



Weekend Swim Lesson Schedule

Canada Games Aquatics 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 4	Sundays Jan 8 – Mar 5
Parent & Tot – Ages 4–36 Months			
Jellyfish	9:00 am	9:00 am	9:30 am
Goldfish	10:30 am	10:30 am	8:30 am
Seahorse	9:30 am	8:30 am	10:30 am
Preschool – Ages 3–5 Years			
Octopus	10:00 am, 5:00 pm	8:30 am, 11:30 am	8:30 am, 11:00 am
Crab	8:30 am, 5:00 pm	10:00 am	8:00 am
Orca	4:30 pm	8:00 am	9:30 am
Sea Lion	5:30 pm	9:30 am	8:00 am
Narwhal	5:30 pm	9:00 am	9:00 am
Private			
Swimmer – Ages 6–14 Years			
Swimmer 1	5:30 pm	9:30 am, 12:00 pm	9:00 am
Swimmer 2	6:00 pm	8:00 am	10:00 am
Swimmer 3	6:30 pm	11:00 am	11:30 am
Swimmer 4	7:00 pm	10:30 am	12:00 pm
Swimmer 5	6:00 pm	11:00 am	11:15 am
Swimmer 6	6:45 pm	11:45 am	10:30 am
Swimmer 7 / Rookie Patrol			
Private			
Teen & Adult Lessons			
Teen/Adult Lessons			
Private			

*Schedules subject to change based on registration.

This schedule was posted on December 2, 2022.