

Summer Schedule: June 27 – July 31, 2026

Released June 9, 2026

Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lap Swim (BOLD indicates limited space)	6:00am-8:00am (50m 6-8 am) 8:30a -1:00p 1:00p -4:00p 7:30pm-9:00pm	6:00am-8:00am (50m 6-8 am) 8:30a -1:00p 1:00p -3:30p 7:30pm-9:00pm	6:00am-8:00am (50m 6-8 am) 8:30a -1:00p 1:00p -4:00p 7:30pm-9:00pm	6:00am-8:00am (50m 6-8 am) 8:30a -1:00p 1:00p -3:30p 7:30pm-9:00pm	6:00am-8:00am (50m 6-8 am) 8:30a -1:00p 1:00p -3:30p 7:30pm-9:00pm	6:00am-8:00am (50m 6-8 am) 8:30a -1:00p 1:00p -3:30p 7:30pm-9:00pm	9:00am-8:00pm	7:00am-8:00pm
Leisure Pool	6:00am-4:00pm 6:00pm-9:00pm	6:00am-3:30pm 6:30pm-9:00pm	6:00am-4:00pm 6:00pm-9:00pm	6:00am-3:30pm 6:30pm-9:00pm	6:00am-3:30pm 6:30pm-9:00pm	7:30am-8:00pm	7:00am-8:00pm	
Hot Tub	6:00am-4:00pm 6:00pm-9:00pm	6:00am-3:30pm 6:30pm-9:00pm	6:00am-4:00pm 6:00pm-9:00pm	6:00am-3:30pm 6:30pm-9:00pm	6:00am-3:30pm 6:30pm-9:00pm	7:30am-8:00pm	7:00am-8:00pm	
Sauna & Steam Room	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	7:00am-8:00pm	7:00am-8:00pm	
Water Slide	6:30pm-9:00pm	6:30pm-9:00pm	6:30pm-9:00pm	6:30pm-9:00pm	6:30pm-9:00pm	10:00am-8:00pm	10:00am-8:00pm	
Public Swim (Deep End, Diving Boards and Waterslide)	1:00pm-4:00pm 7:30pm-9:00pm	1:00pm-3:30pm 6:30pm-9:00pm	1:00pm-4:00p 7:30pm-9:00pm	1:00pm-3:30pm 6:30pm-9:00pm	1:00pm-3:30pm 6:30pm-9:00pm	10:00am-2:00pm	10:00am-2:00pm	

Special Rates- Monday to Friday:

Early Bird swim (6:00 am –7:00 am) and Liquid Lunch (11:30 am–12:30 pm)

Schedule is subject to change. Please visit Kamloops.ca/Swim for updates.
See page 2 for details on bulkhead moves, closures, and upcoming events.



Canada's Tournament Capital

Bulkhead Moves

Lap swim lanes will be temporarily unavailable during bulkhead moves on the following days and times:

- Monday, Wednesday & Friday from 8:00–8:30 am

Upcoming Events:

- **July 1:** Canada day- Pool Closed
- **July 16-19:** Swim BC summer Provincials