

Summer Schedule: June 1- June 26, 2026

Released: May 21, 2026

Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	6:00am-8:00am (50m 6-8 am) 8:30am-3:30pm Limited lap lanes 4:30-5:00 pm 7:30pm-9:00pm	6:00am-3:00pm 7:30pm-9:00pm	6:00am-8:00am (50m 6-8 am) 8:30am-3:30pm Limited lap lanes 4:30-5:00 pm 7:30pm-9:00pm	6:00am-3:00pm 7:30pm-9:00pm	6:00am-8:00am (50m 6-8 am) 8:30am-3:00 pm 7:00pm-9:00pm	9:00am-8:00pm	7:00am-8:00pm
Leisure Pool	6:00am-4:00pm 6:15pm-9:00pm	6:00am-3:30pm 7:30pm-9:00pm	6:00am-4:00pm 6:15pm-9:00pm	6:00am-3:30pm 7:30pm-9:00pm	6:00am- 9:00pm	9:00am-8:00pm	7:00am-8:00pm
Hot Tub	6:00am-4:00pm 6:25pm-9:00pm	6:00am-3:30pm 7:30pm-9:00pm	6:00am-4:00pm 6:00pm-9:00pm	6:00am-3:30pm 7:30pm-9:00pm	6:00am- 9:00pm	9:00am-8:00pm	7:00am-8:00pm
Sauna & Steam Room	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	9:00am-8:00pm	7:00am-8:00pm
Water Slide	7:30pm-9:00pm	7:30pm-9:00pm	7:30pm-9:00pm	7:30pm-9:00pm	7:00pm-9:00pm	1:00pm-4:00pm 6:00pm-8:00pm	1:00pm-4:00pm 6:00pm-8:00pm
Public Swim (Deep End, Diving Boards and Waterslide)	7:30pm-9:00pm	7:30pm-9:00pm	7:30pm-9:00pm	7:30pm-9:00pm	7:00pm-9:00pm	1:00pm-4:00pm 6:00pm-8:00pm	1:00-4:00pm 6:00pm-8:00pm

Special Rates- Monday to Friday:

Early Bird swim (6:00 am -7:00 am) and Liquid Lunch (11:30 am-12:30 pm)

Schedule is subject to change. Please visit Kamloops.ca/Swim for updates.
See page 2 for details on bulkhead moves, closures, and upcoming events.

Bulkhead Moves

Lap swim lanes will be temporarily unavailable during bulkhead moves on the following days and times:

- Monday, Wednesday & Friday from 8:00–8:30 am

Upcoming Events:

- June 4-7: June classic meet
- June 26: SD73 Pro D Day