



# Summer Swim Lesson Schedule

## Brock Outdoor Pool

Schedules can be found at [Kamloops.ca/Swim](http://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](http://Kamloops.ca/Register) on Tuesday, March 10, 2026, at 6:30 am. All lessons are 30 minutes unless otherwise indicated.

Date	Tue/Thur June 30–July 30	Tue/Thur August 4–September 3
<b>Parent &amp; Tot – Ages 4–36 Months</b>		
<b>Jellyfish</b>		
<b>Goldfish</b>		
<b>Seahorse</b>	11:30 am	
<b>Preschool – Ages 3–5 Years</b>		
<b>Octopus</b>	11:00 am, 12:00 pm, 4:00 pm, 5:30 pm	10:30 am, 12:00 pm, 12:30 pm, 4:00 pm, 5:00 pm
<b>Crab</b>	10:30 am, 11:30 am, 12:30 pm, 4:30 pm, 5:00 pm	11:00 am, 11:30 pm, 4:30 pm, 5:30 pm
<b>Orca</b>	11:00 am, 12:30 pm, 5:00 pm	10:30 am, 11:30 pm, 4:00 pm
<b>Sea Lion</b>	12:00 pm, 5:30 pm	11:00 am, 12:00 pm, 4:30 pm
<b>Narwhal</b>	11:30 am, 5:00 pm	12:30 pm, 5:30 pm
<b>Private</b>		
<b>Swimmer – Ages 6–14 Years</b>		
<b>Swimmer 1</b>	11:00 am, 4:30 pm, 5:30 pm	11:00 am, 4:00 pm, 5:00 pm
<b>Swimmer 2</b>	12:00 pm, 4:00 pm	11:30 am, 12:00 pm, 4:30 pm
<b>Swimmer 3</b>	10:30 am, 5:00 pm	12:30 pm
<b>Swimmer 4</b>	8:30 am, 3:30 pm	10:00 am
<b>Swimmer 5</b>	9:00 am (45 mins.)	4:15 pm (45 mins.)
<b>Swimmer 6</b>	9:45 am, 5:30 pm (45 mins.)	3:30 pm (45 mins.)
<b>Rookie/Swimmer 7</b>		9:00 am (60 mins.)
<b>Ranger/Swimmer 8</b>	4:00 pm (60 mins.)	9:00 am, 5:00 pm (60 mins.)
<b>Star/Swimmer 9</b>	4:00 pm (60 mins.)	5:00 pm (60 mins.)
<b>Private</b>		
<b>Other Programs</b>		
<b>Teen/Adult Lessons</b>	12:30 pm	8:30 am

\*Schedules subject to change based on registration.