

2024 Winter Schedule: January 6 – March 15

Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Pre-registration required prior to 1:00 pm and from 4:00-6:00 pm	Sunday Pre-registration required prior to 1:00 pm and from 4:00-6:00 pm
Lap Swim	6:00am–8:00am (50m 6-8 am) 8:30am–3:30pm Limited lap lanes 3:30-5:00 pm 7:30pm–9:30pm	6:00am–3:30pm 7:30pm–9:30pm	6:00am–8:00am (50m 6-8 am) 8:30am–3:30pm Limited lap lanes 3:30-5:00 pm 7:30pm–9:30pm	6:00am–3:30pm 7:30pm–9:30pm	6:00am–8:00am (50m 6-8 am) 8:30am–3:00 pm 7:00pm–9:30pm	10:00am–8:00pm	7:00am–8:00pm
Leisure Pool	6:00am–5:00pm 7:30pm–9:30pm	6:00am–3:00pm 7:30pm–9:30pm	8:00am –4:00pm 7:30pm–9:30pm	6:00am–3:00pm 7:30pm–9:30pm	8:00am –4:00pm 7:00pm–9:30pm	9:00am–8:00pm	7:00am–8:00pm
Hot Tub	6:00am–5:00pm 7:30pm–9:30pm	6:00am–3:30pm 7:30pm–9:30pm	8:00am –4:00pm 7:30pm–9:30pm	6:00am–3:30pm 7:30pm–9:30pm	8:00am –4:00pm 7:00pm–9:30pm	9:00am–8:00pm	7:00am–8:00pm
Sauna & Steam Room	6:00am–8:00am 8:30am–9:30pm	6:00am–9:30pm	6:00am–8:00am 8:30am–9:30pm	6:00am–9:30pm	6:00am–8:00am 8:30am–3:00pm 3:30pm–6:30pm 7:00pm–9:30pm	7:00am–8:30am 9:00am–8:00pm	7:00am–8:00pm
Deep End & Diving Boards (Public Swim)	7:30pm–9:30pm	7:30pm–9:30pm	7:30pm–9:30pm	7:30pm–9:30pm	7:00pm–9:30pm	<u>No pre-registration required:</u> 1:00pm–4:00pm 6:00pm–8:00pm	<u>No pre-registration required:</u> 1:00pm–4:00pm 6:00pm–8:00pm
<p align="center">Special Rates available Monday to Friday: Early Bird swim from 6:00–7:00 am and Liquid Lunch is from 11:30 am–12:30 pm</p>							

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

Please note:

Lap Swim, Sauna and Steam room will be closed Monday, Wednesday, and Friday from 8:00–8:30 am, Friday from 3:00–3:30 pm and 6:30–7:00 pm and Saturday from 8:30–9:00 am during the bulkhead move.

Weekend Swim Pre-Registration:

Due to upcoming events and swim lesson programming, lap and leisure swims on weekends are limited.

Swims taking place before 1:00 pm on Saturday and Sundays as well as between 4:00 pm–6:00 pm require pre-registration.

Swim registration will be open at 10:30 am, one week prior.

[Click here to register now.](#)

Please note that public swimming from 1:00 pm–4:00 pm and 6:00 pm–8:00 pm are drop in and do not require pre-registration

Pool Closures & Upcoming Events:

Statutory Holidays Facility Closed Jan 1, Feb 19

January 21 Runner's Sole 4x Mixed Relay

February 17–18 Fiesta Dive Meet

February 23–25 Pacific Peaks Synchronized Swimming

March 9 Interior Artistic Meet

Pro D swims February 2 Pre-registration required