

2024 Winter Aquatic Fitness Schedule: January 8 – March 15

Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15-9:00 am Registered Program		Aqua Express Circuit Cathy Registered program		Aqua Express Circuit Cathy Registered program			
9:00-10:00 am Drop-in	Deep Water Aquafit Vicki	Deep Water Aquafit Sharon		Deep Water Aquafit Sharon			
11:00-12:00pm Registered Program		Deep Water Running Irene Registered program		Deep Water Running Irene Registered program			
12:00-1:00 pm Drop-in		12:15 pm-1:00 pm Beginner to Deep Water Running Irene 13 person Maximum First come basis		12:00 pm-12:45 pm Deep Water Aquafit Vivian			
1:00-2:00 pm Drop-in		Shallow Water Aqua Lite Sharon		Shallow Water Aqua Yoga Vivian			
7:30-8:30 pm Drop-in	Deep Water Running Irene 13 person Maximum First come basis		Deep Water Running Irene 13 person Maximum First come basis				
Please note: If you are registered for a program, you will need to pay admission for use of the pool before or after your class							

Schedule is subject to change, please view [Kamloops.ca/Swim](https://kamloops.ca/Swim) for updates.