

Canada Games Aquatic Centre



Canada's Tournament Capital

Summer Schedule: June 27 – July 31, 2026

Revised July 14, 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 –11:00a 11:00a–1:30p 1:30p –4:00p 6:30pm–9:00pm	6:00am–8:30am 8:30a –11:00a 11:00a–1:30p 1:30p –3:30p 6:30pm–9:00pm	6:00am–8:00am (50m 6–8 am) 8:30a –11:00a 11:00a–1:30p 1:30p –4:00p 6:30pm–9:00pm	6:00am–8:30am 8:30a –11:00a 11:00a–1:30p 1:30p –3:30p 6:30pm–9:00pm	6:00am–8:00am (50m 6–8 am) 8:30a –11:00a 11:00a–1:30p 1:30p –3:30p 6:30pm–9:00pm	9:00am–8:00pm	7:00am–8:00pm
Leisure Pool	6:00am–4:00pm 6:00pm–9:00pm	6:00am–3:30pm 6:00pm–9:00pm	6:00am–4:00pm 6:00pm–9:00pm	6:00am–3:30pm 6:00pm–9:00pm	6:00am–3:30pm 6:00pm–9:00pm	7:30am–8:00pm	7:00am–8:00pm
Hot Tub	6:00am–4:00pm 6:00pm–9:00pm	6:00am–4:00pm 6:00pm–9:00pm	6:00am–4:00pm 6:00pm–9:00pm	6:00am–4:00pm 6:00pm–9:00pm	6:00am–4:00pm 6:00pm–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 6:30pm–9:00pm	1:00pm–3:30pm 6:30pm–9:00pm	1:00pm–4:00p 6:30pm–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
Gentle Aquafit (Drop in)				7:00a–8:00a (See back for details)			
Deep Water Aquafit (Drop in)		7:00a–8:00a (See back for details)					

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.

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
- Tuesday, Thursday, Friday from 3:30–4:30 pm

Upcoming Events:

- **July 1:** Canada day- Pool Closed
- **July 15-19:** Swim BC summer Provincials

Gentle Aquafit:

This shallow water exercise class is for those looking for a light, low impact, and joint-friendly workout. Improve core strength, endurance, a range of motion, flexibility, and balance. An ideal activity for relieving stiffness and arthritis pain using warm water exercise. All levels are welcome.

Deep Water Aquafit:

This is a no-impact, moderate to high intensity, deep-water fitness class that's easy on the joints and big on results. With the support of a flotation belt, you'll power through zero-impact cardio, balance, and core strengthening moves in the deep end.