



Weekend Swim Lesson Schedule

Westsyde Pool & Fitness Centre

Schedules can be found at 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 on December 13 at 6:30 am.

Date	Fridays Jan 13 – Mar 17	Saturdays Jan 7 – Mar 11	Sundays Jan 8 – Mar 12
Parent and Tots: Ages 4–36 Months			
Jellyfish	5:00 pm		
Goldfish			11:30 am
Seahorse			
Preschool: Ages 3–5 Years			
Octopus	4:00 pm, 4:30 pm	9:30 am, 10:00 am, 11:00 am, 11:30 am	10:30 am, 11:00 am
Crab			
Orca		10:30 am	
Sea Lion	5:30 pm	10:00 am	10:30 am
Narwhal			
Private			
Swimmer Lessons: Ages 6–14 Years			
Swimmer 1	6:00 pm	10:30 am	
Swimmer 2		11:00 am	
Swimmer 3	4:00 pm		10:00 am
Swimmer 4			
Swimmer 5	5:00 pm		
Swimmer 6			9:30 am
Swimmer 7 / Rookie Patrol			
Private			
Adult Lessons and Other Programs			
Teen/Adult Lessons			
Private			

*Schedules subject to change based on registration.

This schedule was posted on December 1, 2022.