

Canada Games Aquatic Centre



Canada's Tournament Capital

Summer Schedule: August 17 – August 20, 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 1:00pm–9:00pm	6:00am–8:30am 8:30a -1:00p 1:00pm–9:00pm	6:00am–8:00am (50m 6-8 am) 8:30a -1:00p 1:00pm–9:00pm	6:00am–8:30am 8:30a -1:00p 1:00pm–9:00pm			
Leisure Pool	6:00am–9:00pm	6:00am–9:00pm	6:00am–9:00pm	6:00am–9:00pm			
Hot Tub	6:00am–9:00pm	6:00am–9:00pm	6:00am–9:00pm	6:00am–9:00pm			
Sauna & Steam Room	6:00am–9:00pm	6:00am–9:00pm	6:00am–9:00pm	6:00am–9:00pm			
Water Slide	3:00pm–9:00pm	3:00pm–9:00pm	3:00pm–9:00pm	3:00pm–9:00pm			
Public Swim (Deep End, Diving Boards and Waterslide)	4:00pm–9:00pm	4:00pm–9:00pm	4:00pm–9:00pm	4:00pm–9:00pm			

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](https://kamloops.ca/Swim) for updates.

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

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:

- **August 21-Sep 7:** Annual Pool Shutdown