



Fall 2026 Swim Lesson Schedule

Westsyde Pool and Fitness Centre

Schedules can be found at [Kamloops.ca/Swim](https://kamloops.ca/Swim) or picked up at the Tournament Capital Centre or Westsyde Pool and Fitness Centre. Registration will be available at [Kamloops.ca/Register](https://kamloops.ca/Register) on Tuesday, August 11, 2026, at 6:30 am. All lessons are 30 minutes unless otherwise indicated.

Date	Friday October 16–December 11	Saturday October 17–December 12	Sunday October 18–December 13 (no classes Nov. 22)
Parent & Tot – Ages 4–36 Months			
Jellyfish			
Goldfish		10:00 am	
Seahorse			10:00 am
Preschool – Ages 3–5 Years			
Octopus	5:00 pm	10:30 am, 12:00 pm	10:00 am
Crab	4:30 pm	10:00 am	12:00 pm
Orca	5:30 pm	11:30 am	11:30 am
Sea Lion	4:00 pm	12:00 pm	
Narwhal			10:30 am
Private			
Swimmer – Ages 6–14 Years			
Swimmer 1	4:00 pm	11:00 am	11:00 am
Swimmer 2	5:00 pm		10:30 am
Swimmer 3	4:30 pm	10:30 am	11:30 am
Swimmer 4		11:30 am	12:00 pm
Swimmer 5	5:30 pm (45 mins)		11:00 am (45 mins)
Swimmer 6		11:00 am (45 mins)	
Rookie/Swimmer 7		12:00 pm (60 mins)	
Ranger/Swimmer 8		12:00 pm (60 mins)	12:00 pm (60 mins)
Star/Swimmer 9			12:00 pm (60 mins)
Private			
Other Programs			
Teen/Adult Lessons		Teen Intermediate (13-16y) – 12:30 pm Young Adult Intermediate (19-25y) – 12:30 pm	Adult Intermediate (26+) 12:30 pm

*Schedules subject to change based on registration.