

## 2026 Winter Schedule: January 3<sup>rd</sup> - March 15<sup>th</sup>

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
<b>Lap Swim</b>	6:30a – 8:00a *4:00p – 6:30p*	6:30a – 9:00a 11:00a – 12:00p *7:00p – 8:00p*	6:30a – 8:00a *4:00p – 6:30p*	6:30a – 9:00a 11:00a – 12:00p *7:00p – 8:00p*	6:30a – 8:00a *4:00p – 6:30p*	*10:00a-1:00p*	*10:00a-1:00p*
<b>Lap &amp; Leisure Swim</b>	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		
<b>Public Swim</b>	6:30p – 9:00p		6:30p – 9:00p		6:30p – 9:00p	1:00p – 4:00p	1:00p – 4:00p
<b>Aquafit</b>	8:00a – 9:00a Shallow (Pre-registration required)	11:00a – 12:00p (registered class) Parent & Baby 7:00p – 8:00p Shallow	8:00a – 9:00a Shallow (Pre-registration required)	11:00a – 12:00p (registered class) Parent & Baby 7:00p – 8:00p Shallow	8:00a – 9:00a Shallow (Pre-registration required)		
<b>Lessons</b>	4:00p – 6:30p		4:00p – 6:30p		4:00p – 6:30p	10:00a – 1:00p	10:00a – 1:00p
<b>Zen Swim</b>		8:00p – 9:00p		8:00p – 9:00p			
<b>Hot Tub and Hot Rooms</b>	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
<b>Fitness Centre</b>	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

- \*Limited to one lap lane during these times (no stationary swimming).
- Leisure swims do not include toys, climbing wall or diving board.
- Zen Swim is 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 – 6:30-8:00p Second Friday of each month (deep end, diving boards & rock wall closed while Slope Slide is in).
- Facility Closed:** Family Day
- Pro D Day:** February 6<sup>th</sup> Public swim 12:00-4:00p
- Free Family swim-** Jan 24<sup>th</sup> 1:00-4:00p

Posted: January 6, 2026.

[Kamloops.ca/Swim](http://Kamloops.ca/Swim)