



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	Sunday Morning September 20–December 6 (no classes Nov. 22)	Sunday Evening September 20–December 6 (no classes Nov. 22)
Parent & Tot – Ages 4–36 Months		
Jellyfish		
Goldfish	8:00 am	
Seahorse	9:00 am	4:00 pm
Preschool – Ages 3–5 Years		
Octopus	8:00 am, 8:30 am, 9:00 am, 9:30 am, 10:00 am, 10:30 am, 11:30 am	4:00 pm, 4:30 pm, 5:30 pm
Crab	8:30 am	5:00 pm
Orca	9:30 am, 10:30 am	4:00 pm
Sea Lion	9:30 am, 11:00 am	5:00 pm
Narwhal	9:00 am	4:30 pm
Private		
Swimmer – Ages 6–14 Years		
Swimmer 1 (6-8y)	8:30 am	4:30 pm, 5:30 pm
Swimmer 1 (9-12y)	9:30 am	
Swimmer 2 (6-8y)	10:00 am	4:30 pm
Swimmer 2 (9-14y)		5:00 pm
Swimmer 3 (6-8y)	9:00 am	4:00 pm
Swimmer 3 (9-14y)		
Swimmer 4 (6-8y)	10:00 am	4:30 pm
Swimmer 4 (9-12y)	11:30 am	
Swimmer 5	10:30 am (60 mins)	5:00 pm (60 mins)
Swimmer 6	12:00 pm (60 mins)	5:00 pm (60 mins)
Rookie/Swimmer 7		
Ranger/Swimmer 8	11:00 am (60 mins)	
Star/Swimmer 9		
Private		
Other Programs		
Teen/Adult Lessons	Adult Beginner (26+) – 11:00 am	

*Schedules subject to change based on registration.



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	Teen Beginner (13-16y) – 12:00 pm	
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