



Fall 2026 Swim Lesson Schedule

Canada Games Pool

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 September 18–December 4	Friday October 16–December 11 (no classes Nov. 20)
Parent & Tot – Ages 4–36 Months		
Jellyfish		
Goldfish		
Seahorse		10:30 am
Preschool – Ages 3–5 Years		
Octopus	4:00 pm, 4:30 pm, 5:30 pm	10:00 am, 11:00 am
Crab	4:30 pm, 5:30 pm	11:30 am
Orca	4:00 pm	
Sea Lion	4:30 pm, 5:00 pm	
Narwhal		
Private		
Swimmer – Ages 6–14 Years		
Swimmer 1 (6-8y)		
Swimmer 1 (9-14y)		
Swimmer 2 (6-8y)		
Swimmer 2 (9-14y)		
Swimmer 3 (6-8y)	6:00 pm	
Swimmer 3 (9-14y)		
Swimmer 4 (6-8y)	5:30 pm	
Swimmer 4 (9-14y)		
Swimmer 5	6:00 pm (60 mins)	
Swimmer 6	5:00 pm (60 mins)	
Rookie/Swimmer 7		
Ranger/Swimmer 8	5:00 pm (60 mins)	
Star/Swimmer 9	4:00 pm (60 mins)	
Private		
Other Programs		
Teen/Adult Lessons	Adult Beginner (26+) – 5:00 pm Teen Beginner (13-16y) – 6:00 pm	

*Schedules subject to change based on registration.

