

2026 Fall Schedule: October 13 – December 18

Schedule is subject to change. Please phone 250-828-3616 before arriving to confirm the daily operations.

Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	6:30a-7:50a *4:00p-6:30p*	6:30a-9:00a *11:00a-12:00p*	6:30a-7:50a *4:00p-6:30p*	6:30a-9:00a *11:00a-12:00p*	6:30a-7:50a *4:00p-6:30p*	*10:00a-1:00p*	*10:00a-1:00p*
Lap & Leisure Swim	9:00a-12:00p 3:00p-4:00p	9:00a-11:00a 3:00a-4:00p *4:00p-8:00p*	9:00a-12:00p 3:00p-4:00p	9:00a-11:00a 3:00a-4:00p *4:00p-8:00p*	9:00a-12:00p 3:00p-4:00p		
Public Swim	6:30p-9:00p		6:30p-9:00p		6:30p-9:00p	1:00p-4:00p	1:00p-4:00p
Shallow Aquafit Preregistration Required	8:00a-9:00a		8:00a-9:00a		8:00a-9:00a		
Parent & Tot Aquafit Registered Course		11:00a-12:00p		11:00a-12:00p			
Shallow Aquafit Drop-in		7:00p-8:00p Shallow		7:00p-8:00p Shallow			
Lessons	4:00p-6:30p		4:00p-6:30p		4:00p-6:30p	10:00a-1:00p	10:00a-1:00p
Zen Swim		8:00p-9:00p		8:00p-9:00p			
Hot Tub and Hot Rooms	6:30a-8:00a 9:00a-12:00p 3:00p-9:00p	6:30a-12:00p 3:00p-9:00p	6:30a-8:00a 9:00a-12:00p 3:00p-9:00p	6:30a-12:00p 3:00p-9:00p	6:30a-8:00a 9:00a-12:00p 3:00p-9:00p	9:45a-4:00p	9:45a-4:00p
Fitness Centre	6:00a-12:00p 3:00p-9:00p	6:00a-12:00p 3:00p-9:00p	6:00a-12:00p 3:00p-9:00p	6:00a-12:00p 3:00p-9:00p	6:00a-12:00p 3:00p-9:00p	9:30a-4:00p	9:30a-4:00p

Schedule is subject to change. Please visit Kamloops.ca/Swim for updates.

See page 2 for details on closures, and upcoming events.

Released: Augusts 23, 2026

***Limited to one lap lane:**

During limited lap swim times, no stationary swimming will be permitted.

Leisure swims:

Leisure swim times do not include toys, climbing wall or diving board.

Shallow Aquafit:

Preregistration for morning aquafit classes opens at 10am each Friday

Zen Swim:

Zen Swims are a Laps & Leisure time with lowered lighting, and relaxing music.
Ideal for winding down your evening.

WACKY WEDNESDAYS:

Themed public swim with fun and games takes place the last Wednesday of each month.

SLOPE SLIDE:

6:30pm-8:00pm Second Friday of each month.
Deep end, diving board, & climbing wall will be closed while Slope Slide is in.

Climbing wall

Our Climbing wall is currently out of order. We will have further updates to its status in October

Pro D Day Public Swims (12:00p – 3:00p): October 23, November 30

Statutory Holiday Closures: November 11

Facility Closed: November 22 For Staff Training