

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* *7:00p-8:00p*	6:30a-7:50a *4:00p-6:30p*	6:30a-9:00a *11:00a-12:00p* *7:00p-8:00p*	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 3:00p-7:00p	9:00a-12:00p 3:00p-4:00p	9:00a-11:00a 3:00p-7:00p	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](https://kamloops.ca/Swim) for updates.

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

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***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.

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