



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	Tue/Thur September 8–October 8	Tue/Thur October 13–November 12	Tue/Thur November 17–December 17 (no classes Dec. 10)
Parent & Tot – Ages 4–36 Months			
Jellyfish	4:00 pm	4:30 pm	
Goldfish	9:30 am		
Seahorse			9:30 am, 3:30 pm
Preschool – Ages 3–5 Years			
Octopus	9:00 am, 4:00 pm, 4:30 pm, 5:00 pm	9:00 am, 4:00 pm, 5:00 pm	3:30 pm, 4:00 pm, 4:30 pm
Crab	4:30 pm		3:30 pm
Orca	5:00 pm	9:30 am, 5:00 pm	4:30 pm
Sea Lion	4:00 pm, 6:00 pm	6:00 pm	9:00 am
Narwhal		4:00 pm	10:30 am, 4:00 pm
Private			
Swimmer – Ages 6–14 Years			
Swimmer 1 (6-8y)		4:30 pm	4:00 pm
Swimmer 1 (6-14y)		10:30 am	10:00 am
Swimmer 1 (9-14y)			
Swimmer 2 (6-8y)			
Swimmer 2 (6-12y)	10:00 am	10:00 am	
Swimmer 2 (9-14y)			
Swimmer 3 (6-8y)	6:30 pm		
Swimmer 3 (6-12y)	10:30 am		
Swimmer 3 (9-12y)		4:30 pm	4:30 pm
Swimmer 4 (6-8y)	5:00 pm	6:30 pm	
Swimmer 4 (9-12y)		5:00 pm	
Swimmer 5		5:30 pm (45 mins)	
Swimmer 6	5:30 pm (60 mins)		5:00 pm (60 mins)
Rookie/Swimmer 7			
Ranger/Swimmer 8			
Star/Swimmer 9			

*Schedules subject to change based on registration.



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Private			
Other Programs			
Teen/Adult Lessons	Young Adult (19-25y) 7:00 pm	Adult Beginner (26+) 7:00 pm	Teen (13-16y) – 6:00 pm Adult Beginner (26+) – 6:30 pm Adult Intermediate (26+) – 7:00 pm

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