

# Canada Games Aquatic Centre



Canada's Tournament Capital

## Spring Schedule: March 28 – May 31, 2026

Revised April 2, 2026

Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b>	6:00am–8:00am <b>(50m 6-8 am)</b> 8:30am–3:30pm <b>Limited lap lanes</b> <b>3:30-5:00 pm</b> 7:30pm–9:00pm	6:00am–3:00pm 7:30pm–9:00pm	6:00am–8:00am <b>(50m 6-8 am)</b> 8:30am–3:30pm <b>Limited lap lanes</b> <b>3:30-5:00 pm</b> 7:30pm–9:00pm	6:00am–3:00pm 7:30pm–9:00pm	6:00am–8:00am <b>(50m 6-8 am)</b> 8:30am–3:00 pm 7:00pm–9:00pm	9:00am–8:00pm <b>No new admission</b> <b>10:00am–12:00pm</b> <b>3:45pm–6:00pm</b>	7:00am–8:00pm <b>No new admission</b> <b>10:00am–12:00pm</b> <b>3:45pm–6:00pm</b>
<b>Leisure Pool</b>	6:00am–4:00pm 6:00pm–9:00pm	6:00am–3:30pm 7:00pm–9:00pm	6:00am–4:00pm 6:00pm–9:00pm	6:00am–3:30pm 7:00pm–9:00pm	6:00am–3:30pm 7:00pm–9:00pm	7:00am–8:00pm <b>No new admission</b> <b>10:00am–12:00pm</b> <b>3:45pm–6:00pm</b>	7:00am–8:00pm <b>No new admission</b> <b>10:00am–12:00pm</b> <b>3:45pm–6:00pm</b>
<b>Hot Tub</b>	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 6:30pm–9:00pm	7:00am–8:00pm <b>No new admission</b> <b>3:45pm–6:00pm</b>	7:00am–8:00pm <b>No new admission</b> <b>3:45pm–6:00pm</b>
<b>Sauna &amp; Steam Room</b>	6:00am–9:00pm	6:00am–9:00pm	6:00am–9:00pm	6:00am–9:00pm	6:00am–9:00pm	7:00am–8:00pm <b>No new admission</b> <b>3:45pm–6:00pm</b>	7:00am–8:00pm <b>No new admission</b> <b>3:45pm–6:00pm</b>
<b>Water Slide</b>	6:30pm–9:00pm	7:30pm–9:00pm	6:30pm–9:00pm	7:30pm–9:00pm	7:00pm–9:00pm	1:00pm–3:50pm 6:00pm–8:00pm	1:00pm–3:50pm 6:00pm–8:00pm
<b>Public Swim</b> (Deep End, Diving Boards and Waterslide)	7:30pm–9:00pm	7:30pm–9:00pm	7:30pm–9:00pm	7:30pm–9:00pm	7:00pm–9:00pm	<b>1:00pm–3:50pm</b> <b>WIBIT Swim</b> 6:00pm–8:00pm	1:00pm–3:50pm 6:00pm–8:00pm
<b>**NEW**</b> <b>Gentle Aquafit</b> Drop in		7:00am–8:00am		7:00am–8:00am	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 in shallow water. All levels welcome.		

### 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](http://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
- Saturday from 8:30–9:00 am

## Limited Admission for the Leisure Pool

Leisure pool capacity is limited to 40 guests during these times. Admission is first-come, first-served:

- Limited admission on Pro D days from 8:30 am – 12:00 pm.

## \*No New Admission times\*

During these times no new admissions to the pool will be accepted. Due to swimming lessons and capacity limits. Those in the pool before the start time will be permitted to stay in the pool.

- Saturday & Sunday from:
  - 9:30 am–12:30 pm
  - 3:45 pm–6:00 pm

## Upcoming Events:

- **April 3:** Good Friday statutory holiday- CLOSED
- **April 6:** Easter Monday statutory holiday- CLOSED
- **April 11,12:** KGTC BC diving Prospect Camp
- **April 15:** SD73 swim meet- *No change to public schedule. Expect increase noise levels from 8:00am-1:00pm*
- **April 25:** Pratts swim meet
- **April 27:** SD73 Pro D Day
- **May 8-10:** Jean Peters provincial Championships
- **May 15:** SD73 Pro D Day
- **May 30:** LCM time trials