



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	Mon/Wed September 9–October 7 (no classes Sept. 30)	Mon/Wed October 14–November 9	Mon/Wed November 16–December 16
Parent & Tot – Ages 4–36 Months			
Jellyfish		11:00 am	
Goldfish	11:00 am		
Seahorse	6:00 pm		11:00 am
Preschool – Ages 3–5 Years			
Octopus	11:30 am, 12:00 pm, 5:30 pm, 6:30 pm	11:30 am, 5:00 pm, 5:30 pm, 6:00 pm, 6:30 pm	12:00 pm, 5:00 pm
Crab	5:00 pm	6:00 pm	5:00 pm, 6:00 pm
Orca		5:00 pm	11:30 am
Sea Lion	10:30 am	6:00 pm	5:30 pm
Narwhal	6:00 pm	12:00 pm	10:30 am, 5:30 pm
Private			
Swimmer – Ages 6–14 Years			
Swimmer 1 (6-8y)	7:00 pm	10:30 am	5:00 pm
Swimmer 1 (9-14y)			7:00 pm
Swimmer 2 (6-8y)		5:30 PM	6:00 pm
Swimmer 2 (9-12y)			5:30 pm
Swimmer 3 (6-8y)	6:00 pm		
Swimmer 3 (9-14y)		7:00 pm	
Swimmer 4 (6-8y)	6:30 pm		
Swimmer 4 (9-12y)			6:30 pm
Swimmer 4 (9-14y)	5:00 pm		
Swimmer 5	7:00 pm	6:30 pm (45 mins)	6:30 pm (45 mins)
Swimmer 6	6:30 pm (45 mins)		6:00 pm (60 mins)
Rookie/Swimmer 7	5:00 pm (60 mins)		
Ranger/Swimmer 8			
Star/Swimmer 9		5:00 pm (60 mins)	
Private			
Other Programs			

*Schedules subject to change based on registration.



Fall 2026 Swim Lesson Schedule

Canada Games Pool

Schedules can be found at **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** on Tuesday, August 11, 2026, at 6:30 am. All lessons are 30 minutes unless otherwise indicated.

Teen/Adult Lessons		Teen Beginner (13-16y) 7:00 pm	Adult Beginner (26+) 7:00 pm
--------------------	--	-----------------------------------	---------------------------------

*Schedules subject to change based on registration.