

2024 Fall Aquatic Fitness Schedule: September 9-December 12

Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00 am Registered Program		Deep Water Running Irene Registered program		Deep Water Running Irene Registered program			
9:00-10:00 am Drop-in	Cancelled Deep Water Aquafit	Cancelled Deep Water Aquafit	Cancelled Deep Water Aquafit	Cancelled Deep Water Aquafit	Cancelled Deep Water Aquafit		
1:00-2:00 pm Drop-in		Cancelled Shallow Water Aqua Lite		Shallow Water Aqua Yoga Vivian			
7:30-8:30 pm Registered Program			Deep Water Running Irene Registered program				

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 for updates.