\$125 |
|-----|---------------|--------------|----------|

## 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 | Apr 13–Jun 15 | 6:30–7:30 pm | 10/\$125 |
|-----|---------------|--------------|----------|

## 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.

### Westside Pool & Fitness Centre

|     |               |               |            |
|-----|---------------|---------------|------------|
| Wed | Apr 8–Jun 17  | 12:30–1:30 pm | 11/\$82.50 |
| Fri | Apr 10–Jun 19 | 12:30–1:30 pm | 11/\$82.50 |

## 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 | Apr 8–Jun 17 | 5:00–5:45 pm | 11/\$102.63 |
|-----|--------------|--------------|-------------|

## 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.

### West Highlands Community Centre

|     |               |                |            |
|-----|---------------|----------------|------------|
| Wed | Apr 8–Jun 17  | 10:00–11:00 am | 11/\$82.50 |
| Mon | Apr 13–Jun 15 | 10:00–11:00 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 | Apr 9–Jun 11 | 9:30–11:00 am | 10/93.30 |
|-----|--------------|---------------|----------|



## Residential Security Check

**Have you been a victim of property crime?  
Want to enhance your home's security?**

Our Crime Prevention team offers a free residential security check to help you feel safer at home. A trained professional will assess your property and provide advice on improving security measures.

**Submit a request at**  
[Kamloops.ca/CPRequest](https://www.kamloops.ca/CPRequest).

## Women's Only Intermediate 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**

Thu Apr 9–Jun 18 7:30–8:30 pm 11/137.50

## 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 Apr 8–Jun 17 7:15–8:15 pm 11/\$137.50

## 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 Apr 7–Jun 16 6:00–7:00 pm 11/\$102.63

**TCC - Fitness Studio**

Fri Apr 10–Jun 19 9:45–10:45 am 9/\$83.97

## Pilates

### Beginner Mat Pilates

Learn Pilates principles and apply them to mat exercises to improve core strength and stability, relieve back pain, improve posture, and reduce stress.

**TCC - Fitness Studio**

Tue Apr 7–Jun 16 6:15–7:15 pm 11/\$102.63

### Intro to Mat Pilates

This class offers a gentle introduction to classical mat Pilates, focusing on the importance of breath, core activation, and proper muscle engagement. Participants will practise a series of controlled exercises designed to improve strength and flexibility.

**TCC - Middle Court**

Thu Apr 16–Jun 17 5:00–6:00 pm 8/\$74.64

### Pilates with Props

This intermediate class uses a variety of equipment to target your core stabilizers, activate your deep abdominal muscles, reinforce your balance, and stability, and enhance your neuromuscular function.

**TCC - Fitness Studio**

Fri Apr 10–Jun 19 8:30–9:30 am 11/\$102.63

## Pre & Post Natal

### Mom and Baby Fitness

Rediscover your strength and vitality in a supportive environment designed for moms and babies. This program is dedicated to safely rebuilding core stability and improving pelvic floor function after childbirth by blending gentle aerobic exercise, targeted muscular work, Pilates-inspired exercises, and gentle yet effective flexibility exercises. Throughout the sessions, you are encouraged to listen to your body and progress at your own pace. The course aims to help support your physical and emotional well-being through exercise in a like-minded new mom community. Moms should be 6 weeks post vaginal delivery and 12 weeks post-caesarean. Babies (pre-crawling and crawling) are welcome.

**TCC - Middle Court**

Tue Apr 7–Jun 16 10:30–11:30 am 10/\$93.30

### 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 Apr 13–Jun 15 11:30–12:30 pm 8/\$74.64

## Yoga

### 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 Apr 7–Jun 30 9:00–10:00 am 13/\$121.29

**TCC - Meeting Room C**

Mon Apr 13–Jun 15 5:15–6:15 pm 5/\$44.98

**Valleyview Community Hall**

Mon Apr 13–Jun 15 9:00–10:00 am 10/\$93.30

### Gentle Chair Yoga

This class offers a relaxing stretch, whether on a chair, off a chair, or a combination of both. You will gently move each joint, focus on great posture, and practise some basic balancing stretches while incorporating breathing techniques as you stretch.

**TCC - Fitness Studio**

Tue Apr 7–Jun 16 10:15–11:15 am 11/\$102.63

## 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 Apr 12–Jun 14 4:30–5:30 pm 10/\$93.30

## 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 Apr 10–Jun 19 11:00–12:00 pm 11/\$102.63

## 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 Apr 7–Jun 16 7:30–8:30 pm 11/\$102.63

## 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 Apr 9–Jun 11 8:00–9:00 am 7/\$65.31

## Mental Wellness Workshops

### Decode Your Hormones: A Practical Guide for Women

For busy women, hormone symptoms can show up as fatigue, irritability, cravings, weight fluctuations, poor sleep, or feeling "off" and not knowing why. Join Amanda for a workshop that connects the dots. Learn how hormones influence your day-to-day life, how stress and blood sugar silently sabotage balance, and which simple practices help you feel more grounded, energized, and in control.

### Hal Rogers

Tue Jun 9 6:30–8:30 pm 1/\$20

### Forest Bathing Workshop

Forest bathing (also called forest therapy) is a practice inspired by Shinrin-yoku, a Japanese form of healing that originated in the 1980s. It is a way of immersing oneself in nature in a slow manner and using the senses to connect with oneself and the natural world. A typical forest bathing walk can cover hundreds of metres over two hours. It is not a hike or a naturalist walk. The destination in forest bathing is simply slowing down and connecting with the present moment.

### Juniper Park

Sat Jun 20 10:00–12:00 pm 1/\$40

### Stake Lake Trails

Sun May 3 10:00–12:00 pm 1/\$40



## Music in the Park

Riverside Park will be home to another great season of Music in the Park July 1–August 31, 2026. This signature summer classic has been a part of Kamloops' cultural and entertainment scene since 1994. The summer concert series presented by BCLC brings a variety of blues, rock, classics, country, tribute bands, and more that will appeal to the whole family.

[Kamloops.ca/MusicInThePark](https://Kamloops.ca/MusicInThePark)

## Fuel Better, Perform Better: Nutrition for Athletes of Every Level

Whether you're a teen athlete, a weekend runner, or training for your next big race, what you eat can make or break your performance. Join nutritionist Amanda McKeen to learn how to fuel smarter, recover faster, and support strong, resilient muscles and energy systems. This workshop breaks down the science of athletic nutrition into simple, practical strategies you can use right away—so you can train harder, feel better, and stay injury-resistant all season long.

**TCC - Meeting Room C**

Thu Apr 9 6:30–8:30 pm 1/\$25

## Making Sense of Supplements

Confused about which supplements you actually need and which are just hype? Learn how to save money, choose safe and effective options, discover whole foods that naturally provide commonly supplemented nutrients, and understand how supplements are meant to support (not replace) a balanced diet.

**TCC - Meeting Room C**

Mon May 4 6:30–8:30 pm 1/\$25

## 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 Apr 14–Jun 4 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/Fri Apr 1–Aug 28 1:00–2:00 pm/12:15–1:15 pm 12/\$115

## OUTDOOR ACTIVITIES

### Dragon Boating

#### Come Give It A Try! Session

Join the Kamloops Interior Dragons for a FREE session. Dragon boating is about fun, fitness, and festivals. No experience is necessary, and all equipment is provided. Come paddle with us, and try a new sport this spring. Registration is required.

**Pioneer Park**

|     |        |               |        |
|-----|--------|---------------|--------|
| Sat | May 2  | 8:00–9:30 am  | 1/Free |
| Sat | May 2  | 9:30–11:00 am | 1/Free |
| Tue | Apr 28 | 4:30–6:00 pm  | 1/Free |
| Tue | Apr 28 | 6:00–7:30 pm  | 1/Free |

## SPECIAL INTEREST

### Cooking

#### Lumpiang Shanghai

Ever been to a Filipino party and had those delicious spring rolls and wanted to learn how to make them? Well now you can! The Red Seal Chef from Kuzina Messer Culinaire will teach you the ins and outs of this traditional Filipino comfort food. Participants will need to bring some supplies to the class.

**NorKam Secondary**

Wed Jun 10 6:00–8:30 pm 1/\$56

#### Okonomiyaki

Ready to try something different? Okonomiyaki comes from Osaka, Japan, and is a delicious, savory pancake made with flour, eggs, cabbage, and protein and topped with various condiments. Join the Red Seal Chef from Kuzina Messer Culinaire as they teach you a new way to enjoy cabbage. The price includes most ingredients and some supplies. Participants will need to bring some supplies to the class.

**NorKam Secondary**

Wed Apr 1 6:00–8:30 pm 1/\$53

#### Parent and Kiddo(s) Cooking Night

You and your kiddo(s) will join the Red Seal Chef from Kuzina Messer Culinaire to learn how to make a hearty and rich hamburger soup with scratch-made potatoes bravas, also known as Spanish potatoes. Participants will need to bring some supplies to the class.

**NorKam Secondary**

Wed Apr 29 6:00–8:30 pm 1/\$56

## Quebecois Style Split Pea & Ham Soup with Bannock

Learn how to make traditional split pea soup and serve it with some fresh delicious fried bannock. This class will warm up the soul and fulfill some cravings. This dish is taught by the Red Seal Chef from Kuzina Messer Culinaire. The price includes most ingredients and some supplies. Participants will need to bring some supplies to the class.

### NorKam Secondary

Wed Apr 15 6:00–8:30 pm 1/\$53

## Tourtiere (French Canadian Meat Pie)

A Canadian meat pie?! Learn how to create this classic Canadian dish and learn tips and tricks on how to make amazing pie dough. This class will be taught by the Red Seal Chef from Kuzina Messer Culinaire? Participants will need to bring some supplies to the class.

### NorKam Secondary

Wed May 6 6:00–8:30 pm 1/\$53

## 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.

### Association Francophone de Kamloops

Tue Apr 7–May 26 7:00–9:00 pm 8/\$150

## SPORT

### Disc Golf

#### Disc Golf: Learn to Play for Women and Junior Girls

Come and learn disc golf skills in a fun and inclusive space for women and junior girls. Discs will be provided for use during the sessions, but if you have some, bring them. This series will help improve your skills and build your comfort on the course. This course is gender inclusive, and you can participate as best fits with your gender identity. This program is in partnership with the Kamloops Disc Golf Club.

### Rose Hill Park

Sun Jun 14–Jun 28 5:30–7:00 pm 3/\$30

### Westsyde Centennial Park Disc Golf Course

Mon Apr 13–Apr 27 5:30–7:00 pm 3/\$30

#### Disc Golf: Try It! For Women and Junior Girls

Come and learn disc golf skills in a fun and inclusive space for women and junior girls. Discs will be provided for use during the session, but if you have some, bring them. Spend some time on basic skills and play a little. This course is gender inclusive, and you can participate as best fits with your gender identity. This program is in partnership with the Kamloops Disc Golf Club.

### McArthur Island Disc Golf Park

Sat Mar 28 9:30–11:30 am 1/Free

### Westsyde Centennial Park Disc Golf Course

Thu Jun 4 5:30–7:30 pm 1/Free

## 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.

### McDonald Park

Mon/Wed Apr 20–Apr 22 12:30–2:00 pm 2/\$80

Mon/Wed May 11–May 13 12:30–2:00 pm 2/\$80

Mon/Wed May 25–May 27 6:30–8:00 pm 2/\$80

Mon/Wed Jun 15–Jun 17 12:30–2:00 pm 2/\$80

Mon/Wed Jun 22–Jun 24 6:30–8:00 pm 2/\$80

Mon/Wed Jul 13–Jul 15 12:30–2:00 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 water sport, 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 Apr 25 9:00–10:15 am 1/\$25

Sat Apr 25 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

|     |              |              |         |
|-----|--------------|--------------|---------|
| Tue | Apr 7–Apr 28 | 7:00–8:30 pm | 4/\$110 |
| Tue | Jun 2–Jun 23 | 7:00–8:30 pm | 4/\$110 |
| Wed | Jul 8–Jul 29 | 7:00–8:30 pm | 4/\$110 |
| Wed | Aug 5–Aug 26 | 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 | May 5–May 26 | 7:00–8:30 pm | 4/\$90 |
| Tue | Jul 7–Jul 28 | 7:00–8:30 pm | 4/\$90 |
| Tue | Aug 4–Aug 25 | 7:00–8:30 pm | 4/\$90 |

## Multi-Sport

### Basics of Bicycle Maintenance for Adults

In this session, participants will learn about the ABCs (air, brakes, and chain) of bicycle maintenance. You will learn how to identify any problems or concerns, but this course will not teach you how to repair your bike. We will cover how to do a bolt check on your bike without damaging it, and show you how to clean and lubricate your bicycle without damaging sensitive parts. Adult participation required. This program is in partnership with the Kamloops Biking Coalition.

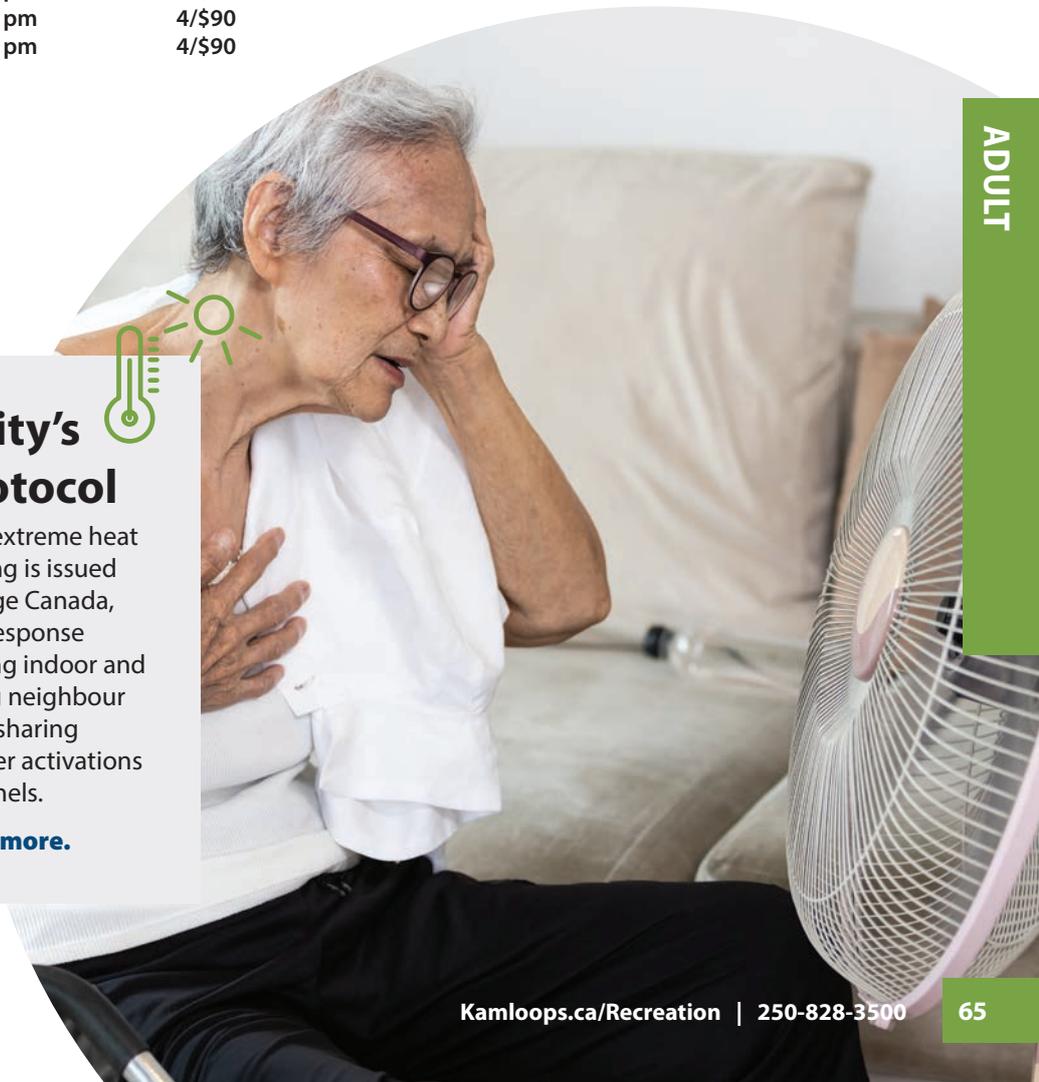
#### Heritage House

|     |        |              |        |
|-----|--------|--------------|--------|
| Sat | Apr 18 | 2:00–3:30 pm | 1/\$25 |
|-----|--------|--------------|--------|

## Learn About the City's Heat Response Protocol

Kamloops is known to experience extreme heat in the summer. When a heat warning is issued by Environment and Climate Change Canada, the City will activate its heat alert response protocol. This may include activating indoor and outdoor cooling spaces, promoting neighbour health checks, and amplifying and sharing messaging prior to, during, and after activations through City communication channels.

Visit [Kamloops.ca/Heat](https://www.kamloops.ca/Heat) to learn more.





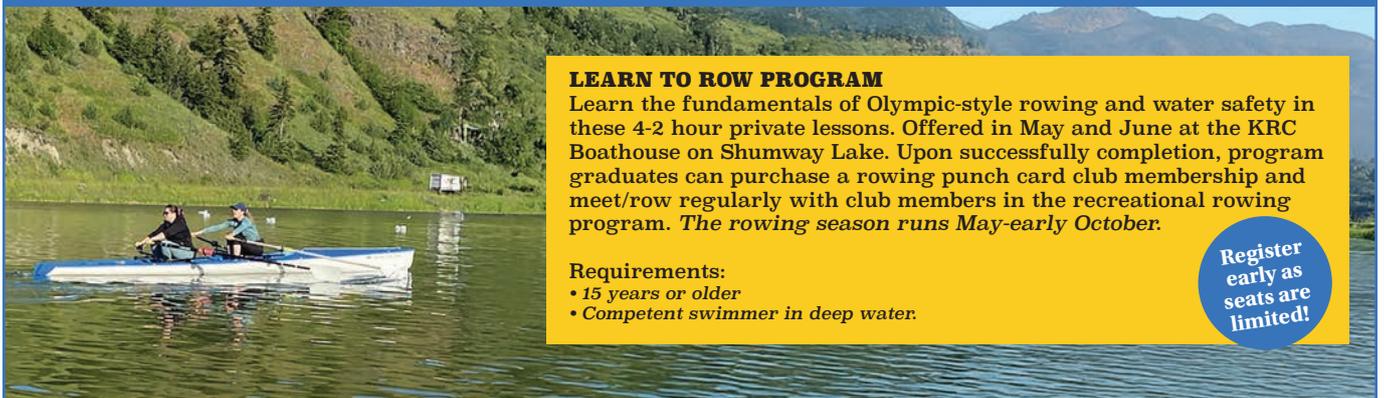
**Art Knapp**  
HOME & GARDEN

# 2026 Seminars

|  |  |
|--|--|
| <p>Jan.24<sup>th</sup> General Seed Starting<br/>         Jan.31<sup>st</sup> Micro Greens<br/>         Feb.7<sup>th</sup> General Seed Starting<br/>         Feb.14<sup>th</sup> Growing Cannabis</p> | <p>Feb.21<sup>st</sup> Tropicals &amp; Air Plants<br/>         Feb.28<sup>th</sup> General Pruning<br/>         Mar. 1<sup>st</sup> General Pruning (Sunday)<br/>         Mar. 7<sup>th</sup> Fruit Tree Pruning</p> |
|--|--|

**Saturdays 10:00am**

**KAMLOOPS ROWING** BRITISH COLUMBIA **SUMMER PROGRAMS**  
 Find your summer smile outdoors, on the water!



**LEARN TO ROW PROGRAM**  
 Learn the fundamentals of Olympic-style rowing and water safety in these 4-2 hour private lessons. Offered in May and June at the KRC Boathouse on Shumway Lake. Upon successfully completion, program graduates can purchase a rowing punch card club membership and meet/row regularly with club members in the recreational rowing program. *The rowing season runs May-early October.*

Requirements:  
 • 15 years or older  
 • Competent swimmer in deep water.

Register early as seats are limited!

To register or need more information?  
 Contact us: [kamloopsrowing@gmail.com](mailto:kamloopsrowing@gmail.com) [www.kamloopsrowing.com](http://www.kamloopsrowing.com)



**KAMLOOPS**  
RIVERSIDE  
 LAWN BOWLING CLUB

## Try It Days

### May 2 & 3

- Roll bowls and learn the rules
- Choose from 4 time slots on Saturday and Sunday
- Open to adults of all ages
- FREE to try it!

REGISTER online at [KRLBC.CA](http://KRLBC.CA)



# TRY TENNIS

## 4 WEEK ADULT BEGINNER PROGRAM

- Small group learning
- Experienced coaches guiding every step
- Build skills you can use for life
- Fun, supportive environment for all ages (14+)



REGISTER TODAY: City of Kamloops activity guide - PTA - progressive tennis for adults  
[www.Kamloopstennis.com](http://www.Kamloopstennis.com)



### KAMLOOPS TENNIS CENTRE

SPECIAL THANKS TO OUR SPONSORS



# HEY KIDS! (AGE 50+)



## Join Adults for fun, fitness and festivals on the South Thompson River!

### NO EXPERIENCE REQUIRED

## Kamloops Interior Dragons

50+ Dragon Boat Club Practices:  
Tuesday & Thursday 5:15 p.m. • Saturday 8:00 a.m.  
Pioneer Park, 7th & Lorne Steet, by boat launch

For more information:  
[www.kamloopsinteriordragons.ca](http://www.kamloopsinteriordragons.ca) or find us on Facebook



PADDLES UP!



Kamloops Ridge Runners

Looking to improve your pace, find a consistent training routine, or connect with others who share your passion for running?

Join the KRR and receive the benefits of:  
Weekly road and trail runs  
Club coaching • Race discounts  
Post-run socials • Destination runs



[kamridgerunners.org](http://kamridgerunners.org)



**DID YOU KNOW?**



Did you know that Kamloops has a Floor Curling Club? Floor curling has been played indoors at Heritage House for the last 20 years. The "rocks" are lightweight, made of wood, and easy to throw. Come try this fun, social, and inclusive activity on Tuesday and Friday mornings—no experience necessary! To connect with the Floor Curling Club, call 250-376-9739.

## 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 Apr 1–Jun 17 10:00–10:50 am 12/\$162

#### West Highlands Community Centre

Tue Mar 31–Jun 16 3:00–4:00 pm 12/\$162

### Drawing and Painting

#### Collage Club

Collage Club is for people who love to express themselves through paper crafting and gluing things down. Students are encouraged to explore their creative process and create works unique to them. This is an inclusive all-ages, all-welcome class—no experience is necessary. All supplies are provided, but you are more than welcome to bring your own sketchbook, magazines, or art supplies to use during class time.

#### Heritage House

Fri Apr 3–Jun 12 10:30 am–12:30 pm 10/\$150

#### 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 Apr 3–Jun 12 1:30–3:30 pm 10/\$150

## 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 Apr 7–Jun 18 11:00–12:00 pm 19/\$142.50  
Thu Apr 9–Jun 18 12:05–12:45 pm 9/\$67.50

#### 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 Apr 7–Jun 16 9:45–10:45 am 10/\$75  
Thu Apr 9–Jun 18 9:45–10:45 am 9/\$67.50

## 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

|            |                     |                     |                   |
|------------|---------------------|---------------------|-------------------|
| <b>Tue</b> | <b>Apr 7–Jun 16</b> | <b>1:00–2:00 pm</b> | <b>11/\$89.65</b> |
|------------|---------------------|---------------------|-------------------|

## 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

|            |                      |                     |                   |
|------------|----------------------|---------------------|-------------------|
| <b>Wed</b> | <b>Apr 8–Jun 17</b>  | <b>2:30–3:30 pm</b> | <b>11/\$89.65</b> |
| <b>Mon</b> | <b>Apr 13–Jun 15</b> | <b>2:30–3:30 pm</b> | <b>10/\$81.50</b> |

## Wellness Workshops

### Nature and Forest Therapy

Designed for seniors and those with mobility challenges, this program offers the opportunity to practise forest therapy indoors. It includes many of the elements and all of the benefits of outdoor forest bathing, with the added comfort of being inside. Weather permitting, your guide may invite you to step outside briefly, though most of the practice will be indoors. Allow yourself to slow down and be guided into a gentle, yet restorative journey that will leave you feeling rested and rejuvenated.

### Heritage House

|            |              |                     |               |
|------------|--------------|---------------------|---------------|
| <b>Thu</b> | <b>May 7</b> | <b>4:00–5:30 pm</b> | <b>1/\$40</b> |
|------------|--------------|---------------------|---------------|

## 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

|            |                     |                     |                   |
|------------|---------------------|---------------------|-------------------|
| <b>Wed</b> | <b>Apr 8–Jun 17</b> | <b>1:00–2:00 pm</b> | <b>11/\$89.65</b> |
|------------|---------------------|---------------------|-------------------|

### Valleyview Community Hall

|            |                     |                      |                   |
|------------|---------------------|----------------------|-------------------|
| <b>Wed</b> | <b>Apr 8–Jun 17</b> | <b>9:00–10:00 am</b> | <b>11/\$89.65</b> |
|------------|---------------------|----------------------|-------------------|

### West Highlands Community Centre

|            |                      |                     |                   |
|------------|----------------------|---------------------|-------------------|
| <b>Fri</b> | <b>Apr 10–Jun 19</b> | <b>2:00–3:00 pm</b> | <b>10/\$81.50</b> |
|------------|----------------------|---------------------|-------------------|

### 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

|            |                     |                       |                   |
|------------|---------------------|-----------------------|-------------------|
| <b>Wed</b> | <b>Apr 8–Jun 17</b> | <b>10:30–11:30 am</b> | <b>11/\$89.65</b> |
|------------|---------------------|-----------------------|-------------------|

## 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

|            |                     |                     |                   |
|------------|---------------------|---------------------|-------------------|
| <b>Thu</b> | <b>Apr 9–Jun 18</b> | <b>4:30–5:30 pm</b> | <b>10/\$81.50</b> |
|------------|---------------------|---------------------|-------------------|

## 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.

#### Dallas Barnhartvale Nature Park

|            |               |                      |                 |
|------------|---------------|----------------------|-----------------|
| <b>Thu</b> | <b>Apr 16</b> | <b>9:00–11:00 am</b> | <b>1/\$5.50</b> |
| <b>Thu</b> | <b>Jun 4</b>  | <b>9:00–11:00 am</b> | <b>1/\$5.50</b> |

#### Kenna Cartwright Park

|            |               |                      |                 |
|------------|---------------|----------------------|-----------------|
| <b>Thu</b> | <b>Apr 2</b>  | <b>9:00–11:00 am</b> | <b>1/\$5.50</b> |
| <b>Thu</b> | <b>Jun 25</b> | <b>9:00–11:00 am</b> | <b>1/\$5.50</b> |

#### Peterson Creek Park

|            |               |                      |                 |
|------------|---------------|----------------------|-----------------|
| <b>Thu</b> | <b>Apr 23</b> | <b>9:00–11:00 am</b> | <b>1/\$5.50</b> |
|------------|---------------|----------------------|-----------------|

#### Skyline Park

|            |               |                      |                 |
|------------|---------------|----------------------|-----------------|
| <b>Thu</b> | <b>Jun 11</b> | <b>9:00–11:00 am</b> | <b>1/\$5.50</b> |
| <b>Thu</b> | <b>Jun 18</b> | <b>9:00–11:00 am</b> | <b>1/\$5.50</b> |

#### Valleyview Nature Park Arena

|            |              |                      |                 |
|------------|--------------|----------------------|-----------------|
| <b>Thu</b> | <b>Apr 9</b> | <b>9:00–11:00 am</b> | <b>1/\$5.50</b> |
|------------|--------------|----------------------|-----------------|

## 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

|            |                     |                     |               |
|------------|---------------------|---------------------|---------------|
| <b>Tue</b> | <b>Apr 7–May 26</b> | <b>7:45–8:45 pm</b> | <b>8/\$64</b> |
| <b>Tue</b> | <b>Jun 2–Jul 28</b> | <b>7:45–8:45 pm</b> | <b>8/\$64</b> |

## 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](http://KeepOnMoving.ca/Physicians)**



Interior Health



Canada's Tournament Capital

# Protect what matters most.

**WILLS & ESTATES**  
PLANNING AND ADMINISTRATION



Jacob M. Brown



Ben van der Gracht

Let us help you get started –  
contact Jacob or Ben.

250-374-3344  
info@morellichertkow.com  
morellichertkow.com

**Morelli  
Chertkow** LLP  
L A W Y E R S

**newgold**™ New Afton Mine

## EVER WONDER WHAT HAPPENS AT THE MINE?

We're part of this community,  
and we're happy to answer  
your questions.



Scan the QR code to submit a question



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](mailto:cboomer@pacificsport.com)

### Krista Buder

Sport Participation Coordinator

📞 250-828-3346

✉️ [kbuder@pacificsport.com](mailto:kbuder@pacificsport.com)

### Kordell Primus

Sport Performance Coordinator

📞 250-828-3583

✉️ [kprimus@pacificsport.com](mailto:kprimus@pacificsport.com)

### Group/Team Rates

Group/team rates are available for most programs.

Contact us for more details.

### Follow Us!

📘 @PacificSportInteriorBC

📷 @PacificSportINT



PACIFICSPO

For more information or to register for any of these programs, contact PacificSport at **250-828-3583** or visit **[PacificSportInteriorBC.com](http://PacificSportInteriorBC.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: March 19 and May 21

Visit [PacificSportInteriorBC.com/Events](https://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](https://PacificSportInteriorBC.com/Events). If you are looking for a specific course to be ran please reach out to Kordell Primus at [kprimus@pacificsport.com](mailto:kprimus@pacificsport.com).



*National  
Coaching  
Certification  
Program*



# Fueling Youth Performance for Indigenous Athletes

**Ages 12–18**

**October–December**

**Kamloops | T̓kemplúps te Secwépemc**



Contact Pacific Sport for more information and to register.

**E:** [kprimus@pacificsport.com](mailto:kprimus@pacificsport.com)

**P:** 250-828-3583



## SPORT EDUCATION & GENERAL INTEREST WORKSHOPS

Open to athletes, coaches, parents, and weekend warriors. Visit [PacificSportInteriorBC.com/Event-Calendar](http://PacificSportInteriorBC.com/Event-Calendar) for upcoming workshops. Workshops are FREE for PacificSport-registered athletes and coaches. Register at [Kamloops.ca/PerfectMind](http://Kamloops.ca/PerfectMind) or [PacificSportInteriorBC.com/Events](http://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](mailto: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

The Sun Peaks Alpine Club offers fun, structured alpine ski programs for children and youth from Kamloops and the surrounding communities. Programs are open to athletes aged 5–16, welcoming skiers of all abilities—from those new to organized skiing to athletes interested in competitive alpine racing.

Entry-level and recreational programs, including the Nancy Greene Ski League (ages 5–11), focus on developing fundamental skills, confidence, and enjoyment on snow through age-appropriate activities led by certified coaches. These programs typically run on Sundays from January through March.

Athletes who wish to progress can move into development and competitive programs (generally ages 10–16), which include weekend training and additional weekday sessions, depending on age and level. Programming generally runs from November through April. Competition is encouraged but not required.

Registration opens in summer for new and returning members.

**For information or to register:**  
[SunPeaksRacers.com](http://SunPeaksRacers.com)  
[info@sunpeaksracers.ca](mailto:info@sunpeaksracers.ca)

**Follow us**  
Facebook: [PacificSportInteriorBC](https://www.facebook.com/PacificSportInteriorBC)  
Instagram: [@PacificSportINT](https://www.instagram.com/PacificSportINT)



## PRO D DAY CAMP \$59

8:30 am–4:00 pm | Ages 7–12

April 27 | Tournament Capital Centre  
May 15 | Hal Rogers

## SUMMER CAMPS \$225

### Multi-Sport Camps | Ages 7–12

July 6–10 | 8:30 am–4:00 pm  
July 27–31 | 8:30 am–4:00 pm  
Tournament Capital Centre

### Tennis Camps | Ages 7–12

In Partnership with Kamloops Tennis Centre  
July 13–17 | 8:30 am–4:00 pm  
August 4–7 \$195 | 8:30 am–4:00 pm  
Kamloops Tennis Centre

### Girls+ Camp | Ages 7–12

This camp is gender inclusive. You can participate as best fits your gender identity.

August 17–21 | 8:30 am–4:00 pm  
Tournament Capital Centre

### PlaySkills | Ages 6–9

August 24–28 | 8:30 am–4:00 pm  
Hal Rogers

### Active Tots Camps | Ages 4–6

July 13–17 \$95 | 8:30 am–11:30 am  
August 4–7 \$75 | 8:30 am–11:30 am  
Tournament Capital Centre

10% Discount to second Child at same residence.  
Early drop-off & late pickup available for a fee.  
Camp t-shirt provided.

To register, call 250-828-3500  
or visit [Kamloops.ca/Register](http://Kamloops.ca/Register)  
For more info, call 250-828-3346

[PacificSportInteriorBC.com](http://PacificSportInteriorBC.com)

## Harper Mountain Ski Club \$450 Nancy Greene Ski League Ages 4-11

As part of the Nancy Greene Ski League, kids are taught alpine ski racing by certified coaches and ski instructors using the Strive program through BC Alpine. 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). The cost is \$450, and with the sibling saver discount, the second child's fee is \$375

### For information:

Glenn Smith, Program Coordinator - harperskiclub@gmail.com

[HarperSkiClub.com](http://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](mailto:headcoach@kamloopssynchro.com) for more details about our summer camps.

### For information or to register contact:

Tina Naveri, Head Coach - [headcoach@kamloopssynchro.com](mailto:headcoach@kamloopssynchro.com)

[KamloopsSynchro.com](http://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 Peregrym 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](mailto:Judy54armstrong@gmail.com) or 250-851-2512

Caitlin Reed, Club Communications Manager  
[communications@kamtrack.ca](mailto:communications@kamtrack.ca)

### To register and to sign up for our newsletter: [KamTrack.ca](http://KamTrack.ca)

[@kamtfc](https://www.instagram.com/kamtfc) [@ktfc3](https://twitter.com/ktfc3) [@kamloopstrackandfieldclub](https://www.facebook.com/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](mailto: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](mailto:cjacobson@tru.ca)

## CANOE/KAYAK

### Kamloops Canoe and Kayak Club

Are you looking for a fun, safe, and active program for your child or family? The Kamloops Canoe and Kayak Club offers engaging, coached paddling programs that help children and youth build confidence, fitness, and lifelong skills, while having fun on the water. We welcome beginners and experienced athletes alike, with programs designed to grow with your child through every stage of development.

#### Programs for Kids, Youths, and Families

- Family and Adult Paddling (May–August): Enjoy kayaking, canoeing, and stand-up paddleboarding together as a family.
- Kids Canoe Summer Camps (ages 8–12) (July–August): One-week camps that combine water safety, teamwork, and paddling fundamentals.
- School and Group Programs (May–August): Single-day paddling experiences for schools, youth groups, and organizations, featuring dragon boat and Voyageur canoe activities.

#### Youth Development and Competitive Pathways

- Youth Racing Camp (ages 12–15) (July–August): A high-energy summer camp for youths interested in sprint canoe and kayak racing. Athletes develop technique, fitness, discipline, and teamwork under the guidance of certified coaches. Three-, five-, and seven-week options are available.
- Learn to Train and Train to Train Programs: Ideal for youths ready to take the next step beyond recreation. Programs focus on skill development, physical literacy, and race preparation. Year-round training opportunities are available, including fall and winter dryland and swim programs, helping athletes stay active and confident all year long.
- High-Performance Training: Advanced year-round training for competitive athletes aged 14+. Focus on strength, endurance, and athletic development. Includes structured dryland training and swim endurance sessions.

#### Why Parents Choose the Kamloops Canoe and Kayak Club

- Certified, experienced coaches
- Safe and inclusive training environment
- Clear long-term athlete development pathway
- Programs that build confidence, discipline, and teamwork
- Year-round opportunities for continued growth

#### For information:

Head Coach - [info@kamloopscanoekayakclub.ca](mailto:info@kamloopscanoekayakclub.ca)

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

 Kamloops Canoe & Kayak Club

[KamloopsCanoeAndKayakClub.ca](http://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](mailto:chelseaoverlanderski@gmail.com) | 250-372-5514

[OverlanderSkiClub.com](http://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](mailto:info@kgtc.ca) | [KGTC.ca](http://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](http://KamloopsSkatingClub.com)

[KamloopsSkateClub@gmail.com](mailto:KamloopsSkateClub@gmail.com)

[Registrar.KamloopsSC@gmail.com](mailto: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](http://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](http://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](http://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.



# SUMMER IGNITE ATHLETE DEVELOPMENT

## FASTER, STRONGER & MORE ATHLETIC



2 SESSIONS/WEEK  
MON & WED  
9:30-11:00 AM

**REGISTER NOW!**

[PACIFICSPORTINTERIORBC.COM/IGNITE](https://PACIFICSPORTINTERIORBC.COM/IGNITE)  
FOR MORE INFORMATION CALL 250-828-3583  
OR EMAIL [KPRIMUS@PACIFICSPORT.COM](mailto:KPRIMUS@PACIFICSPORT.COM)



# IGNITE ATHLETE DEVELOPMENT

SPRINT / STRENGTH / GYMNASTICS

## FASTER, STRONGER & MORE ATHLETIC



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

**REGISTER NOW!**

[PACIFICSPORTINTERIORBC.COM/IGNITE](https://PACIFICSPORTINTERIORBC.COM/IGNITE)  
FOR MORE INFORMATION CALL 250-828-3583  
OR EMAIL [KPRIMUS@PACIFICSPORT.COM](mailto:KPRIMUS@PACIFICSPORT.COM)

# BUILDING STRONG COMMUNITIES



Canada's Tournament Capital



## 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](http://cupe900.ca)



# KAMLOOPS KIDZ

## EARLY LEARNING CENTER

**2026 REGISTRATION  
NOW OPEN FOR  
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

### 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.

### 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

### 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](mailto: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](http://www.kamloopskidz.com)