



Fall 2026 Swim Lesson Schedule

Westsyde Pool and Fitness Centre

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	Mon/Wed October 14–November 9	Mon/Wed November 16–December 16
Parent & Tot – Ages 4–36 Months		
Jellyfish		
Goldfish		
Seahorse	5:30 pm	
Preschool – Ages 3–5 Years		
Octopus	4:30 pm	4:00 pm
Crab	4:00 pm	5:00 pm
Orca	5:00 pm	4:30 pm
Sea Lion		
Narwhal		5:30 pm
Private		
Swimmer – Ages 6–14 Years		
Swimmer 1	5:00 pm	5:00 pm
Swimmer 2	4:30 pm	5:30 pm
Swimmer 3	5:30 pm	4:00 pm
Swimmer 4	4:00 pm	4:30 pm
Swimmer 5		
Swimmer 6		
Rookie/Swimmer 7		
Ranger/Swimmer 8		
Star/Swimmer 9		
Private		
Other Programs		
Teen/Adult Lessons	Adult Beginner (26+) 6:00 pm	Teen Beginner (13-16y) 6:00 pm

*Schedules subject to change based on registration.