

Winter Schedule: January 3 – March 15, 2026

Revised January 7, 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 3:30-5:00 pm 7:30pm-9:00pm	6:00am-3:30pm 7:30pm-9:00pm	6:00am-8:00am (50m 6-8 am) 8:30am-3:30pm Limited lap lanes 3:30-5:00 pm 7:30pm-9:00pm	6:00am-3:30pm 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 No new admission 3:45pm-6:00pm	7:00am-8:00pm No new admission 3:45pm-6:00pm
Leisure Pool	6:00am-5:00 pm 7:30pm-9:00pm	6:00am-4:00pm 6:00pm-9:00pm	6:00am-5:00 pm 7:30pm-9:00pm	6:00am-4:00pm 6:00pm-9:00pm	6:00am-3:30pm 7:00pm-9:00pm	7:00am-8:00pm Limited admission 8:30am-12:30pm No new admission 3:45pm-6:00pm	7:00am-8:00pm Limited admission 8:30am-12:30pm No new admission 3:45pm-6:00pm
Hot Tub	6:00am-5:00pm 7:30pm-9:00pm	6:00am-4:00pm 6:00pm-9:00pm	6:00am-5:00pm 7:30pm-9:00pm	6:00am-4:00pm 6:00pm-9:00pm	6:00am-3:30pm 7:00pm-9:00pm	7:00am-8:00pm No new admission 3:45pm-6:00pm	7:00am-8:00pm No new admission 3:45pm-6:00pm
Sauna & Steam Room	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	7:00am-8:00pm No new admission 3:45pm-6:00pm	7:00am-8:00pm No new admission 3:45pm-6:00pm
Water Slide	7:30pm-9:00pm	6:30pm-9:00pm	7:30pm-9:00pm	6:30pm-9:00pm	11:00-12:00pm 7:00pm-9:00pm	1:00pm-3:50pm 6:00pm-8:00pm	1:00pm-3:50pm 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-3:50pm WIBIT Swim 6:00pm-8:00pm	1:00pm-3:50pm 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
- Saturday from 8:30–9:00 am

Limited Admission for the Leisure Pool

Leisure pool capacity is limited to 40 guests during these times. Admission is first-come, first-served:

- Limited admission on Pro D days from 8:30 am – 12:00 pm
- Saturday & Sunday from 8:30 am-12:30 pm

WIBIT swims

When public swims are designated as WIBIT swims on the schedule the diving boards and deep end will be closed.

No New Admission times

During these times no new admissions to the pool will be accepted. Due to swimming lessons and capacity limits. Those in the pool before the start time will be permitted to stay in the pool.

- Saturday & Sunday from 3:45 pm-6:00 pm

Upcoming Events:

- **January 25** Kamloops indoor Triathlon
- **February 6** Pre-D-Day Public swim Cancelled due to staff training
- **February 8** Staff training- Mid day public swim cancelled
- **February 16** Family Day 1:00-4:00pm
- **February 20-22** Fiesta five meet
- **March 7** Interior Artistic Fun meet