



Fall 2026 Activity Guide



Canada's Tournament Capital

Registration Opens: August 11, 2026

Online - 6:30 am | In Person/Phone - 10:00 am

Kamloops.ca/Register

LOVE YOUR CITY!

City Council makes the decisions that shape the city around you—your home—including the services you rely on, the spaces you use, and how your community grows and evolves.

INFORM YOUR VOTE

Voting is a simple but powerful way to advocate for yourself, your family, and your community. When more people vote, the outcome of an election is a representation of the entire community's values. When fewer people vote, the outcome only reflects the will of those who took the time to vote.



Take the quiz and be entered into a monthly draw.

Love Your City—learn about local government and inform your vote for the **2026 General Local Election** on **Saturday, October 17, 2026!**



LetsTalk.Kamloops.ca/LoveYourCity



Canada's Tournament Capital



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Be a Bear Smart Champion



Take the Pledge to Help Keep Kamloops Safe for Bears and People.

Kamloops is proud to be a Bear Smart Community. By taking the Bear Smart Champion pledge, you're committing to help reduce human-bear conflict and keep both people and bears safe.

Take the pledge until November 30.

Show your commitment to maintaining a safe, bear-friendly community.

Participants will receive a Bear Smart Champion sticker and be entered in a draw to win a Yeti cooler.

To learn more, visit Kamloops.ca/BearSmart.



Registration



Registration Opens: Tuesday, August 11

Online - 6:30 am | In Person/Phone - 10:00 am



Go Online

Kamloops.ca/Register



Call Us

250-828-3500



Scan

Here

In-Person Registration Hours

Tournament Capital Centre (TCC) 910 McGill Road	Monday–Friday: 6:00 am–8:00 pm Saturday and Sunday: 8:00 am–7:00 pm
Westsyde Pool & Fitness Centre 859 Bebek Road	Monday–Friday: 7:00 am–11:00 am, 3:30 pm–8:00 pm Saturday and Sunday: 10:30 am–3:30 pm
Kamloops Museum and Archives 207 Seymour Street	Tuesday–Saturday: 10:00 am–4:00 pm

Online Recreation Account

Your online recreation account grants you access to the City's online registration system for activities and programs offered at our recreational facilities and in the Activity Guide.

The system features include:

- a user-friendly online system to register for programs on any device at any time of day
- a family account feature to keep track of your whole family's activities and schedules in one place
- personalized accounts to track your activity history and more
- robust search functions to search for an activity by keyword, age, day, time, or location
- ability to view a class's availability and immediately book online

Set up your online recreation account before registering for a program or for your first or next visit to the Tournament Capital Centre or the Westsyde Pool and Fitness Centre. For safety and security purposes, all users must have a current account for facility access and online registration.

Set up your account in three simple steps:

- 1 Visit **Kamloops.ca/Register**.
- 2 Click **"Create An Account"** and choose **"Signup"** at the top of the screen.
- 3 Add the requested account details and click **"Submit"**.



Connect With Us!

Receive City news directly to your inbox. Visit **Kamloops.ca/Subscribe** to sign up for one or all of the following newsletters:

- News Releases
- E-Newsletter
- Council Agendas and Highlights
- Statutory Public Notices
- Sustainable Kamloops



We do our best to ensure that program information such as pricing, location, and dates offered are accurate at the time of publication. All programs are subject to change without notice.

For up-to-date information and programming, visit Kamloops.ca/Register.

Refund & Withdrawal Policy

A \$10 administration fee is charged for all program withdrawals, excluding memberships. Once a program begins, a pro-rated refund will be applied. Check each program for specific refund policies. **Please note** that refunds will not be given for withdrawals from cooking classes within seven days of the class's start date.

Cancellations

Programs may be cancelled if not enough people are registered. Please register early to avoid disappointment.

Most programs will run regardless of the weather. We may have to occasionally cancel a program due to poor weather. If your program is cancelled, you will receive a refund.



How to Withdraw: Please call 250-828-3655

Online withdrawals not available.

How to Use This Guide

Find all the information you need for program registration.

program area →

course name →

course description →

location →

Registered Group Fitness

TRX Combo

In a small group, you will learn the basics on TRX suspension training and move in a way that will leave you feeling challenged, strong, and inspired.

TCC - Queenax

Mon

Apr 1–May 6

11:15 am–12:00 pm

5/\$46.43

← age restrictions

Ages: 13+

↑ day

↑ dates

↑ time

↑ cost

Legend

5/\$46.43 5 classes for \$46.43
1/\$20.00 1 class for \$20
cost + applicable taxes

Mon Monday only
Mon, Wed Monday and Wednesday
Mon–Fri Monday through Friday
Tues/Thur Tuesday or Thursday

How Waitlists Work

The City of Kamloops has an automated process for managing waitlists. If you are on the waitlist for a program and a spot comes available you will be notified by email with an option to either confirm or decline the spot. You will have 72 hours to respond. If there is no response after 72 hours you will lose the opportunity to register and the spot will be offered to the next person on the waitlist.

Don't miss a notification email! Make sure your recreation account is up to date with your current email address, and watch for notifications from City of Kamloops Recreation.



Follow us on Facebook!

@CityofKamloops
@CityofKamloopsPRC



Facility Information



Hours of Operation



Facilities will be closed on all statutory holidays unless otherwise noted. Visit these web pages for up-to-date facility hours.

TCC (Gyms & Fieldhouse)	Kamloops.ca/TCC
Canada Games Aquatic Centre	Kamloops.ca/Swim
Westsyde Pool and Fitness Centre	Kamloops.ca/Swim
City Arenas	Kamloops.ca/Arenas

Guest Code of Conduct

Our goal is to provide a friendly, safe, and fun environment for all guests.

- Please be respectful of others—their beliefs, opinions, belongings, and feelings.
- Please be respectful of directions given by staff or volunteers.
- Ensure conversation, behaviour, and language are appropriate for a public facility that caters to a diverse population (or community).
- Drugs, alcohol, and items that are deemed as weapons are prohibited on site.
- Recording with cameras and other devices, including smart phones, is strictly prohibited unless prior approval from the City is given.

View the full City Venue Policy and Tournament Capital Centre (TCC) Use Guidelines at [Kamloops.ca/Guidelines](https://kamloops.ca/Guidelines).

Gym Age Policy

- All youth aged 12–17 are required to complete a FREE weight room orientation.
- Upon completion of an orientation, youth aged 12–14 are required to use the gyms under direct supervision of a paying adult (19+ years). Youth aged 15+ may use the gym on their own.

Swim Age Policy

Children aged 6 or under must always be accompanied in the water and be within arm's reach of a caregiver aged 16 or older. Ratio of children aged 6 or under to caregiver must be no greater than 3:1.



Protect Your Valuables

Whenever possible, leave your valuables at home or use a wallet locker at the TCC. Lockers are 25¢. Please ensure you have correct change. Using a personal lock is not recommended.

Four bike lockers are available at the TCC for complimentary day use on a first-come, first-serve basis. A personal lock is required for this amenity.



Parking at the TCC

TCC visitors must register their licence plate number to receive two hours parking, Monday–Friday, 8:00 am–5:00 pm. Outside of these days and times, TCC visitors are not required to register their licence plate number.

TCC visitors displaying a valid disabled parking permit can park and do NOT need to register their licence plate number.

 Mary Putnam

5

Facility Rates

Tournament Capital Centre (All rates include tax)

Canada Games Aquatic Centre (Pool Pass includes Fieldhouse when available).

	Single Admission	Monthly Pass	Annual Pass	Individual Punch Pass [†] (10 Admissions)
Preschool (3–6)	\$2.40	\$21.70	\$217.20	\$19.75
Child (7–13)	\$4.80	\$43.45	\$434.40	\$39.45
Youth (14–18)	\$6.55	\$46.35	\$463.35	\$58.55
Adult (19–59)	\$9.25	\$48.60	\$485.95	\$82.30
Senior (60+)	\$6.55	\$46.35	\$463.35	\$58.55
Family*	\$4.80 per person (max. cost \$19.20)	\$97.20	\$971.80	\$59.25 (5-punch pass. One punch per family visit.)
Early Bird (Mon–Fri, 6:00–7:00 am)	\$4.25	Early Bird and Liquid Lunch passes do not include entry to the Fieldhouse		\$39.90
Liquid Lunch (Mon–Fri, 11:30 am–12:30 pm)	\$4.60			\$43.50

Wellness Centre & Athlete Performance Centre (Gym Pass includes Fieldhouse when available)

	Single Admission	Monthly Pass	Annual Pass
Child (7–13)	\$8.50	\$43.45	\$434.50
Youth (14–18)	\$8.90	\$46.35	\$463.30
Adult (19–59)	\$11.15	\$48.60	\$485.90
Senior (60+)	\$8.90	\$46.35	\$463.30
Family*	\$8.50 per person (max. cost \$34.00)	\$97.20	\$971.80

Full Access Pass (Gym and Pool, includes Fieldhouse when available)

	Single Admission	Monthly Membership	Annual Membership (Advance Payment)	Annual Membership (Average Monthly Payment)
Child (7–13)	\$8.95	\$43.45	\$441.55	\$36.80
Youth (14–18)	\$11.75	\$58.90	\$622.80	\$51.90
Adult (19–59)	\$15.10	\$74.80	\$747.95	\$62.35
Senior (60+)	\$11.75	\$58.90	\$622.80	\$51.90
Family*	\$8.95 per person (max cost \$35.70)	\$149.60	\$1,495.90	\$124.65

Fieldhouse Pass (Indoor Track, Courts, and EZ line)

	Single Admission	Monthly Pass
Preschool (3–6)	\$2.40	\$23.60
Child (7–13)	\$4.80	\$23.60
Youth (14–18)	\$6.55	\$24.20
Adult (19–59)	\$9.25	\$25.35
Senior (60+)	\$6.55	\$24.20
Family*	\$4.80 per person (max. cost \$19.20)	\$50.70

*A family is a maximum of two adults and all children under 18 years of age living in the same residence.

[†]ARCH subsidy is available for individual punch cards only.

Fees are subject to change without notice.



Monthly Membership Cancellation Policy

If requesting a cancellation of a single or multiple monthly membership, a \$15 cancellation fee will apply after the membership has been pro-rated. All punch passes are non-refundable.



Westsyde Pool and Fitness Centre (All rates include tax)

	Single Admission	Monthly Pass	Annual Pass (Advance Payment)	Annual Pass (Average Monthly Payment)	Individual Punch Pass [†] (10 Admissions)
Preschool (3–6)	\$2.25	\$16.60	\$165.95	\$13.85	\$17.10
Child (7–13)	\$4.25	\$33.20	\$331.85	\$27.65	\$34.20
Youth (14–18)	\$5.00	\$40.35	\$403.45	\$33.65	\$41.70
Adult (19–59)	\$7.00	\$42.30	\$423.10	\$35.25	\$59.45
Senior (60+)	\$5.00	\$40.35	\$403.45	\$33.65	\$41.70
Family*	\$4.25 per person (max. cost \$17.00)	\$84.60	\$846.25	\$70.50	\$51.30 (5 punch pass. One punch per family visit.)
Early Bird (6:00–7:00 am)	\$4.00	Early Bird passes include entry to the pool and gym			\$36.95

Public Skating/Stick and Puck (All rates include tax)

	Single Admission	Season Pass (September 14–December 31, 2026)
Preschool (3–6)	\$2.50	\$46.88
Child (7–13)	\$5.00	\$93.75
Youth (14–18)	\$5.75	\$107.81
Adult (19–59)	\$7.50	\$140.63
Senior (60+)	\$5.75	\$107.81
Family*	N/A [^]	\$281.25
Drop-in Hockey	\$8.75	\$164.06

Participants must register in advance at [Kamloops.ca/Register](https://kamloops.ca/register) for drop in hockey and stick, puck and ring programs.

*A family is a maximum of two adults and all children under 18 years of age living in the same residence.

[†]ARCH subsidy is available for individual punch cards only.

[^] Not available for online purchase.

Fees are subject to change without notice.

Connecting Communities



Find your
neighbourhood
association on
Facebook!



Neighbourhood Matching Fund

The Neighbourhood Matching Fund supports your neighbourhood-driven projects and celebrations. Plan an event or beautification project and apply for money to help make it a reality.

**For more information, visit our
neighbourhood directory at
[Kamloops.ca/Neighbours](https://kamloops.ca/Neighbours).**

Neighbourhoods

Neighbourhood associations help bring people together to organize projects, host community celebrations, and beautify neighbourhoods. Neighbourhood associations connect through social media, newsletters, and email.

By connecting, you can:

- learn about neighbourhood projects
- share ideas
- give feedback
- get involved

Phone: 250-828-3582

Email: neighbourhoods@kamloops.ca

Kamloops Food Policy Council

Join us at our bi-monthly network meetings and potlucks where we come together to share food, information, and stories! Potlucks are from 5:30-7:30 on the first Wednesday of every other month.

Learn more at KamloopsFoodPolicyCouncil.com.

Email: info@kamloopsfoodpolicycouncil.com

 **Kamloops Food Policy Council**

 **@KamloopsFoodPolicy**

Kamloops Farmers' Market

Saturdays

April 20–October 26
200 block of St. Paul Street
(in front of the Stuart Wood schoolyard)

Wednesdays

May 1–October 23
400 block of Victoria Street
(in front of the TNRD Library)

Learn more at KamloopsFarmersMarket.com.

Phone: 250-682-7975

 **Kamloops Regional Farmers Market**

FoodLoops Downtown

Working in partnership with Thompson Rivers University's Faculty of Communication and the Kamloops Food Policy Council, a food map of downtown Kamloops was developed to chart the locations of food-related projects, programs, and initiatives.

Learn more at FoodLoops.TruBox.ca.

Xeriscape landscaping means the strategic use of drought-tolerant plants for the purpose of water conservation.

The City's Zoning Bylaw requires that yards abutting a street or boulevard be landscaped with at least 50% plant material.

For more information, please visit Kamloops.ca/ResidentialLandscaping.

Community Kitchens and Gardens

In partnership with Interior Community Services, community gardens are fenced, shared land that is divided into garden plots for anyone who wishes to grow their own healthy produce. Applications are now being accepted for spring and summer.

You can also join a community kitchen to cook, learn about low-cost meal options, and preserve food. Call to check for availability.

Phone: 236-421-1011

 **Mount Paul Food Centre**

Gardening Education Partnership

The City of Kamloops partners with groups like the Master Gardeners, the Kamloops Food Policy Council, and the Community Gardens Program to run workshops.

For more information, check out the [Gardening programs in the Adult section](#).

DID YOU KNOW?



GET OUT AND VOTE!



General Voting Day is Saturday, October 17, 2026

All eligible Kamloops voters are encouraged to cast their ballots for the next Mayor, eight City Councillors, and five School Board Trustees in this fall's general local election.

VOTING LOCATIONS

On general voting day, eligible voters may choose the voting location of their choice. There will be **16 polling locations** across the city, open from **8:00 am to 8:00 pm**.

THREE ADVANCE VOTING DAYS

Advance voting opportunities will take place at **Heritage House** and in the **Sports Centre Lounge at McArthur Island Sport and Event Centre** from **8:00 am to 8:00 pm** on the following days:

- Wednesday, October 7
- Saturday, October 10
- Wednesday, October 14

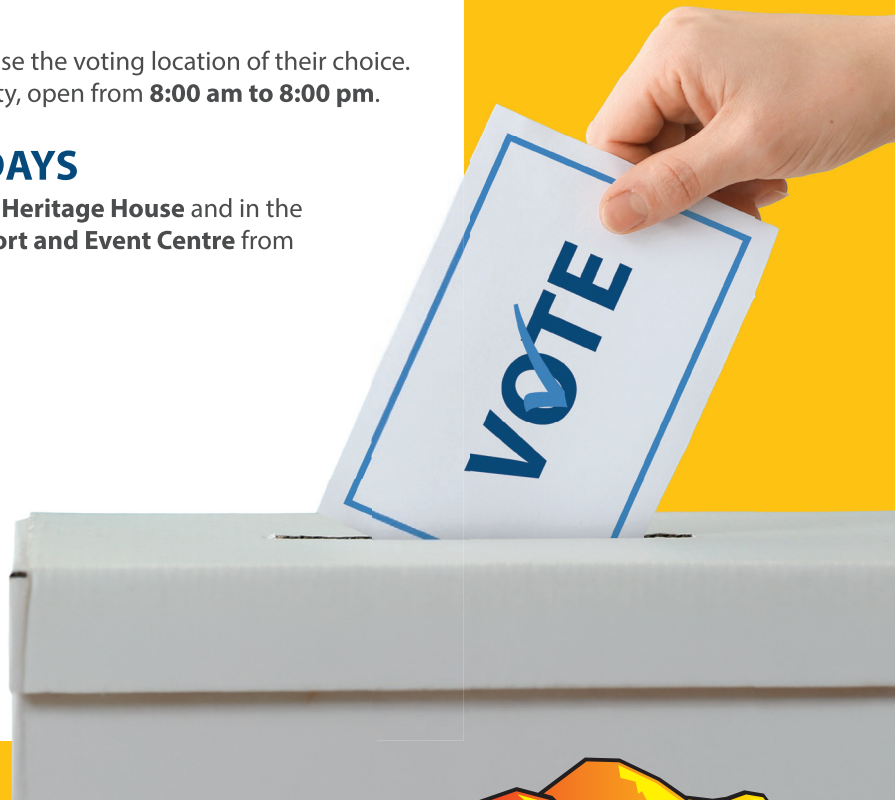
MAIL BALLOTS AVAILABLE

Can't make it to a polling location in person? Mail ballot packages are available to all eligible voters **upon request**.

QUESTIONS?

Contact the election team:

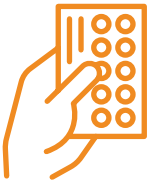
P: 250-828-3483 | **E:** election@kamloops.ca



For information on voting, polling locations, mail ballots, voter eligibility, and more, visit **[Kamloops.ca/Election](https://kamloops.ca/Election)**.



Canada's Tournament Capital



ARCH: Affordable Recreation for Community Health

The City aims to connect everyone to recreation and offers financial assistance to help make it happen. Use ARCH credits to buy a punch card or membership for the gym, pool, or ice rink or to sign up for a program.

Call us to find out more at 250-828-3582 or visit [Kamloops.ca/ARCH](https://kamloops.ca/ARCH).



UMO - KamPASS

UMO - KamPASS is an affordable transit option to help you get to your next recreational activity. The program provides subsidized bus passes to qualified Kamloops residents to encourage using transit for work, appointments, recreation, education, and other activities.

Call us to find out more at 250-828-3582 or visit [Kamloops.ca/KamPASS](https://kamloops.ca/KamPASS).



KidSport

Apply for a grant today! KidSport provides families with children aged 5-18 with financial assistance to participate in sports in Kamloops.

Find out more and apply at 250-828-3822, KidSportKamloops@SportBC.com, or visit [Kamloops.ca/KidSport](https://kamloops.ca/KidSport).



Boogie the Bridge Cultural Fund

This fund is intended to provide financial assistance for children and youth aged 5-18 to participate in cultural activities like dance, drawing, and music.

Learn more by emailing admin@kamloopsartscouncil.ca, or visit KamloopsArts.GetCommunal.com/parent_programs/3608.

Call for Photos!

For the 2027 City Calendar

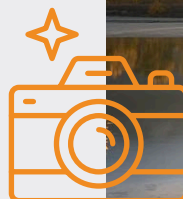
Submit your best digital photos to the City of Kamloops for a chance to be featured!

Residents of all skill levels and ages are invited to submit their digital photos for a chance to be featured in the 2027 City Calendar. We encourage submissions that highlight our City's diverse population, urban landmarks, breathtaking environment, and variety of leisure activities.

Submission Deadline:

Tuesday, September 29, 2026 at 4:30 pm

For more information and to submit photos, visit Kamloops.ca/Calendar.



Fitness Schedules

Tournament Capital Centre

DID YOU KNOW?



We offer 10-punch fitness sampler cards so you can try various fitness classes offered through the City.

Note: You can only attend classes that are not full with registered participants.

Legend

● Mild/All Levels

For beginners or those returning to exercise. These classes are gentle on your joints with little to no impact.

▲ Intermediate

For individuals who are currently exercising and are looking for a more challenging class. These classes may feature intervals, strength training, and more advanced exercises.

◆ Advanced

For experienced exercisers who are looking for more intensity. These classes may include high intensity intervals, compound exercises, and active recovery periods.

💧 Aquafit

Low-impact, water-based fitness classes with a range of intensity options suitable for beginners to intermediate or advanced. Drop-in and registered classes.

*Aquafit participants are required to purchase a pool pass for Aquafit programs - drop-in only.

**Annual Memberships (Gym only or Full Access) qualify for a 50% discount on registered fitness classes.

Please note: Unless otherwise indicated, the age policy on all fitness classes requires participants (registered or drop-in) to be 13 years or older at the time of participation. Instructors and classes are subject to change without notice.

Community-Based Health and Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Morning		Gentle Chair Yoga ● 8:15–9:15 am Valleyview Hall		Yoga Flow ● 8:00–9:00 am Valleyview Hall		
	Beginner Yoga ● 9:00–10:00 am Valleyview Community Centre	Beginner Yoga ● 9:00–10:00 am Hal Rogers Activity Centre	Gentle Chair Yoga ● 9:00–10:00 am Valleyview Hall	Qi Gong ● 9:30–11:00 am West Highlands Community Centre		
	Stretch and Relax Yoga ● 10:00–11:00 am West Highlands Community Centre		Stretch and Relax Yoga ● 10:00–11:00 am West Highlands Community Centre	Seniors Chair Yoga ● 9:45–10:45 am Heritage House		
			Gentle Yoga ● 10:30–11:30 am Hal Rogers Activity Centre			
Afternoon			Gentle Chair Yoga ● 1:00–2:00 pm Hal Rogers Activity Centre			
				ZUMBA® Gold ● 1:00–2:00 pm Hal Rogers Activity Centre	Gentle Chair Yoga ● 2:00–3:00 pm West Highlands Community Centre	
Evening	Core Strength and Balance ● 5:00–6:00 pm Hal Rogers Activity Centre					Intro to Yin Yoga ● 4:30–5:30 pm West Highlands Community Centre
		Zumba® ▲ 6:00–7:00 pm Hal Rogers Activity Centre				

Westsyde Community Health and Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	AquaFit (Shallow) ◆ 8:00–9:00 am WSP Registration required	Parent and Baby AquaFit (Shallow) ◆ 11:00–11:45 am WSP Registration required	AquaFit (Shallow) ◆ 8:00–9:00 am WSP Registration required	Parent and Baby AquaFit (Shallow) ◆ 11:00–11:45 am WSP Registration required	AquaFit (Shallow) ◆ 8:00–9:00 am WSP Registration required
Afternoon			Low Intensity Circuit ● 1:00–2:00 pm WSP - Gym		Low Intensity Circuit ● 1:00–2:00 pm WSP - Gym
Evening			Bellyfit ● 5:30–6:30 pm Arthur Stevenson Elementary Gym		
		AquaFit (Shallow) ◆ 7:00–8:00 pm WSP Drop-in		AquaFit (Shallow) ◆ 7:00–8:00 pm WSP Drop-in	

Fitness Schedules

For more fitness class information, see the Adult and Adult 55+ sections or visit [Kamloops.ca/Register](https://kamloops.ca/Register).



Tournament Capital Centre Health and Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		Deep Water Aquafit 🔹 7:00–8:00 am *Drop-in		Gentle Aquafit 🔹 7:00–8:00 am *Drop-in	
	Gentle Circuit ● 8:00–8:55 am *Drop-in	Deep Water Running 🔹 🔹 8:00–9:00 am	Gentle Circuit ● 8:00–8:55 am *Drop-in	Deep Water Running 🔹 🔹 8:00–9:00 am	Gentle Circuit ● 8:00–8:55 am *Drop-in
	Gentle Circuit ● 9:00–9:55 am *Drop-in	Gentle Circuit Pro ● 9:00–10:00 am	Gentle Circuit ● 9:00–9:55 am *Drop-in	Gentle Circuit Pro ● 9:00–10:00 am	Pilates with Props ● 8:30–9:30 am
		Stronger Bones ● 9:45–10:45 am		Stronger Bones ● 9:45–10:45 am	Gentle Circuit ● 9:00–9:55 am *Drop-in
		Strong Bones ● 11:00 am–12:00 pm	Mom and Baby Fitness ● 10:30–11:30 am	Strong Bones ● 11:00 am–12:00 pm	Zumba® 🔹 9:45–10:45 pm
	Stroller Fit ● 11:30 am–12:30 pm	Women's Only Intro to Weight Training ● 11:30–12:30 am			Steel Mace Vinyasa 🔹 11:00 am–12:00 pm
Afternoon				Strong Bones ● 12:05–12:45 pm	Sensational Survivors 12:15–1:15 pm
		Zumba Gold® ● 1:00–2:00 pm	Sensational Survivors 1:00–2:15 pm		
		FAME (Fitness and Mobility Exercise) ● 2:30–3:30 am		FAME (Fitness and Mobility Exercise) ● 2:30–3:30 am	
Evening	Intro to Mat Pilates ● 5:00–6:00 pm	Full Body Strength ● 5:00–6:00 pm	Strength Training with Resistance Bands ● 5:00–5:45 pm	HIIT - High Intensity Interval Training 🔹 5:00–6:00 pm	
			Spin 🔹 5:15–6:15 pm		
	Introduction to Weight Training 🔹 6:30–7:30 pm	Beginner Mat Pilates ● 6:15–7:15 pm	Women's Only Intro to Weight Training ● 5:30–6:30 pm	Barre-lates 🔹 6:15–7:15 pm	
	Intermediate Weight Training 🔹 8:00–9:00 pm	Warrior Yoga 🔹 7:30–8:30 pm	Cardio Kickboxing 🔹 6:00–7:00 pm	Women's Only Intermediate Weight Training ● 7:30–8:30 pm	

Are you interested in signing up for CAN programs?

Canucks Autism Network provides programs for children, youth, and adults on the autism spectrum and their families. Learn more at CanucksAutism.ca.

Adapted Multisport (3–7 years)

Beattie Elementary

Oct 18–Nov 22

Sun, 10:00–10:45 am

CAN and City of Kamloops Partnered Program. Registration through the City of Kamloops.

Multisport (3–6 years)

Beattie Elementary

Oct 18–Nov 22

Sun, 10:45–11:30 am

In partnership with PacificSport Interior BC, Multisport participants enjoy a range of games and activities in a safe and supportive indoor environment. Activities vary from season to season, but may include floorball, soccer, basketball, golf, baseball, and more.

Multisport (7–12 years)

Beattie Elementary

Oct 18–Nov 22

Sun, 11:30 am–12:30 pm

In partnership with PacificSport Interior BC, Multisport participants enjoy a range of games and activities in a safe and supportive indoor environment. Activities vary from season to season, but may include floorball, soccer, basketball, golf, baseball, and more.

Gymnastics (7–12 yrs)

Tournament Capital Centre

Oct 17–Nov 21

Sat, 1:00–2:00 pm and 2:00–3:00 pm

This program is an introduction to gymnastic skills—jumping, moving in different directions, and balance—in a safe and supportive environment. Participants are overseen by a certified gymnastics coach, trained support workers, and dedicated volunteers.

Preschool Swim (3–5 yrs)

YMCA Downtown

Oct 18–Dec 6

Sun, 4:00–4:30 pm

Preschool Swim teaches basic swimming and water safety skills in a safe and supportive environment. Participants with all levels of support needs are encouraged to register. No previous swim experience required.

Swimmer 1 (6–12 yrs)

YMCA Downtown

Oct 13–Dec 1

Tue, 4:00–4:30 pm, 4:30–5:00 pm, 5:00–5:30 pm

Oct 18–Dec 6

Sun, 4:30–5:00 pm, 5:00–5:30 pm

Swimmer 1 focuses on water safety, swim skills, and fitness. Participants will learn to blow bubbles, float, kick, and perform water entries and exits. Participants with all levels of support needs are encouraged to register.

Swimmer 2 (6–12 yrs)

YMCA Downtown

Oct 13–Dec 1

Tue, 5:30–6:00 pm

Oct 18–Dec 6

Sun, 5:30–6:00 pm

Swimmer 2 focuses on water safety, swim skills, and fitness. Participants will be introduced to front and back crawl, treading water, and jumping into deep water. All levels of support needs are encouraged to register.

Swimmer 3 (6–12 yrs)

YMCA - Downtown

Oct 18–Dec 6

Sun, 6:00–6:30 pm

Swimmer 3 expands on Swimmer 2's skills, adding front/side glide with kicks and increasing front and back crawl distance to 15 m. Time will be spent in deep water practising jumps, dives, and deep-water support. Participants with all levels of support needs are encouraged to register.

Skate

Memorial Arena

Oct 22–Nov 26

Thu, 4:00–4:30 pm (3–6 years), 4:30–5:00 pm (7–12 years)

Participants will learn the basic skills of skating forward, gliding, and stopping in a safe and supportive environment.

To register for any of these programs, visit CanucksAutism.ca.

Accessible Recreation



**Good for your
head, heart,
and health!**

Accessible Kamloops

People Create Accessibility

Accessibility is people working together to identify challenges and find solutions. Accessibility is people caring for one another. Visit the City's website to:

- learn about the Snow Angels program
- sign up for accessible activities that get you out and moving with others
- find directories that list every Kamloops organization that provides support
- give feedback for ways to improve our home and community

Explore Your Possibilities!

We offer:

- accessible programs and facilities
- opportunities for everyone to get healthy
- activities that fit your needs - adapted yoga, hockey, swimming, and more

The City of Kamloops cannot provide personal care, administer medication, or give one-to-one assistance. Fees will NOT be charged for support persons.

To find services and programs that help make life in Kamloops more accessible, phone 250-828-3582 or visit [Kamloops.ca/Access](https://kamloops.ca/Access).



FITNESS

Adapted Yoga

Ages: 13–65

Enjoy basic yoga exercises in a safe and supportive space. Move at your own pace and learn the joys of mindful exercise. Support persons are required to join in when needed.

TCC - Fitness Studio

Mon	Sep 14–Oct 19	1:15–2:15 pm	5/\$50
Mon	Oct 26–Nov 23	1:15–2:15 pm	5/\$50

Adapted Zumba

Ages: 15–70

Zumba®—the fitness dance party! Learn easy-to-follow moves set to super fun music. Tone muscles! Improve coordination! The Zumba® formula will be modified to fit your needs and abilities in a fun and supportive space. Support persons are required to join in when needed.

TCC - Fitness Studio

Thu	Sep 17–Nov 19	10:30–11:30 am	10/\$60
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SPORT

Hockey

Adapted Floor Hockey I

Ages: 5–10

Open to youths with disabilities, adapted floor hockey will build stick and running skills through drills and games. Our instructors will make sure your child's experience is safe and fun.

Dufferin Elementary

Thu	Sep 17–Oct 29	5:30–6:15 pm	7/\$35
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Adapted Floor Hockey II

Ages: 11–16

Open to youths with disabilities, adapted floor hockey will build stick and running skills through drills and games. Our instructors will make sure your child's experience is safe and fun.

Dufferin Elementary

Thu	Sep 17–Oct 29	6:15–7:00 pm	7/\$35
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Adapted Hockey for Adults

Ages: 17–70

Open to adults aged 17+ with developmental delays and/or physical disabilities. Participants will work on the skating and puck skills that every player needs. Minimum equipment required: helmet with full face mask, neck guard, gloves, skates, and stick. Full equipment is recommended. Ice times may vary.

Sandman Centre

Sun	Nov 8–Dec 13	9:30–10:30 am	6/\$45
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Adapted Hockey for Kids

Ages: 6–16

Open to kids with developmental delays and/or physical disabilities. Kids will learn the basic skating and puck skills that every player needs. Siblings can take part if it helps make the experience more comfortable for your child (siblings must register as well). Minimum equipment required: helmet with full face mask, neck guard, gloves, skates, and stick. Full equipment is recommended. Ice times may vary.

Sandman Centre

Sat	Nov 7–Dec 12	8:30–9:30 am	6/\$40
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Multi-Sport

Adapted Multisport with CAN

Ages: 2 1/2–8

Adapted Multisport with Canucks Autism Network invites children of all abilities to explore a variety of sports and movement activities in a safe, supportive, and inclusive environment. Participants will try soccer, floor hockey, basketball, and more while building physical literacy skills, including balance, coordination, agility, and hand-eye coordination through fun, play-based games and activities. Designed for children of all abilities and diagnoses—including those still seeking a diagnosis—this program encourages confidence, connection, and a lifelong love of movement. Support persons are encouraged to participate when needed.

Beattie Elementary

Sun	Oct 18–Nov 22	10:00–10:45 am	6/\$33.75
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Skating

Adapted Skating for Kids

Ages: 5–12

Learn the basics of skating in a fun atmosphere. Kids will work on balance and skating skills in a safe, welcoming environment. For individuals with developmental and/or physical disabilities. Support persons are required to join in when needed.

Sandman Centre

Sat	Nov 7–Dec 12	7:45–8:15 am	6/\$35
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Wheelchair Sports

Wheelchair Sports - Badminton, Basketball, and Rugby

Ages: 12–70

Fast! Fun! Wheelchair sports are an incredible workout. Offered in partnership with the Kamloops Adapted Sports Association, you will learn chair skills, techniques, and strategies for wheelchair basketball, badminton, and rugby.

This class is for all ages and abilities. Drop-ins are welcome. Chairs are provided.

TCC - Middle Court

Thu	Sep 10–Dec 3	7:00–8:00 pm	13/\$32.50
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ROBOTHINK

Build, Code and Play with Robots

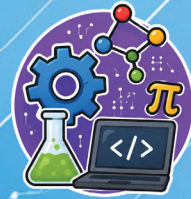
KAMLOOPS



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Generation of
Innovators**



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**Build a
Passion for
STEM skills**

RoBOPETZ

**= BATTLE =
ROBOTS**



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Level 1: Introduction

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PHOTO CREDIT BETH TAYLOR

KAMLOOPS MUSEUM AND ARCHIVES

207 SEYMOUR STREET | 250 828 3576 | 9:30-4:30, TUES-SAT | KAMLOOPSMUSEUM.CA

FAMILY, CHILDREN AND YOUTH PROGRAMS

EXPLOSIVE DIORAMA! VOLCANOES IN YOUR BACKYARD

All Ages

Tue, Oct 20–Sat, Oct 24

10:00 am–1:00 pm

Free

Set the stage and prepare your escape—the finale is coming! The Kamloops Museum and Archives invites you to Explosive Diorama! Drop in and learn more about Kamloops' geology and volcanology through the art of stop-motion animation by helping us create the final scene of our epic escape story. Use our new diorama table to build up your community, then film it while you set off the explosive reaction and watch the “lava” bubble and flow.

VOLCANOES IN YOUR BACKYARD: EOCENE ERA VOLCANIC ACTIVITY IN BRITISH COLUMBIA

All Ages

Fri, Oct 23

11:00 am–12:00 pm

Free

As part of our Explosive Diorama pop-up exhibition, the Kamloops Museum and Archives will welcome world-renowned guest lecturer Dr. Nancy Van Wagoner, Professor of Geology at Thompson Rivers University, who specializes in volcanology. Dr. Van Wagoner has studied young and ancient volcanoes all over the world and is currently researching the Eocene Era volcanism in British Columbia.

DÍA DE LOS MUERTOS CELEBRATION

All Ages

Sat, Oct 31

10:00 am–1:00 pm

Free

Join the Hispanic Society of Kamloops on site at the Kamloops Museum and Archives to celebrate Día de los Muertos (Day of the Dead). This event will include music, crafts, and learning about this joyful Mexican holiday that helps families honour their ancestors.

ASK A GEOLOGIST

All Ages

Sat, Nov 28

1:00–3:00 pm

Free

Drop into the Kamloops Museum and Archives to learn more about Kamloops geology with the Kamloops Exploration Group. Bring in your rocks, minerals, and curious minds for identification by local geologists and learn more about local minerals and their uses.

MUSIC AT THE MUSEUM

Ages 0–5

Sat, Oct 3–Dec 5

(no class on Oct 31 and Nov 7)

10:00–10:30 am

\$6 per session

Introduce your little one to the world of museums through music, song, and movement. Each session will offer various sensory and play experiences for young children and caregivers alike.

MUSIC MAKERS AT THE MUSEUM

Ages 1 1/2–5

Wed, Oct 7–Dec 16

(no class on Oct 21, Nov 4, and Nov 11)

10:00–10:45 am

\$7 per session

Expand your little one's world through music, movement, and creativity. This music-based program welcomes children and caregivers to the museum space through songs, stories, and a connected art project.

SATURDAYS ON SEYMOUR

All Ages

Third Sat of the month,

Sep 19, Oct 17, Nov 21, Dec 19

11:00 am–1:00 pm

Free

Join the Kamloops Museum and Archives for creative activities for the whole family to enjoy. Explore a fun new theme each month. Registration is not required for this drop-in program.

CENTRE STAGE AT THE KAMLOOPS MUSEUM AND ARCHIVES!

All Ages

Tue and Sat, Sep 5–Dec 29

2:30–4:00 pm

Free

Performance and rehearsal are integral parts of any orchestra. The Kamloops Museum and Archives, in partnership with the Kamloops Symphony Orchestra, invites the public to join us centre stage to watch local performers rehearse and perform as part of our new temporary exhibition Encore! The KSO at 50. Interested in performing? Tuesday afternoons will be open for individuals and groups to rehearse, while Saturday afternoons, the space will be available for performances. Some sound equipment will be available. Please visit our website to find the registration link to perform and the calendar of performances.

VINTAGE KAMLOOPS SYMPHONY ORCHESTRA AT CENTRE STAGE!

All ages

Second Sat of the month,

Sep 12–Dec 12

12:00–2:00 pm

Free

Join the Kamloops Museum and Archives in celebrating 50 years of the Kamloops Symphony Orchestra as we bring back memories and old favourite vintage recordings and play them at centre stage. The schedule of performances is available on the Kamloops Museum and Archives website. No registration is required for this free program.

ADULT PROGRAMS

MEEPLE MEETUP: GAME TOGETHER WITH PRIDE

All Ages

Last Sat of the month,
Sep 26, Oct 31, Nov 28, Dec 19
1:30–3:30 pm

Free

Drop into the Kamloops Museum and Archives for Meeple Meetup to connect, unwind, and make new friends within the 2SLGBTQPIA+ community and beyond. In collaboration with the Kamloops Pride Society, this family-friendly board game gathering is open to all ages, making it the perfect place for youths, families, and allies to come together.

HISTORIC BOOK CLUB

Ages 16+

Third Fri of the month,
Sep 18, Oct 16, Nov 20, Dec 18
10:00–11:30 am

Free

Join the Kamloops Museum and Archives in collaboration with the Thompson-Nicola Regional Library for a book club with a historic twist. We will explore fiction and non-fiction books based on historical themes, periods, and countries.

PAINTING WITH MUSIC: FOUNDATIONS IN ABSTRACT ART

Ages 16+

Saturdays, Sept 5–Oct 10
(no class Sep 12)
10:00–11:30 am

Five sessions for \$100

Set brush to canvas and let music inspire your creativity at the Kamloops Museum and Archives. Participants in Painting with Music will learn the foundations of abstract art, using different media to create while gaining inspiration from music. Participants will be invited to exhibit their work in the Kamloops Museum and Archives once the class sessions are complete.

LEARN TO FELT

Ages 16+

Sat, Oct 10
2:00–4:00 pm
\$30

Join the Kamloops Museum and Archives for a learn-to-felt workshop introducing participants to the basics of felting. Participants will craft a fall-themed felted piece to take home. All supplies will be provided.

INTRO TO WIRE WRAPPING

Ages 16+

Wed, Nov 4
10:30 am–12:30 pm
\$25

Join us at the Kamloops Museum and Archives for a beginner workshop on the basics of wire wrapping, a solder-free jewelry-making technique. No prior experience necessary. All supplies will be provided.

LEARN TO SEW 101

Ages 12+

Sat, Nov 14, 21, Dec 5
9:30–11:30am
\$60 for 3 sessions

Learn more about the historic role of sewing and practice the basics in a hands-on, three-part workshop at the Kamloops Museum and Archives. This workshop will teach participants the basics of using a sewing machine, reading patterns, and choosing fabric. Participants will create a simple sewing piece to practise their skills. Please note that a sewing machine is required for this class. Some supplies will be provided.

BEADED SUNCATCHERS

Ages 12+
Wed, Nov 18
10:30 am–12:30 pm
\$25

Join us at the Kamloops Museum and Archives to learn the basics of working with wire and beads and explore the tradition and history of suncatchers. Participants will create a unique, hand-made piece, perfect for brightening up dreary winter days. No prior experience necessary. All supplies will be provided.

ENGLISH PAPER PIECING: INTRO TO HAND QUILTING

Ages 12+
Wed, Nov 25, Dec 2
10:30 am–12:30 pm
\$50 for two sessions

Jump into the world of hand sewing and quilting at the Kamloops Museum and Archives. In this introductory course, participants will learn the basics of this historic technique by making a bookmark. No prior experience necessary. All supplies will be provided.

CENOTAPH TOURS

Nov 3, 4, 5, 6, 7, 10
12:10–12:50 pm
Free

Dress warmly and bring a coffee as you join the Kamloops Museum and Archives at the Memorial Hill Cenotaph on Battle Street. Learn about the history of the First and Second World Wars and modern conflicts while connecting with the community at the historic Cenotaph. View vintage photographs from the archives and hear stories shared with the Kamloops Museum and Archives by the Kamloops Legion through original research and archival documents.

WALKING TOUR | AUTUMN CEMETERY STROLL

All Ages
Sat, Sep 26, Oct 3
9:00–10:30 am
\$12 per session

Join the Kamloops Museum and Archives this autumn at the Pleasant Street Cemetery to learn more about the Kamloops residents buried there and the history and historic practices surrounding grave markers in Kamloops.

WALKING TOUR | THE HISTORIC OLD COURTHOUSE: CRIME AND PUNISHMENT IN KAMLOOPS

All Ages
Sat, Sep 5
9:00–11:00 am
\$15

Join the Kamloops Museum and Archives as we tour the historic Old Courthouse to learn the legends and lore of frontier justice in British Columbia and Kamloops at the turn of the century. This tour will meet at the Kamloops Museum, located at 207 Seymour Street. Please dress for the weather and bring a water bottle.



ENCORE!

THE KSO AT 50

A collaborative exhibition by Kamloops Symphony Orchestra
& Kamloops Museum and Archives

JUNE 12, 2026–JANUARY 2, 2027

**SOUNDS
WORDS
PEOPLE**
KMA

KAMLOOPS MUSEUM AND ARCHIVES | 207 SEYMOUR ST | 250 828 3576



Arts & Culture

CHORAL RHAPSODY

NEW - Two dates this year!

December 14 and 15 | 7:00–9:00 pm

Sagebrush Theatre

A free community concert where local choirs present a delightful selection of Christmas songs.

Kamloops.ca/ChoralRhapsody

TAPESTRY FESTIVAL MULTICULTURAL EVENT

September 19 | 10:00 am–4:00 pm

McDonald Park

Enjoy entertainment, food and art pavilions, and an “Around the World” kid’s zone.

TapestryFestival.com

CHILDREN’S ART FESTIVAL

September 25 and 26

Riverside Park

Hands-on workshops, storytelling, magic, and performances from local groups—plus plenty of colourful creations to inspire young artists.

KamloopsArts.ca

CULTURE DAYS

September 18–October 4

Various locations

A range of free activities and events showcasing the exceptional talent and creativity found in our community

CultureDays.ca/BC

KAMLOOPS FILM SOCIETY

Stseptékwles re Sk’elép (Coyote Stories)

Indigenous Film Festival

September 25–27

Paramount Theatre

Featuring multiple feature films and highlighting various Indigenous artists.

TheKfs.ca/IFF

KAMLOOPS CHRISTMAS MARKET

November 27–December 6

Heritage House Parking Lot

A festive, family-friendly celebration bringing the community together through local artisans, holiday traditions, and joyful seasonal experiences.

KamloopsChristmasMarket.ca

CANDLELIGHT CONCERT SERIES AT PARAMOUNT: VIVALDI’S FOUR SEASONS AND MORE

September 18 | 6:00 pm

Paramount Theatre

Candlelight concerts bring the magic of a live, multi-sensory musical experience to awe-inspiring locations like never seen before in Kamloops.

THE KAMLOOPS ROCK CHOIR

September 27 and 28

Sagebrush Theatre

Get ready to rock as The Kamloops Rock Choir takes the stage!

KamloopsRockChoir.com

CHRISTMAS AT THE COURTHOUSE

November 14 and 15 | 10:00 am–4:00 pm

The Old Courthouse

Every year we host Christmas at the Courthouse. The Old Courthouse becomes a Christmas shopping haven. Other local vendors join us to fill both floors of the building with unique gift items. Be sure to visit this year!

KamloopsCourthouseGallery.com

NSBIA LIGHTING OF THE TREE SPIRIT SQUARE

December 6

Yew Street Spirit Square

Join in at the NSBIA Community Holiday Festival! Celebrate the season with us—snap a photo with Santa, bring your furry friends, and enjoy a day full of holiday cheer!

nsbia.com

THOMPSON VALLEY POTTER’S GUILD SOCIETY CHRISTMAS SHOW

December 2

St. Andrew’s on the Square

Join us for a festive holiday pottery show featuring handcrafted ceramics in a beautifully restored heritage building.

The City of Kamloops
has a thriving arts
and culture scene
that encompasses live
theatre, music, and
visual arts year round.



For more information on other upcoming events, please check out the following organizations:

Kamloops Museum and Archives
Tuesday to Saturday
KamloopsMuseum.ca

Kamloops Art Gallery
Tuesday to Saturday
KAG.bc.ca

Kamloops Symphony Orchestra
September to May
KamloopsSymphony.com

Western Canada Theatre
September to April
WCTLive.ca

Jump in and swim!



A complete learn-to-swim program from Parent and Tot to Lifeguard and Instructor.

The Lifesaving Society Swim for Life® program is a comprehensive swim lesson program focusing on developing fundamental swim strokes and skills for learners of all ages and abilities. Instructors ensure swimmers get lots of in-water practice in every lesson. Swim for Life includes fun, hands-on activities that focus on teaching water smart education for the whole family. Life jackets are a foundational component of the Swim for Life program and are incorporated throughout all levels. Swimmers learn how to properly wear and use life jackets while developing confidence and safety skills in and around the water. These lessons will last a lifetime!

Swim Lesson Fees

Parent and Tot	\$65
Preschool	\$65
Swimmer 1–4 (30 min)	\$65
Swimmer 5–6 (45 min)	\$75
Swimmer 7–9 (60 min)	\$85
Teen/Adult (30 min)	\$75

These sample fees are based on a 10-class session. Fees will be pro-rated for greater/fewer classes.



Fall Swim Lesson Programming

The main registration date for swimming lesson registration is on Tuesday, August 11, 2026 (online: 6:30 am, in person/ phone: 10:00 am). Registration will remain open until the end of the lesson season.

Swim lessons are no longer printed in this guide. 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.

Be sure you have created your online recreation account in advance of registering for a lesson online, in person, or by phone. Find out how to create an online account on Page 2 of this guide.

Private Swimming Lessons

We offer private swimming lessons periodically throughout the season. These one-on-one lessons allow instructors to focus on each swimmer's individual needs and goals. Private swimming lessons are added throughout the season based on instructor and pool availability. Visit [Kamloops.ca/Swim](https://kamloops.ca/Swim) regularly for upcoming lesson opportunities and registration information.



Full details of the Lifesaving Society Swim for Life® program, are available online at [Kamloops.ca/Swim](https://kamloops.ca/Swim).

DID YOU KNOW?



Forest bathing is a way of immersing oneself in nature in a slow manner and using the senses to connect with oneself and the natural world. It is not a hike or a naturalist walk, but a way to slow down and find connection with the present moment.



REGISTERED AND DROP-IN AQUAFIT CLASSES

Deep Water Aquafit - Drop-In

This is a no-impact, moderate- to high-intensity, deep-water fitness class that's easy on the joints and big on results. With the support of a flotation belt, you'll power through zero-impact cardio, balance, and core strengthening moves in the deep end.

Canada Games Aquatic Centre

Tue Sep 15–Dec 15 7:00–8:00 am
No classes on: Oct 13, Nov 10

Deep Water Running - Registered

By running in the water, you are able to strengthen your 400 muscles equally with every move. Deep water running is practised with specific floatation shorts, which are included for classes. There is no impact on your joints but speeds up the recovery process even while working with volume and intensity. Through this efficient training, you will burn calories, improve core strength, and improve your functional daily performance.

Canada Games Aquatic Centre

Tue Sep 15–Oct 27 8:00–9:00 am
Thu Sep 15–Oct 27 8:00–9:00 am
Tue Sep 17–Oct 29 8:00–9:00 am
Thu Nov 5–Dec 17 8:00–9:00 am

Gentle Aquafit - Drop-In

This shallow-water exercise class is for those looking for a light, low-impact, and joint-friendly workout. Improve core strength, endurance, range of motion, flexibility, and balance. An ideal activity for relieving stiffness and arthritis pain using warm water exercise. All levels are welcome.

Canada Games Aquatic Centre

Thu Sep 17–Dec 17 7:00–8:00 am
No classes on: Oct 15, Nov 12

Parent & Baby Aquafit - Registered

You and your baby will enjoy a fun-filled fitness class in the water. A flotation boat will be provided for your baby, and a certified Aquafit instructor will lead the class. The recommended age for babies is 6–24 months. Online registration is required as there is only room for 14 participants.

Westsyde Pool & Fitness Centre

Tue	Oct 13–Nov 10	11:00–11:45 am
Thu	Oct 15–Nov 12	11:00–11:45 am
Tue	Nov 17–Dec 15 (no class Nov 24)	11:00–11:45 am
Thu	Nov 19–Dec 17	11:00–11:45 am

Shallow Water Aquafit - Registered and Drop-In

This self-paced cardio class in shallow water concludes with strength and stretch components. This is a medium-intensity class with a certified instructor.

Westsyde Pool & Fitness Centre

Registered

(opens each Friday at 10:00 am for the following week)

Mon/Wed/Fri	Oct 14–Dec 18	8:00–9:00 am
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No classes on: Nov 23, 25

Drop-in

Tue/Thu	Oct 13–Dec 17	7:00–8:00 pm
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No classes on: Nov 24

Find a current schedule at [Kamloops.ca/Swim](https://kamloops.ca/Swim).



**DID YOU
KNOW?**



Swimming is one of the few activities that develop cardiovascular fitness, strength, flexibility, and endurance all at once.

Swimming can be fun and is also a necessary life skill. Help your child have a successful swimming lesson experience with these tips.

- Register for a class online or at one of our facilities early, as classes fill up quickly.
- Arrive early to check in and familiarize your child with the facility. Have your child ready for class at the start of the lesson time.
- Lockers are available and recommended.
- Have your child go to the bathroom before lessons. Children who are not potty trained must wear a swim diaper (available for purchase at the front desk).
- Bring a child's towel onto the pool deck to keep your child warm before and after lessons.
- Please stay home if not feeling well.

At the end of lessons, your instructor will recommend the appropriate level for the next set of lessons. Levels are frequently repeated to allow students time to master skills and feel successful before moving on to a new level.

UPDATED SWIM PROGRAMS

We have expanded our swim program for participants aged 13+. Our Beginner, Intermediate, and Advanced levels are now offered in three age categories: Teen, Young Adult, and Adult.

This change is designed to help participants feel more comfortable and confident while learning alongside others in a similar age group. By creating age-specific classes, we can provide a more supportive learning environment and tailor instruction to the needs and interests of each group.

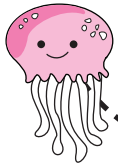
Find dates and times at [Kamloops.ca/Register](https://kamloops.ca/Register).

Learn-to-Swim Program Overview

PARENT AND TOT LESSONS

Ages 4 months–3 years

Caregiver participation is required.
Progression is based on age.



Jellyfish
4–12 months



Goldfish
12–24 months



Seahorse
24 months–3 years

PRESCHOOL LESSONS

Ages 3–5 years

Progression is based on completion of level.



Octopus

- Blowing bubbles with face in water
- Front and back floats and glides with instructor help



Crab

- Front and back floats and glides with buoyant aid
- Roll-over floats
- 5 m back swim with buoyant aid



Orca

- Front, back and roll-over floats and glides
- 5 m swim on front and back



Sea Lion

- Basic front crawl and side glides
- Deep-water activities
- 7 m swim on front and back



Narwhal

- Deep-water swimming
- 5 m front and back crawl
- 4 x 5 m swim on back

Moving from Preschool to Swimmer Lessons

To advance to Swimmer Lessons, your child must be 6 years old on the first day of lessons. If they have completed Narwhal, they will advance to Swimmer 2. All other preschool swimmers will benefit from gaining more experience in Swimmer 1.



SWIMMER LESSONS

Progression is based on completion of level.



Swimmer 1 (6–14 years)

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5 m swim on front and back



Swimmer 2 (6–14 years)

- Deep-water activities
- Front, back and side swims
- 10 m front and back crawl



Swimmer 3 (6–14 years)

- Deep-water swimming
- Whip kick on back
- 15 m front and back crawl



Swimmer 4 (6–14 years)

- Tread water for 1 minute
- Basic breaststroke
- 25 m front and back crawl
- Swim to Survive Standard



Swimmer 5 (6–14 years)

- Eggbeater for 30 seconds
- 25 m breaststroke
- 50 m front and back crawl



Swimmer 6 (6–14 years)

- 50 m breaststroke
- 100 m front and back crawl
- 300 m distance swim



Swimmer 7/Rookie Patrol (8–14 years)

- Front and back crawl and breaststroke mastery
- Lifesaving: victim recognition and ready position
- First Aid: primary assessment and calling EMS



Swimmer 8/Ranger Patrol (8–14 years)

- Eggbeater kick and object support
- First aid: obstructed airway, checking breathing and shock
- Removing conscious victim



Swimmer 9/Star Patrol (8–14 years)

- First aid: bone and joint injuries, asthma and allergic reactions
- Support and removal unconscious victim
- 300 m swim in 9 minutes

Join the team, be a Lifeguard!

Build the Foundation for Success!

Lifeguards prevent drowning, teach water safety, and provide leadership in our community.

Want help planning your lifeguard training?

Consult one of our Aquatics Coordinators at swim@kamloops.ca or 250-828-3378.

Optional Training: Occupational First Aid Level 1, Pool Operator Level 1, Lifesaving Instructor, WHMIS Certificate, and Aquatic Fitness Instructor



We Recommend This Path

- 1 Bronze courses** develop lifesaving fitness and decision-making skills.
- 2 Standard First Aid** provides practical skills to handle emergency response situations.
- 3 National Lifeguard** promotes prevention of drowning and aquatic-related injuries.
- 4 Instructor Training** prepares you to teach swimming lessons and lifesaving skills.

For current career opportunities, visit [Kamloops.ca/HR](https://kamloops.ca/HR).



Lifeguard!

Swim for Life Instructor
15 years, Bronze Cross

National Lifeguard
15 years, Bronze Cross, SFA

Standard First Aid
15 years

Bronze Cross
Bronze Medallion

Bronze Medallion
13 years or Bronze Star

Start Here!

Recertification Clinics

Clinic	Days	Date	Time	Fee	Location
National Lifeguard	Sun	Sep 13	9:00 am–5:00 pm	\$131.25	Canada Games Aquatic Centre
	Sun	Nov 15	9:00 am–5:00 pm	\$131.25	Canada Games Aquatic Centre
Lifesaving Instructor	Sun	Nov 29	9:00am–2:00pm	\$91.30	Canada Games Aquatic Centre
Swim Instructor	Sun	Sep 20	9:00 am–2:00 pm	\$91.30	Canada Games Aquatic Centre
	Sun	Oct 4	9:00 am–2:00 pm	\$91.30	Canada Games Aquatic Centre
	Sun	Nov 8	9:00 am–2:00 pm	\$91.30	Canada Games Aquatic Centre

Note: All candidates are required to present their original certification at the start of the recertification clinic.

Advanced Aquatic Courses Fall 2025

Course	Days	Dates	Time	Fee	Location	
Bronze Star	Sat & Sun	Oct 17–18	10:00 am–4:00 pm	\$110	Canada Games Aquatic Centre	
	Bronze Star prepares swimmers for success in Bronze Medallion while serving as a fun introduction to lifesaving sport. Bronze Star develops candidates' swimming proficiency, lifesaving skills and personal fitness. Candidates refine their stroke mechanics and acquire self-rescue skills. Course fee includes pocket mask. Prerequisites: 12 years old (by the last day) and 100% attendance is required. Recommended: Completed Swimmer 9 - Star Patrol.					
Bronze Medallion	Tue & Thu	Sep 8–22	3:00–9:00 pm	\$215	Canada Games Aquatic Centre	
	Sat & Sun	Nov 7–15	12:00–6:30 pm	\$215	Canada Games Aquatic Centre	
Bronze Cross	Bronze Medallion challenges the candidates both mentally and physically. Judgment, knowledge, skill and fitness. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Course fee includes manual and pocket mask. Prerequisites: 13 years (by last day of course) or Bronze Star (does not need not be current); 100% attendance is required.					
	Tue & Thu	Sep 24–Oct 8	3:30–9:00 pm	\$193.75	Canada Games Aquatic Centre	
	Sat & Sun	Nov 28–Dec 6	12:00–6:30 pm	\$193.75	Canada Games Aquatic Centre	

Refund Policy: Withdrawals prior to seven days of start date are 100% refundable; withdrawals within seven days of start date are refunded at 50%. No refunds on or after start date.

DID YOU KNOW?



Completing advanced aquatic courses, such as Bronze Medallion, can qualify students for additional high school credits while building valuable leadership and lifesaving skills.



ORCHARD TOURS
10am - 4pm
**Daily in July
& August**



**U-PICK
APPLES**

Wednesdays to Sundays
(and holiday Monday!)
in September

FREE ADMISSION - Open May 1st to Oct 31st
More info visit davisonorchards.ca



KAMLOOPS AQUATICS CLUB

The Kamloops Aquatics Club (KAC) is a Canadian competitive swim club that has been serving the City of Kamloops and surrounding communities since 1947. KAC is a professionally run club that focuses on teaching and developing swimmers' abilities to reach their fullest potential. We offer a variety of pre-competitive, non-competitive and competitive programs ranging from our grass roots Swim Skills all the way up to our elite National group. The Kamloops Aquatics Club has a rich history of swimming excellence resulting in outstanding performances at Provincial, National and International competitions.

PROGRAMS

SWIM SKILLS PROGRAMMING

Ages 11 & Under

Fall, Winter and Spring Sessions offered. Swimmers must be comfortable floating on front and back, submerging their face in water, and participating independently in a structured lesson environment.

COMPETITIVE & NON-COMPETITIVE PROGRAMMING

Ages 18 & Under (Ability Dependent)

Programming runs from September through June, with a variety of options to suit a wide range of abilities and commitment levels. Swimmers must be comfortable in deep water and able to swim 50 meters unassisted to be eligible to join.

SUMMER CAMPS

Ages 12 & Under

Single week camps that run through July and August, focusing on building swimming skills and having fun!

MASTERS

Adults 18 & Over

Practices run from September through June, offering morning and evening practices. Swimmers must be comfortable in deep water and able to swim 100 meters unassisted to be eligible to join.



FOR MORE INFORMATION

www.swimkamloops.com

250-828-3660

office@swimkamloops.com

All of KAC's programming runs out of the Tournament Capital Centre located at 910 McGill Rd, Kamloops, BC V2C 6N6.



We're now Coeur New Afton

- ✓ Same people
- ✓ Same local commitment
- ✓ Same pride in supporting the community



For questions about our new name or our operation, call our feedback hotline at (250) 377-2100

New Gold Inc. is now part of Coeur Mining, Inc.



www.coeur.com



Don't miss this amazing opportunity to showcase your talents and receive expert advice from professional adjudicators!

Piano, Voice, Dance, Strings, Speech & Dramatic Arts, Guitar, Instrumental, Music Composition, Chamber Group, Choral, Harp

Registration open
November 10 - December 10, 2021
www.kfpa.ca



FREE! LIBRARY PROGRAMS

EVERYONE WELCOME

For book lovers

Our various book club offerings cover lots of interest bases. Join in for original discussions on books with other readers. Led by library staff, our book clubs also include complimentary refreshments.

For gamers

From tabletop games to those on the screen, there's something for everyone!

For crafters

Build community and creativity. Join us for meetups, paint nights and more.

For littles

Start their love of reading early. Our Early Years programs are led by staff and designed to introduce young children to language skills, stories, songs, fingerplays and rhymes. We make reading fun!

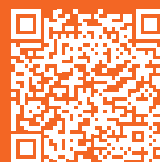
For family time

Create lasting memories with our free, family-friendly library programs! Play, learn and explore together.

Our programs are organized by age group. Browse [Early Years](#), [School Age](#), [Teen](#), [Adult](#) and [Family](#) programs on our website: tnrl.ca/calendar



Check out the
full calendar of
FREE events



Locations

Aberdeen Tiny Library	Kamloops Library	North Kamloops Library
Aberdeen Mall, near the food court	100-465 Victoria Street	693 Tranquille Road
Monday: Closed	Monday: 10:00 - 6:00	Monday: 10:00 - 6:00
Tuesday: 12:00 - 4:00	Tuesday: 10:00 - 6:00	Tuesday: 10:00 - 8:00
Wednesday: 12:00 - 4:00	Wednesday: 10:00 - 6:00	Wednesday: 10:00 - 6:00
Thursday: 10:00 - 5:00	Thursday: 10:00 - 8:00	Thursday: 10:00 - 6:00
Friday: 10:00 - 5:00	Friday: 10:00 - 5:00	Friday: 10:00 - 5:00
Saturday: 10:00 - 4:00	Saturday: 10:00 - 5:00	Saturday: 10:00 - 5:00
Sunday: 12:00 - 4:00	Sunday: 12:00 - 4:00	Sunday: 12:00 - 4:00

Fall Program Registration opens August 18th

Come Visit Us at the North Kamloops Library!

Come see the refreshed space. It is bigger, brighter, and more welcoming than ever. Whether you are picking up a book, finding a quiet place to work, or bringing the kids, there is something for everyone to enjoy. Stop by and rediscover your library!



THOMPSON NICOLA REGIONAL LIBRARY



THOMPSON-NICOLA
REGIONAL LIBRARY

Your Digital Library Toolkit

Load your device up with apps to access free content with your library card!



Easily look up account details, place holds and keep track of your entire family's cards with linked accounts.



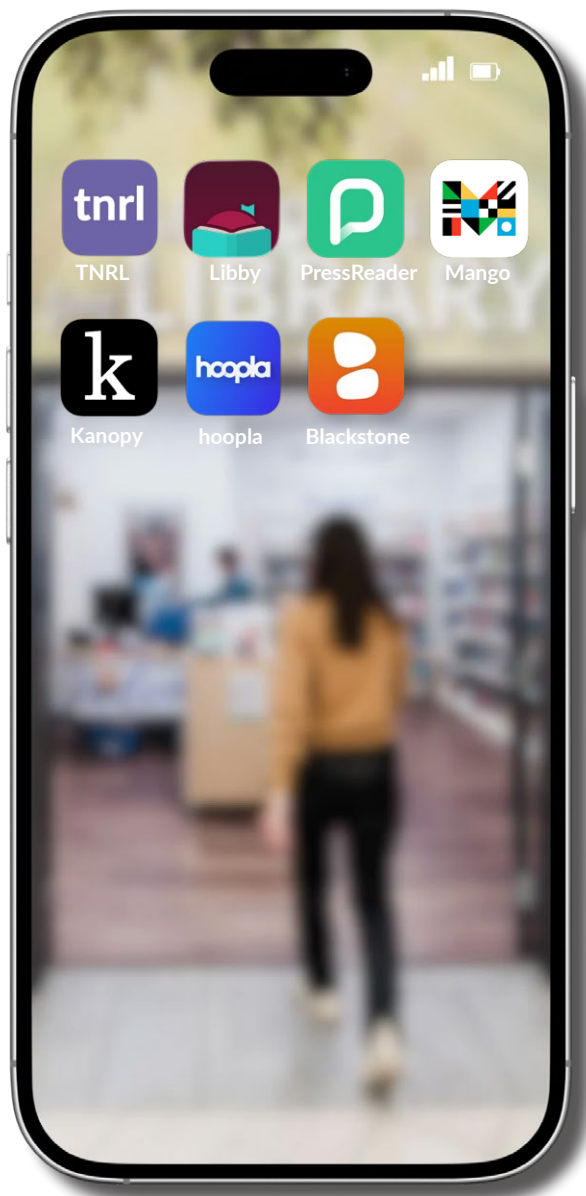
Borrow eBooks, eAudiobooks and eMagazines for free on your chosen device. Download titles for offline use.



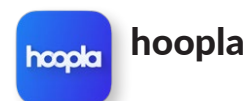
From local stories to global headlines, read thousands of popular magazines and newspapers.



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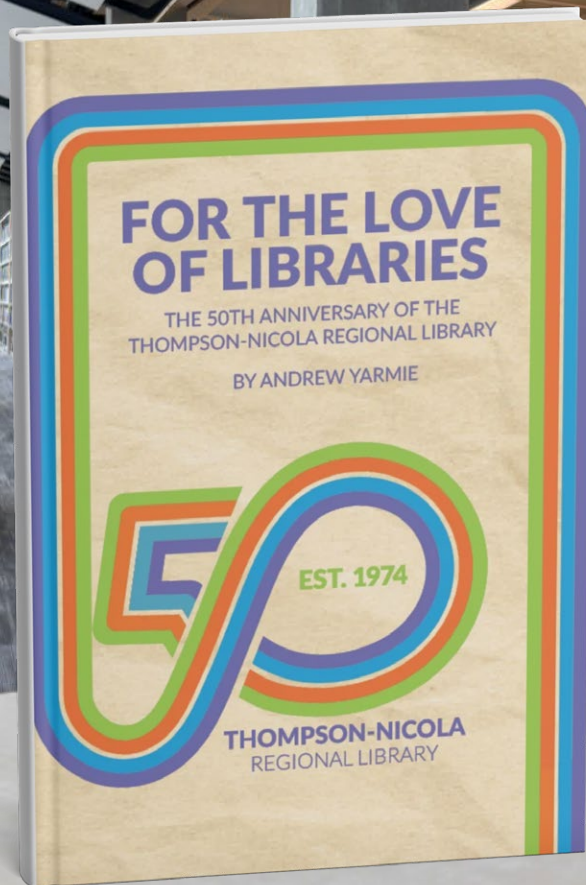
Library news straight to your inbox!
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tnrl.ca/newsletter

Check out more at tnrl.ca

Celebrate Our First 50 Years!

Our 50th Anniversary Book celebrates the people, stories, and milestones that built our foundation. Now, as we look to the future, we're excited for what the next 50 years will bring.

Read it now at tnrl.ca/50th



THOMPSON NICOLA REGIONAL LIBRARY



THOMPSON-NICOLA
REGIONAL LIBRARY

**WRITER *in*
RESIDENCE**

The TNRL is excited to announce the Residency Program will return for its seventh year this fall. Stay tuned to tnrl.ca for updates!

Follow us on social media

  @tnrlibrary



THOMPSON-NICOLA
REGIONAL LIBRARY

Kamloops.ca/Recreation | 250-828-3500

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Family & Early Years

© Frank Luca

**DID YOU
KNOW?**



We can often accommodate parents by registering siblings of similar ages in the same program. Connect with us for more details!

ARTS AND CULTURE

Dancing

Acro Dance

Ages: 3–5

A mix of dance and gymnastics, this class is a fun way to build strength and increase body awareness. The class naturally progresses through skills at the student's pace, achieving up to level 4 in acrobatics. Techniques such as stretching, strengthening, limbering, balancing, and tumbling will be covered. This is an independent program, and your child must be able to take the class unaccompanied by an adult.

Kamloops Performance Company

Thu	Sep 17–Oct 29	3:30–4:15 pm	7/\$94.50
Thu	Nov 5–Dec 17	3:30–4:15 pm	7/\$94.50

Hip Hop

Ages: 3–5

Introduce your little mover to the fun, upbeat world of hip hop. Dancers will learn simple hip hop steps, grooves, and short combos, plus stretching and warm-ups, all in a positive, encouraging environment. Indoor sneakers and comfortable clothes are recommended.

Kamloops Performance Company

Wed	Sep 16–Oct 28	3:30–4:15 pm	7/\$94.50
Wed	Nov 4–Dec 16	3:30–4:15 pm	7/\$94.50

Musical Theatre

Ages: 5+

Musical theatre will explore singing, dancing, and acting. Your little one will learn how to follow a song with basic movement while singing and adding facial expressions gestures. This is an independent program, and your child must be able to take the class unaccompanied by an adult.

Kamloops Performance Company

Wed	Sep 16–Oct 28	4:15–5:00 pm	7/\$94.50
Wed	Nov 4–Dec 16	4:15–5:00 pm	7/\$94.50

Parent & Tot Creative Dance

Ages: 2–4

In this fun and encouraging environment, you and your toddler will explore movement through dancing, stretching, and creative play. Learn about music, use props for play and explore the magical world of music, movement, and dance with your child. Children must be accompanied by an adult.

Kamloops Performance Company

Tue	Sep 15–Oct 27	10:00–10:40 am	7/\$70
Tue	Nov 3–Dec 15	10:00–10:40 am	7/\$70

Let's Move Studio

Sat	Sep 12–Nov 28	9:30–10:10 am	12/\$120
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Tiny Stars

Ages: 3–5

Let your little one shine in Tiny Stars, a joyful introduction to dance that blends the magic of musical theatre with the elegance of ballet. Designed especially for children aged 3–5, this class nurtures creativity, confidence, and coordination in a fun, supportive environment.

Kamloops Performance Company

Tue	Sep 15–Oct 27	5:30–6:15 pm	7/\$94.50
Tue	Nov 3–Dec 15	5:30–6:15 pm	7/\$94.50

Drawing and Painting

Family Art Workshop

Ages: 4+

This workshop is designed to bring children and their parents or grandparents together for a meaningful, creative experience. Participants will explore various hands-on projects, including working with clay, acrylic and watercolour painting, and simple crafts. Adults will support the children as they learn new techniques, follow guided steps, and use their creativity to complete their own unique artwork. The goal is to help families engage in a shared activity, strengthen their connection, and enjoy making art side by side.

Heritage House

Sun	Sep 20–Oct 4	2:30–3:45 pm	3/\$42
Sun	Oct 18–Nov 1	2:30–3:45 pm	3/\$42

NATURE-BASED CHILDREN'S PROGRAMS

Nature Play & Learn

Little Wanderers

Ages: 3–5

Nature has long been our teacher. Let's get kids out in the open air and allow the great outdoors to improve your child's physical literacy naturally! Nature teaches balance, strength, coordination, and confidence as well as empathy, attention to detail, and emotional regulation. Send your child outdoors with us and watch your child gain confidence, muscle strength, and a new connection with the world around them through free play on and with natural surroundings, guided observations, and wide games. These skills will become an incredible foundation for when they enter the school system and beyond.

West Highlands Community Centre

Sun	Sep 6–Oct 18	11:00–12:00 pm	6/\$63
Sat	Oct 31–Dec 5	11:00–12:00 pm	6/\$63

SPORT

Hockey

Tots Floor Hockey

Ages: 3–6

Introduce your child to floor hockey and other fundamental movement skills. In this fun, play-based program, children will increase their physical literacy skills while making new friends. This program requires parent participation.

West Highlands Community Centre

Thu	Sep 17–Oct 22	5:00–5:45 pm	6/\$63
Thu	Nov 5–Dec 10	5:00–5:45 pm	6/\$63

Multi-Sport

Active Tots

Ages: 4–6

Children are introduced to a new sport each week—soccer, floor hockey, track and field, and more. They will enhance their physical literacy through fun games and learn and practise the various fundamental skills necessary for sport. This program is in partnership with PacificSport Interior BC.

Beattie Elementary

Wed	Sep 9–Oct 14	5:00–5:45 pm	6/\$45
Wed	Oct 21–Nov 25	5:00–5:45 pm	6/\$45

Adapted Multisport with CAN

Ages: 2 1/2–8

Adapted Multisport with Canucks Autism Network invites children of all abilities to explore a variety of sports and movement activities in a safe, supportive, and inclusive environment. Participants will try soccer, floor hockey, basketball, and more while building physical literacy skills, including balance, coordination, agility, and hand-eye coordination through fun, play-based games and activities. Designed for children of all abilities and diagnoses—including those still seeking a diagnosis—this program encourages confidence, connection, and a lifelong love of movement. Support persons are encouraged to participate when needed.

Beattie Elementary

Sun	Oct 18–Nov 22	10:00–10:45 am	6/\$33.75
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Mini Movers

Ages: 4–6

This fun and active class helps young children learn how to move their bodies with confidence. They will practise important movement skills like running, jumping, throwing, catching, and balancing through games and play. This program is in partnership with PacificSport Interior BC.

Beattie Elementary

Wed	Sep 9–Oct 14	6:00–6:45 pm	6/\$45
Wed	Oct 21–Nov 25	6:00–6:45 pm	6/\$45

Sportball 1

Ages: 1 1/2–2

In our parent and tot classes, toddlers are introduced to eight different sports through play-based, developmentally appropriate curriculum that is centred around key motor, social, and sport milestones. This program is in partnership with Sportball Kamloops.

Albert McGowan Park

Sun	Sep 13–Oct 4	9:00–9:45 am	4/\$60
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Hal Rogers

Thu	Oct 15–Dec 10	9:00–9:45 am	9/\$135
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McDonald Park

Thu	Sep 10–Oct 8	9:00–9:45 am	5/\$75
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Prince Charles Park

Sat	Sep 12–Oct 3	9:00–9:45 am	4/\$60
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Summit Elementary

Sat	Oct 17–Nov 28	9:00–9:45 am	7/\$105
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Sun	Oct 18–Nov 29	9:00–9:45 am	7/\$105
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TCC - Championship Court

Tue	Oct 13–Dec 8	9:00–9:45 am	9/\$135
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West Highlands Park

Tue	Sep 8–Oct 6	9:00–9:45 am	5/\$75
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Family & Early Years

Sportball 2

Ages: 2–3

In our parent and tot classes, toddlers are introduced to eight different sports through play-based, developmentally appropriate curriculum that is centred around key motor, social, and sport milestones. This program is in partnership with Sportball Kamloops.

Albert McGowan Park

Sun Sep 13–Oct 4 10:00–10:45 am 4/\$60

Hal Rogers

Thu Oct 15–Dec 10 10:00–10:45 am 9/\$135

McDonald Park

Thu Sep 10–Oct 8 10:00–10:45 am 5/\$75

Prince Charles Park

Sat Sep 12–Oct 3 10:00–10:45 am 4/\$60

Summit Elementary

Sat Oct 17–Nov 28 10:00–10:45 am 7/\$105

Sun Oct 18–Nov 29 10:00–10:45 am 7/\$105

TCC - Championship Court

Tue Oct 13–Dec 8 10:00–10:45 am 9/\$135

West Highlands Park

Tue Sep 8–Oct 6 10:00–10:45 am 5/\$75

Sportball 3

Ages: 3–5

In this drop-off class, children are introduced to eight different sports through play-based, developmentally appropriate curriculum that is centred around key motor, social, and sport milestones. This program is in partnership with Sportball Kamloops.

Albert McGowan Park

Sun Sep 13–Oct 4 11:00–11:45 am 4/\$60

Hal Rogers

Thu Oct 15–Dec 10 11:00–11:45 am 9/\$135

Lloyd George Elem. School Lloyd George Gym

Wed Oct 14–Nov 25 5:00–5:45 pm 6/\$90

McDonald Park

Thu Sep 10–Oct 8 11:00–11:45 am 5/\$75

Prince Charles Park

Sat Sep 12–Oct 3 11:00–11:45 am 4/\$60

Wed Sep 9–Oct 7 5:00–5:45 pm 4/\$60

Summit Elementary

Sat Oct 17–Nov 28 11:00–11:45 am 7/\$105

Sun Oct 18–Nov 29 11:00–11:45 am 7/\$105

TCC - Championship Court

Tue Oct 13–Dec 8 11:00–11:45 am 9/\$135

West Highlands Park

Tue Sep 8–Oct 6 11:00–11:45 am 5/\$75

Sportball 4

Ages: 5 1/2–8

In this program, children are introduced to eight different sports through play-based, developmentally appropriate curriculum that is centred around key motor, social, and sport milestones. This program is in partnership with Sportball Kamloops.

Lloyd George Elem. School Lloyd George Gym

Wed Oct 14–Nov 25 6:00–6:45 pm 6/\$90

Prince Charles Park

Wed Sep 9–Oct 7 6:00–6:45 pm 4/\$60

Tumble 'n' Play 1

Ages: 2–3

In this play-inspired program, your child will be introduced to a variety of fundamental movement skills including tumbling, balancing, and landing. Your child will develop their physical literacy skills through exploration, open-ended activities, and play-based games. This program requires parent participation.

Valleyview Community Hall

Tue Sep 15–Oct 20 5:00–5:30 pm 6/\$48

Tue Nov 3–Dec 8 5:00–5:30 pm 6/\$48

Tumble 'n' Play 2

Ages: 3–6

In this play-inspired program, your child will be introduced to a variety of fundamental movement skills including tumbling, balancing, and landing. Your child will develop their physical literacy skills through exploration, open-ended activities, and play-based games. This program requires parent participation.

Valleyview Community Hall

Tue Sep 15–Oct 20 5:45–6:30 pm 6/\$63

Tue Nov 3–Dec 8 5:45–6:30 pm 6/\$63

Move & Play

Ages: 2–5

This dynamic drop-in style program is designed for your child and you to explore, play and move. Each session the gym space will be set up with equipment, materials, and activities that will allow for free play, socialization, creative expression. Caregiver participation is required.

TCC - Championship Court

Wed Sep 16–Dec 9 11:00–12:00 pm 11/\$55

Badminton

Youth & Family Badminton

Ages: 6–10

Bring your racquet and enthusiasm, and join us for some family fun. This program is in partnership with the Kamloops Badminton Association.

Pacific Way Elementary

Thu Oct 1–Nov 26 6:00–7:00 pm 9/\$45

Looking for Kid Camps?

Want to find out more about the PacificSport XploreSportz Kid's Pro D Day Camps?

Go to page 76.



CHEER

FREEZE ATHLETICS

Recreational - No Experience Required

Half-year Sessions | 1 Showcase

Team Name (Birth years)	Sunday	Monday	Tuesday	Thursday	Friday
Ice Crystals (Ages 3-4)		4:30-5:30pm		3:15-4:15pm	3:30-4:30pm
Icicles (2019-2021)	3:15-4:15pm	3:30-4:30pm	3:30-4:30pm	5:00-6:00pm	4:15-5:15pm
Wind Chill (2012-2018)			4:15-5:30pm		3:30-4:45pm

Novice Teams - No Experience Required

Sept - April | 2 Competitions and 2 Showcases

Team Name (Birth years)	Sunday	Tuesday	Thursday
Northern Lights (2018-2020)	4:15-5:45pm		
Snow Angels (2018-2020)		4:30-6:00pm	
North Winds (2014-2017)		5:30-7:00pm	
Hail (2014-2017)			6:00-7:30pm
Glaciers (Adult Team)			8:15-9:45pm

TUMBLING

Tiny Tumble Ages 3-4

Sunday	2:30-3:15pm
Wednesday	4:15-5:00pm
Friday	4:45-5:30pm

Mini Tumble Ages 4-5

Sunday	1:45-2:30pm 4:00-4:45pm
Tuesday	3:30-4:15pm 4:30-5:15pm
Wednesday	3:15-4:00pm
Thursday	4:15-5:00pm
Friday	3:30-4:15pm

Tumble 1

Born 2020 and before

Sunday	2:00-3:00pm
Thursday	5:00-6:00pm
Friday	4:30-5:30pm

OPEN GYM

Tot-Open Gym

1 hour of unstructured, supervised play.

Ages 0-5

Times to be released in September
(Weekday morning)

Open Gym (ages 7+)

unstructured, supervised time to work on new and existing skills

Sunday	12:45-2:00pm
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Tumbling levels 2-7 can be found on our website



2026/2027 FASTBALL SEASON



Fall Ball Sept-Oct



Spring Ball April-July



Charles Anderson Stadium

1055 River st.

visit us



Instagram



Facebook

U7- 2020/2021/2022

U9- 2018/2019

U11- 2016/2017

U13C- 2014/2015

U15C- 2012/2013

U17C- 2010/2011

U20C- 2009/2008/2006



www.KAMLOOPSMINORFASTBALL.com





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Active Kidz Gymnastics (12 months - 5 years)
Gymnastics, Trampoline & Diving (6+ years)
XCEL Gymnastics, Trampoline (boys & girls)
Competitive Gymnastics, Trampoline & Diving
High School & 18+ programs
Ongoing Enrollment

IMAGINE | BELIEVE | ACHIEVE

Gymnastics Trampoline Diving Community Access Seasonal Camps Professional Day Camps



CURRENT SCHEDULES / REGISTRATION / MORE INFO...

www.kgtc.ca

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Music lessons for all ages, stages, and styles.

Professional instructors make learning fun.

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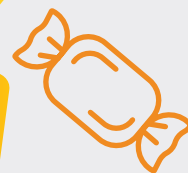
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955 Lorne Street
(250) 828-2315
kamloopslessons@long-mcquade.com





DID YOU KNOW?



Halloween candy wrappers can be recycled. These and other items can be dropped off at a recycling depot, or at monthly Flexible Plastics Recycling Pop-Up Events that take place on the last Sunday of each month from 10:00 am to 2:00 pm at a different location around the city.

For more information and locations, visit [Kamloops.ca/RecyclingPopUp](https://kamloops.ca/RecyclingPopUp).

ARTS AND CULTURE

Dancing

Acro Dance

Ages: 6–10

A mix of dance and gymnastics, this class is a fun way to build strength and increase body awareness. The class naturally progresses through skills at the student's pace, achieving up to level 4 in acrobatics. Techniques such as stretching, strengthening, limbering, balancing, and tumbling will be covered.

Kamloops Performance Company

Wed	Sep 16–Oct 28	4:30–5:15 pm	7/\$94.50
Wed	Nov 4–Dec 16	4:30–5:15 pm	7/\$94.50

Beginner Jazz Dance

Ages: 6–10

This fun, energetic class is designed to introduce young dancers to the basics of jazz in a supportive, age-appropriate environment. Students will learn simple steps, rhythm, coordination, and musicality through upbeat music, creative movement, and exciting combinations. No previous dance experience is needed. Just bring your energy and get ready to move.

Hal Rogers

Tue	Sep 15–Nov 17	5:00–5:45 pm	10/\$135
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Hip Hop

Ages: 7–12

This is a fun and exciting program for your child to learn the basics of hip hop dance, movement improvisation, and structured dance steps. The class is designed to be upbeat and engaging, allowing children to express themselves through movement and music.

Kamloops Performance Company

Wed	Sep 16–Oct 28	4:15–5:00 pm	7/\$94.50
Wed	Nov 4–Dec 16	4:15–5:00 pm	7/\$94.50

Intro to Acting

Ages: 6–10

In this fun, beginner-friendly acting class, kids explore imagination and storytelling through theatre games, movement, voice, and simple improvisation. Participants will practise teamwork, listening, taking turns, and expressing emotions while building stage presence in a supportive, playful environment.

Kamloops Performance Company

Thu	Sep 17–Oct 29	4:15–5:00 pm	7/\$94.50
Thu	Nov 5–Dec 17	4:15–5:00 pm	7/\$94.50

Musical Theatre

Ages: 6–10

Get ready to shine on stage with our musical theatre class. This high-energy class combines singing, dancing, and acting to create a unique and exciting experience for young performers.

Kamloops Performance Company

Thu	Sep 17–Oct 29	3:30–4:15 pm	7/\$94.50
Thu	Nov 5–Dec 17	3:30–4:15 pm	7/\$94.50

NATURE-BASED CHILDREN'S PROGRAMS

Nature Play & Learn

Pro D Day Nature Seekers

Ages: 5–12

Nature has long been our teacher and our entertainer. A Pro D day is a perfect opportunity to help your child take a break from screens and reconnect with the great outdoors. Time outside can support your child's emotional well-being. After weeks of indoor schooling, they will have a chance to decompress building balance, strength, coordination, sportsmanship, and confidence as well as empathy, attention to detail, and emotional regulation. We will explore, investigate, hike, play wide games, and reflect. Send your child outdoors with us and give them the chance to return home renewed, rejuvenated, relaxed, and more connected to the world around them.

Hal Rogers

Fri	Oct 23	8:30–4:30 pm	1/\$50
Mon	Nov 30	8:30–4:30 pm	1/\$50

McArthur Island Sport and Event Centre

Mon	Sep 21	8:30–4:30 pm	1/\$50
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SPECIAL INTEREST

Educational Workshops

Back to School STEM Workshop

Ages: 6–15

It's back to school time. Discover the wonders of robotics as you build and control various robots with gears, motors, and axles.

Hal Rogers

Sat	Sep 19	1:00–2:30 pm	1/\$40
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Battle Robots

Ages: 6–15

Enter the arena of fierce robotic battles, customize combat bots, and strategize to outmaneuver and defeat opponents in thrilling showdowns.

West Highlands Community Centre

Mon	Sep 21	8:30 am–4:30 pm	1/\$99
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Builder Robots Day Camp

Ages: 6–15

Hey there, future builders! At this mind-blowing camp, you'll be the boss of your very own job site, where you'll construct a vibrant city from the ground up, from maneuvering a cool dump truck to smashing through walls with a thrilling wrecking ball.

Valleyview Community Hall

Mon	Sep 7	8:30 am–4:30 pm	1/\$99
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Christmas Robotics Workshop

Ages: 6–15

Merry Christmas from RoboThink. We want to thank you for all of your support this year, and invite you come build a your favorite robots with us in this workshop.

West Highlands Community Centre

Sun	Dec 6	11:00 am–12:00 pm	1/\$10
Sat	Dec 12	11:00 am–12:30 pm	1/\$10

Fall Field Lacrosse is Coming!

Stay active, build skills, and have fun this fall with Kamloops Minor Lacrosse. Programs available for all experience levels. Field season runs from late August through November.

Learn more and register at
KamloopsRattlers.com.



Children & Youth



You're Invited!

Come celebrate the Kamloops Longboard Park's 12th birthday with the Kamloops Longboard Club! Join us on September 26 at 2350 Pacific Way, starting at 9:30 am. There will be mini-games, prizes, and giveaways throughout the day. Helmets are mandatory, and slide gloves and knee pads are recommended.

Demolition Robots Day Camp

Ages: 6–15

Calling all construction enthusiasts! It's time to put on your hard hats and dive into the world of construction with RoboThink. Get ready to take charge of your own bustling job site and create a whole city of your dreams.

West Highlands Community Centre

Mon Nov 30 8:30 am–4:30 pm 1/\$99

Halloween Robotics Workshop

Ages: 6–15

Get ready for a spooktacular experience at the SCREAM Halloween Workshop! Things are about to get chilling as students delve into the world of robotics with a Halloween twist.

West Highlands Community Centre

Sat Oct 31 1:00–2:30 pm 1/\$40

Holiday STEM Robotics Workshop

Ages: 6–15

Tis the season to get robotic! Join us for a festive celebration at the Holiday STEM Robotics Workshop. No experience necessary, just leave the snowballs at home and get ready for a joyful, hands-on experience that will make your holidays even brighter.

West Highlands Community Centre

Mon Dec 21 1:00–2:30 pm 1/\$40

Intro to Robotics Workshop

Ages: 6–15

Join us for an Intro to Robotics program brought to you by RoboThink. Our robotic experts will cover the basics of stem robotics. By the end of the program, students will have learned how to build their own moving and controllable robot.

Hal Rogers

Sat Sep 19 11:00 am–12:00 pm 1/\$10

Sat Sep 26 11:00 am–12:00 pm 1/\$10

West Highlands Community Centre

Sun Oct 18 11:00 am–12:00 pm 1/\$10

Sat Nov 7 11:00 am–12:00 pm 1/\$10

Sat Nov 21 11:00 am–12:00 pm 1/\$10

Robo-Jousting Workshop

Ages: 6–15

Strap on your armour and get ready to build and customize an array of mechanized warriors. Once your robot is battle ready, step into the arena and face off against other participants in an exhilarating range of challenges.

West Highlands Community Centre

Sat Nov 7 1:00–2:30 pm 1/\$40

RoboPetz Workshop

Ages: 6–15

Unleash your creativity with RoboPetz! Join us at RoboThink, where students will embark on an exciting adventure into the world of robotic wildlife.

West Highlands Community Centre

Sat Nov 21 1:00–2:30 pm 1/\$40

Slime Lab Workshop

Ages: 6–15

Get gooeey with RoboThink! Our Slime Lab introduces kids to the science of polymers through hands-on fun.

West Highlands Community Centre

Sun Oct 18 1:00–2:30 pm 1/\$10

Soccer Bots

Ages: 6–15

It's time to play some fútbol! This game is also known as soccer, and you'll get to put your skills to the test and see how athletic your robot is.

Hal Rogers

Fri Oct 23 8:30 am–4:30 pm 1/\$99

Wireless Go Kart Racing

Ages: 6–15

Get ready to feel the need for speed at the Go Kart Races Workshop! Students will embark on an exhilarating journey as they build and customize their very own go karts.

Hal Rogers

Sat Sep 26 1:00–2:30 pm 1/\$40

SPORT

Badminton

Come & Play - Badminton

Ages: 7+

Looking to try badminton in a fun and casual setting? This drop-in program is perfect for beginners and intermediate players who just want to enjoy the game with friends and family—no coaching, no competition, just play! Come explore the sport, meet new people, and have a great time on the court. Participants are encouraged to bring their own racket, but a limited number will be available to borrow on site for a small fee if needed. This program is in partnership with the Shuttlers Club.

Pacific Way Elementary

Tue	Oct 6–Nov 24	6:45–9:45 pm	8/\$60
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Teen & Family Badminton

Ages: 10–16

Bring your racquet and enthusiasm and join us for some family fun. This program is in partnership with the Kamloops Badminton Association.

Pacific Way Elementary

Mon	Oct 5–Nov 23	6:00–7:00 pm	7/\$35
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Pickleball

Intro to Pickleball - Youth

Ages: 13–17

Participants will be introduced to the sport of pickleball and learn the basic skills, techniques, and rules of the games with an emphasis on fun.

Parkcrest Elementary

Mon/Wed	Oct 5–Oct 7	6:00–8:00 pm	2/\$46
Mon/Wed	Nov 16–Nov 18	6:00–8:00 pm	2/\$46

Table Tennis

Intro to Table Tennis - Youth

Ages: 7–13

In this program participants will improve their physical literacy by practising basic table tennis skills, such as footwork, serves, drives, timing, and strategy.

TCC - D South

Tue	Sep 15–Oct 20	6:30–7:30 pm	6/\$60
Tue	Nov 3–Dec 8	6:30–7:30 pm	6/\$60

Pumpkin Smash

This free, family-friendly event features games to smash, roll, toss, and stomp your pumpkins! Kids are encouraged to wear their Halloween costumes one more time.

- Pumpkin games
- Face painting
- Photo booth station
- Pumpkin drop
- Pumpkin passports – play and enter to win a prize
- Education booths
- Food trucks

The City will compost all pumpkins from this event. You can also compost your pumpkins at City yard waste sites or in your curbside organics cart (please remove any candles or decorations).

November 1, 10:00 am–2:00 pm
McArthur Island, 1655 Island Parkway,
Soccer 1 & 2 Parking Lots

Learn more at [Kamloops.ca/Events](https://kamloops.ca/Events).





Join a NOVICE Cheerleading Team this year and watch your athlete's confidence soar!



No Experience Necessary

Teams for Ages 6-8

Team for Ages 9-12

Team for Adult (17+)



NOVICE TEAMS:

- One practice per week
- September to April
- 2 Competitions
- 2 Showcases
- Learn skills and have FUN



Scan for more info including schedule and more



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freezeathletics.com



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14-970 Laval Cres.

KAMLOOPS
BALL HOCKEY

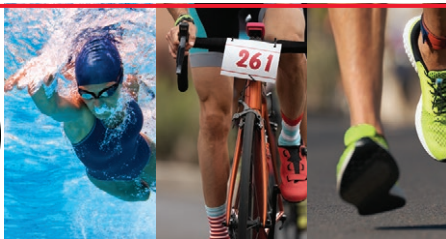
BCBHA

Ages 4 - 18

kamloopsballhockey.com/youth



To register and for more information:
TRYTRI.ORG



Swimming Starts September 14
Indoor Cycling Starts October 15

Whether you're brand new or chasing your personal best, you'll improve with us.

Learn from coaches who've developed athletes from first-timers to World Champions.

Limited spaces available. Register early.

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KAMLOOPS INDOOR TRIATHLON
January 24, 2027

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L A W Y E R S



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**DID YOU
KNOW?**



Research shows that spending as little as two hours in nature each week can improve physical and mental health. Just 20 minutes a day can make a difference. Doctors are even prescribing nature to help improve patients' well-being.

Learn more at
ParkPrescriptions.ca/About.

ARTS AND CULTURE

Dancing

Adult Hip Hop

Move, sweat, and have fun in a welcoming, judgment-free class designed for adults who want to learn hip hop basics and feel confident on the dance floor. You'll build rhythm, musicality, and coordination through an upbeat warm-up, easy-to-follow grooves, and a short choreography combo each week—set to today's hits and classic tracks.

Kamloops Performance Company

Mon	Sep 14–Oct 26	7:00–8:00 pm	7/\$94.50
Mon	Nov 2–Dec 14	7:00–8:00 pm	7/\$94.50

Aerial Hoop - Lyra

Are you curious about Lyra, the aerial hoop, but unsure if it's the right fit for you? Our one-hour teaser class is the perfect way to dip your toes into this mesmerizing aerial discipline. Designed specifically for beginners, this session provides a comprehensive overview of what a full Lyra class involves. Experience a structured approach, including warm-up, strengthening, and stretching exercises, and get hands-on with basic stances and introductory moves. This class offers a glimpse into the exciting world of aerial arts and helps you decide if Lyra is the right fit for your fitness and creative goals.

Unity 253 Aerial Arts Studio

Fri	Sep 18	6:30–7:30 pm	1/\$28
Sat	Dec 5	6:30–7:30 pm	1/\$28

Ballet Barre

Ballet Barre is a dynamic, drop-in style class that combines the technique and elegance of ballet with the strength, endurance, and conditioning of a barre workout. Using the ballet barre and centre floor work, participants will improve posture, balance, flexibility, coordination, and core strength through a mix of ballet-inspired exercises. Classes are not progressive, so participants can join anytime with no previous dance experience required.

Kamloops School of the Arts

Tue	Sep 15–Nov 24	5:30–6:20 pm	11/\$165
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Belly Dance Beginner

Belly dance classes are fun, uplifting, and empowering. Posture, muscle isolation, and dance movements are taught using various stretching and strengthening exercises. These low-impact classes can aid in stress reduction and are likely to boost your self-esteem and body image. Come feel the magic of belly dance!

Kamloops School of the Arts

Tue	Sep 15–Nov 24	7:30–8:20 pm	11/\$165
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Belly Dance Intermediate

Intermediate belly dance takes it to the next level and explores traditional folk and Golden Age styles as well as contemporary Middle Eastern dances. It includes props such as veils, assayas, and finger cymbals. Students will work towards a fun choreography. A solid foundation in belly dance is a prerequisite for this class. Instructor William has trained in Egypt (Raq Sharqi) and is also proficient in vintage Cabaret style.

Kamloops School of the Arts

Thu	Sep 17–Dec 3	6:00–7:00 pm	12/\$180
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Bollywood/Bhangra

This Indian dance fusion will be your next favourite. These upbeat and invigorating dance genres embraces the essence of Indian culture and wraps the ethnic style with some fitness flare. No dance skills are required, and all levels are welcome to explore the colourful nature of this Indian dance class.

Let's Move Studio

Wed	Sep 9–Nov 25	8:00–8:50 pm	12/\$180
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Intro to Pole Sport

This class is for brand new students with little or no pole experience. Learn basic pole grips, stance, and a few introductory moves. Become familiar with the structure of the pole classes, including a warm-up, strengthening moves, and a stretch. This class is the minimum prerequisite to allow you to attend drop-in pole classes.

Unity 253 Aerial Arts Studio

Fri	Sep 18	5:15–6:15 pm	1/\$28
Sat	Dec 5	5:15–6:15 pm	1/\$28

Jazzercise

Jazzercise is a high-energy, drop-in style dance class that blends the fun of jazz dance with cardio, strength, and full-body conditioning. Participants will learn a new combo each class for a fun and engaging challenge, but classes are not progressive. No prior experience is needed, and new participants can join anytime. Suitable for all levels, with modifications offered throughout the class.

Kamloops School of the Arts

Tue	Sep 15–Nov 24	6:30–7:20 pm	11/\$165
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Latin Partner Dance

In this class, you will learn a variety of Latin rhythms and steps for all levels across popular dance genres, including Salsa, Bachata, Merengue, Cha Cha Cha, and Rumba. You will learn partner-style lead and follow moves, footwork, and musicality to create a dynamic social dance on any dance floor. You can enjoy this class with or without a partner. Make it a date night or come solo to socialize with like-minded friends.

Let's Move Studio

Fri	Sep 11–Nov 27	7:10–8:00 pm	12/\$180
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Line Dance

In this fun and interactive line dancing class, beginners will learn about beat, music timing, rhythm, basic dance steps. Participants will also learn simple, choreographed routines with repeating sequences. No previous dance experience or partner is required. Join in the fun for all ages, and dance to all types of music.

Kamloops Performance Company

Mon	Sep 14–Oct 26	7:00–8:00 pm	7/\$94.50
Mon	Nov 2–Dec 14	7:00–8:00 pm	7/\$94.50

Find Support, One Step at a Time



At Your Own Pace is a free walking grief support group for adults grieving the recent death of a loved one, offering a gentle, supportive space to explore grief through movement, reflection, and shared experience. The group meets weekly for eight sessions at the indoor track at the Tournament Capital Centre in the fall and spring, beginning each session with a 45-minute walk followed by a guided discussion in a private space. Participants are encouraged to walk at their own pace, with support from a bereavement counsellor, a fitness leader, and trained bereavement volunteers. The program promotes self-care, mindfulness, and connection during the grieving process. Registration is required.

Contact Carol at Kamloops Hospice, 250-372-1336, to register.





© Mary Putnam

September 30th is the National Day for Truth and Reconciliation

The public is invited to join the City and Tkemlúps te Secwépemc at the Powwow Arbour (345 Powwow Trail) on September 30th in the spirit of truth, healing, and reconciliation.

Did you know the Secwépemc Museum and Heritage Park offers tours?

More information is available at
SecwepemcMuseum.ca/Tours.



Social Ballroom Dancing - Rumba

Rumba is the “Latin dance of love”. This slow dance is distinguished by its romantic feel and sensual look. Rumba won’t disappoint, whether you learn it for a first dance at your wedding or a romantic date night at a tropical resort. Todd is a social ballroom dance instructor with 35 years of experience teaching smooth, Latin, and swing styles. His focus is building solid lead-and-follow skills while teaching enjoyable patterns in a fun format that will make you look good on the dance floor.

Heritage House

Mon	Sep 21–Nov 16	7:00–8:00 pm	6/\$120
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Tap Beginner - Level 1

Tap dance is characterized by the sound of the metal tap striking the floor. It combines rhythm, syncopation, sound, and movement. Emphasis is placed on musicality, expression, and improvisation. Tap shoes are not required to try out this class. Send us a message, and we’ll see if we have a pair in your size available for you to try. Alternatively, wear hard-soled shoes to give tapping a go.

Kamloops Performance Company

Mon	Sep 14–Nov 30	5:00–5:45 pm	11/\$165
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Tap Fit

Tap Fit is a high-energy class that blends the rhythm of tap dance with the vibrant vibe of Zumba®, creating an exciting and dynamic dance experience. There are no long breaks or complicated choreography, just fun, rhythm-driven movements that keep you engaged and active from start to finish. Tap shoes are not required to try out this class.

Kamloops Performance Company

Fri	Sep 11–Nov 27	5:15–6:00 pm	12/\$180
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Tap Level 2

Tap dance is characterized by the sound of the metal tap striking the floor. It combines rhythm, syncopation, sound, and movement. Emphasis is placed on musicality, expression, and improvisation. Level 2 will build on the fundamental skills learned in Level 1. Do you need a pair of tap shoes? Send us a message, and we’ll see if we have a pair in your size available for you to try.

Kamloops Performance Company

Mon	Sep 14–Nov 30	5:45–6:30 pm	11/\$165
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Tap Level 3

Tap dance is characterized by the sound of the metal tap striking the floor. It combines rhythm, syncopation, sound, and movement. Emphasis is placed on musicality, expression, and improvisation. Level 3 will build on the fundamental skills learned in Level 2. Do you need a pair of tap shoes? Send us a message, and we’ll see if we have a pair in your size available for you to try.

Kamloops Performance Company

Mon	Sep 14–Nov 30	6:30–7:15 pm	11/\$165
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Drawing and Painting

Collage Club

Collage Club is for people who love to express themselves through paper crafting and glueing things down. Students are encouraged to explore their creative process and create works unique to them. This is an inclusive, all ages, all welcome class, and no experience is necessary. All supplies are provided, but you are more than welcome to bring your own sketchbook, magazines, or art supplies to use during class time.

Heritage House

Fri	Sep 18–Oct 30	10:30–12:30 pm	7/\$105
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Drawing for Beginners

The goal of this course is to equip learners with the essential drawing skills they need before moving into more advanced art techniques. Throughout the class, students will work step-by-step from simple forms to more complex shapes, learning how to observe more carefully, understand proportions, and capture details with greater accuracy. This structured approach helps them develop the visual and technical skills required for success in painting classes of any medium. Supplies are included.

Parkview Activity Centre

Thu	Sep 17–Nov 19	10:00–12:00 pm	10/\$180
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Oil Painting for Beginners

This beginner-friendly oil painting class teaches students the fundamentals of drawing, colour theory, and oil painting techniques through a step-by-step approach that builds confidence. Working at their own pace, students will create a painting based on a chosen reference image or model and learn all the essential skills needed to complete it.

Heritage House

Mon	Sep 14–Dec 7	5:30–8:00 pm	13/\$260
Wed	Sep 16–Nov 18	5:30–8:00 pm	10/\$200

Oil Painting Intermediate

This intermediate oil painting class is designed for students who already have a solid understanding of drawing on canvas, colour mixing, and the essential tools and materials used in oil painting. This course is ideal for learners who want to deepen their skills, take on more complex projects, and continue growing confidently as oil painters.

Parkview Activity Centre

Sat	Sep 12–Dec 5	10:00–12:30 pm	12/\$240
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Watercolour for Beginners

For the beginning student, this course introduces the exciting possibilities, delights, and challenges of watercolours. Fun and easy projects are designed to teach basic techniques and build students' confidence to paint a basic landscape or a flower. Supplies are extra.

Parkview Activity Centre

Wed	Sep 16–Nov 18	10:00–12:00 pm	10/\$187.50
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Watercolour Intermediate

This course introduces the exciting possibilities, delights, and challenges of watercolours. Fun and easy projects are designed to teach beyond the basic techniques and build students' confidence to paint a basic landscape or a flower. Supplies are extra.

Parkview Activity Centre

Wed	Sep 16–Nov 18	12:30–2:30 pm	10/\$187.50
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Fabric Arts

Beginner Crochet

This beginner course will teach you basic crochet stitches, tools, and terms. You will work on a project that will allow you to use the stitches you learn. Some supplies are required.

Parkview Activity Centre

Thu	Oct 15–Nov 5	6:30–8:00 pm	4/\$80
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Fabric Pins

In this workshop, participants will be able to create their own fun, wearable piece of artwork. All supplies are provided. Beginner-friendly, hand sewing only.

Old Courthouse

Tue	Sep 29	1:00–3:00 pm	1/\$20
Tue	Oct 13	1:00–3:00 pm	1/\$20
Tue	Nov 17	1:00–3:00 pm	1/\$20

Quilt Memory - T-shirts/Jerseys/Baby Clothes/ Assorted Clothing

If you've always wanted to make a memory quilt but find the idea intimidating, this is the perfect course for you. In this workshop, quilt enthusiast Marnie Freeman will share sewing tips for working with clothing items. You will learn a method of sewing stretchy fabrics without using interfacing. Participants are required to bring their sewing machines.

Heritage House

Sat	Sep 26–Oct 17	1:00–3:30 pm	4/\$150
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Photography

iPhone/Android/iPad/Tablet

Bring your iPhone/Android/iPad/Tablet (mobile device with a camera) to this fun class and learn how to take spectacular photos with just your phone or iPad camera. During these three sessions, we will explore techniques that will allow you to move from taking a snapshot to making a photograph. When you have finished the program, you will have acquired skills that will enable you to take cellphone photos worthy of being printed for your home or office walls.

Parkview Activity Centre

Sun	Nov 1–Nov 15	1:30–3:30 pm	3/\$90
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Valleyview Community Hall

Sun	Sep 20–Oct 4	1:30–3:30 pm	3/\$90
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FITNESS AND HEALTH

Group Classes

Barre-lates

Join us at the barre for a workout blending ballet, Pilates, strength, and flexibility. Strengthen your body while improving endurance. No dance experience is needed.

TCC - Fitness Studio

Thu	Sep 10–Dec 17	6:15–7:15 pm	15/\$139.95
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Bellyfit

This holistic fitness class designed for women of all ages who want to experience a fusion of fitness; dance styles such as belly dance, African, Bollywood, and Bangra; and yoga, where powerful fluid movements and intentional breath blend seamlessly to phenomenal music. With a short opening meditation and finishing on the mat, this is a complete mind, body, and spirit workout. All levels are welcome, and no experience is needed. Please bring a yoga mat for core and stretching. A small number of mats are provided.

Arthur Stevenson Elementary

Wed	Oct 7–Nov 25	5:30–6:30 pm	7/\$65.31
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Cardio Kickboxing

This class combines kickboxing with high-energy cardio exercise to boost cardiovascular fitness. You will engage in a dynamic workout that burns calories, improves endurance, and enhances coordination.

TCC - Fitness Studio

Wed	Sep 9–Dec 16	6:00–7:00 pm	13/\$121.29
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Core Strength and Balance

This moderate-intensity class focuses on improving core strength, balance, joint stability, and overall functional movement. Each class includes a warm-up, core and balance-based exercises, and a cool-down/stretch at the end, using bodyweight movements and the equipment available in the facility. The class focuses on strengthening the deep core muscles, improving coordination, supporting posture, and increasing control through the hips, spine, knees, and ankles. Participants can expect to move more safely and confidently, improve balance and stability, reduce the risk of falls, and support better performance in daily activities and other workouts. Suitable for all ages and fitness levels, with modifications available.

Hal Rogers

Mon	Sep 14–Dec 14	5:00–6:00 pm	13/\$105.95
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Full Body Strength

This well-rounded class is designed to train all major muscle groups in one session using free weights, bodyweight exercises, and the equipment available in the facility. Each class includes a warm-up; a moderate-intensity, strength-based workout; and a cool-down/stretch at the end. The focus is on building overall strength, muscular endurance, stability, and functional movement patterns. Participants can improve total-body conditioning, increase daily life strength, and build confidence with foundational strength movements in a safe and accessible environment. Suitable for all ages and fitness levels, with modifications available.

TCC - Fitness Studio

Tue	Sep 8–Dec 15	5:00–6:00 pm	15/\$122.25
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HIIT - High Intensity Interval Training

Come prepared to sweat in this fast-paced class. Using Tabata-style or high-intensity intervals followed by a short rest, you will be invigorated by this challenging, full-body workout.

TCC - Fitness Studio

Thu	Sep 10–Dec 17	5:00–6:00 pm	15/\$122.25
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Introduction to Weight Training

This beginner class covers weight training fundamentals, including setting up equipment, creating personalized programs, and adjusting exercises to your needs. Taught by a certified trainer, it builds confidence and skills for the gym.

TCC - Fitness Studio

Mon	Sep 14–Dec 14	6:30–7:30 pm	13/\$162.50
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Low Intensity Circuit

This circuit-style class encourages you to work at your level. You will be introduced to various cardio, strength, and flexibility exercises to help keep you strong and mobile for your daily activities.

Westsyde Pool & Fitness Centre

Wed	Sep 9–Dec 16	1:00–2:00 pm	15/\$122.25
Fri	Sep 11–Dec 18	1:00–2:00 pm	14/\$114.10

Strength Training with Resistance Bands

This class is designed to increase strength in a gentle yet challenging manner, using loop bands and elastic bands. Colour-coded elastic bands provide different resistance levels, allowing for a gradual increase in strength and better conditioning. This type of workout is useful for those not ready to start weight training using free weights or machines, but are determined to pursue a workout routine to help open the path to sustained resistance training. It is also great for people living in small spaces or while travelling.

TCC - Fitness Studio

Wed	Sep 9–Dec 16	5:00–5:45 pm	13/\$121.29
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Taiji Qi Gong

Explore Taiji and Qigong exercises for mind body connection. Studies indicate Taiji improves balance, reduces chronic pain (osteoarthritis and fibromyalgia), and supports mental health and cognitive function.

West Highlands Community Centre

Thu	Oct 15–Dec 17	9:30–11:00 am	10/\$93.30
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Women's Only Intermediate Weight Training

This class empowers women through weightlifting and healthy habits. Learn proper techniques, build strength, and boost confidence in a supportive environment. It also emphasizes nutrition and wellness for thriving beyond the gym.

TCC - Training Lab

Thu	Sep 10–Dec 17	5:30–6:30 pm	15/\$187.50
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Women's Only Introduction to Weight Training

This class empowers women through weightlifting and healthy habits. Learn proper techniques, build strength, and boost confidence in a supportive environment. It also emphasizes nutrition and wellness for thriving beyond the gym.

TCC - Fitness Studio

Tue	Sep 8–Dec 15	11:30 am–12:30 pm	15/\$195
Wed	Sep 9–Dec 16	7:15–8:15 pm	13/\$162.50

Zumba®

Zumba® fitness blends Latin beats with fun, easy-to-follow moves for a party-like workout. It offers a total body workout, combining cardio, muscle conditioning, balance, flexibility, and boosted energy.

Hal Rogers

Tue	Sep 8–Dec 15	6:00–7:00 pm	13/121.29
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TCC - Fitness Studio

Fri	Sep 11–Dec 18	9:45–10:45 am	15/139.95
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Pilates

Beginner Mat Pilates

Learn Pilates principles and apply them to mat exercises to improve core strength and stability, relieve back pain, improve posture, and reduce stress.

TCC - Fitness Studio

Tue	Sep 8–Dec 15	6:15–7:15 pm	14/\$130.62
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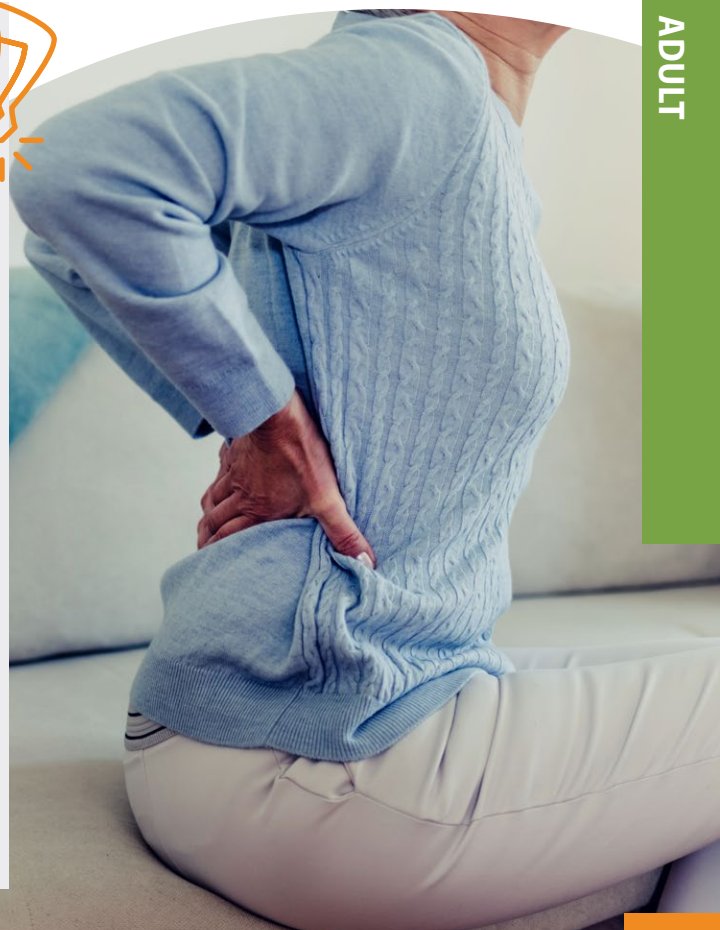
GLA:D Education and Exercise Programs

GLA:D stands for Good Life with Arthritis: Denmark, and based on the success of the program, it is being made available in Canada.

Arthritis Program: This is a seven-week, evidence-based program for those with stiff and painful knees/hips due to osteoarthritis. It includes a full assessment, two education sessions, and 14 small-group exercise classes. Research from GLA:D has shown participants report less pain, reduced use of painkillers, reduced sick leave used, and being more physically active.

Low Back Pain Program: Do you experience persistent or recurrent low back pain? This seven-week, evidence-based program will guide you through sessions to help you manage your low back pain and improve your day-to-day life. It includes one full assessment, two education sessions, and 14 small-group exercise sessions.

To view our programming that reflects the GLA:D approach, see the Clinical and Rehabilitative Exercise Section on page 60. Visit GladCanada.ca for more information.



Intro to Mat Pilates

This class offers a gentle introduction to classical mat Pilates, focusing on the importance of breath, core activation, and proper muscle engagement. Participants will practise a series of controlled exercises designed to improve strength and flexibility.

TCC - Fitness Studio

Mon Sep 14–Dec 14 5:00–6:00 pm 13/\$130.62

Pilates with Props

This intermediate class uses a variety of equipment to target your core stabilizers, activate your deep abdominal muscles, reinforce your balance, and stability, and enhance your neuromuscular function.

TCC - Fitness Studio

Fri Sep 11–Oct 16 8:30–9:30 am 6/\$55.98

Pre & Post Natal

Mom and Baby Fitness

Rediscover your strength and vitality in a supportive environment designed for moms and babies. This program is dedicated to safely rebuilding core stability and improving pelvic floor function after childbirth by blending gentle aerobic exercise, targeted muscular work, Pilates-inspired exercises, and gentle yet effective flexibility exercises. Throughout the sessions, you are encouraged to listen to your body and progress at your own pace. The course aims to help support your physical and emotional well-being through exercise in a like-minded new mom community. Moms should be 6 weeks post vaginal delivery and 12 weeks post-caesarean. Babies (pre-crawling and crawling) are welcome.

TCC - Fitness Studio

Wed Sep 16–Dec 15 10:30–11:30 am 10/\$102.63

Stroller Fit

Join other moms in this fun, all-levels class focusing on strength, cardio, and flexibility while your baby or toddler relaxes in their stroller. Nursing and crawling babies are welcome. Moms should be at least 4–6 weeks post-natural delivery or 8–10 weeks post-caesarean.

TCC - North Court

Mon Sep 14–Dec 14 11:30–12:30 pm 13/\$121.29

Spin

CycleFit

This intermediate spin class has something for everyone. It features various intervals and cycling drills that are guaranteed to have you feeling the burn. Work at your own intensity through hill climbs, speed intervals, and active recovery.

TCC - Spin Studio

Wed Sep 9–Dec 16 5:15–6:15 pm 13/\$105.95

Yoga

Beginner Yoga

Practise simple yoga postures and breathing exercises to build strength and flexibility in a welcoming environment. Modifications are offered for all fitness levels. No experience necessary.

Hal Rogers

Tue Sep 8–Dec 15 9:00–10:00 am 15/\$139.95

Valleyview Community Hall

Mon Sep 14–Dec 14 9:00–9:45 am 14/\$130.62

Gentle Chair Yoga

Enjoy a fun and inclusive yoga class that uses chairs and modified poses to improve your mobility and flexibility. If you are experiencing stiffness associated with aging, injury, or joint replacement, this class is for you. Each class ends with a guided relaxation.

Valleyview Community Hall

Tue Sep 15–Dec 15 8:00–9:00 am 14/\$130.62

Hike & Yoga Combo

Come enjoy a fun and adventurous hike and relaxing yoga class at Peterson Creek Park. Hike to beautiful viewpoints, elevate your fitness, and rejuvenate your body, mind, and spirit. Build community, explore with other active outdoor enthusiasts, and reconnect with nature to help you re-energize, ground and improve your health and well-being. This class includes 45 minutes of hiking and 45 minutes of yoga and is suitable for all levels.

Peterson Creek Nature Park

Tue Sep 8–Oct 6 5:30–7:00 pm 5/\$70

DID YOU KNOW?



We have online registration for the following drop-in programs: Aquafit, Gentle Circuit, and pickleball.

Register online at Kamloops.ca/Register.



Operation Red Nose

Kamloops



Celebrating our 30th year of providing safe rides home during the holiday season.

Call for Volunteers

Are you interested in helping to keep Kamloops streets safer this holiday season? Your commitment supports amateur sport through PacificSport Interior BC.

Whether you are a new volunteer or a long-time Operation Red Nose volunteer, we would love to have you!

Positions to be filled:

- designated drivers
- navigators
- escort drivers
- phone volunteers
- dispatch



To learn more and complete an application, visit PacificSportInteriorBC.com/OperationRedNoseVolunteer.



ADULT

Intro to Yin Yoga

This class is an ideal starting point for those new to yin yoga or looking to slow down and reconnect. Yin yoga is a quiet, meditative practice targeting deeper connective tissues. Poses are held for several minutes, allowing the body to soften gradually and the mind to settle. This class offers a calm, supportive environment to explore breath, stillness, and mindful awareness. Perfect for beginners or anyone seeking stress relief, improved flexibility, and a deeper sense of inner ease. No previous yoga experience is needed. Just bring an open mind, a mat, and a willingness to pause.

West Highlands Community Centre

Sun	Sep 13–Dec 13	4:30–5:30 pm	13/\$121.29
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Steel Mace Vinyasa

This class blends traditional yoga with weight training using a steel mace to tone muscles, increase flexibility, improve balance, and reduce stress. The focus cultivates a mind-body connection through breathwork. Holding a mace in poses helps students stay focused and strengthen their practice.

TCC - Fitness Studio

Fri	Sep 11–Dec 18	11:00–12:00 pm	15/\$139.95
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Stretch and Relax Yoga

You will be guided through a full-body stretch that promotes flexibility, mobility, breathing, and relaxation. Participants must be comfortable getting down to the floor and back up again.

West Highlands Community Centre

Wed	Sep 9–Nov 25	10:00–11:00 am	10/\$81.50
Mon	Sep 14–Dec 14	10:00–11:00 am	11/\$89.65

Warrior Yoga

This class combines traditional yoga with weight training using a steel mace to tone muscles, increase flexibility, improve balance, reduce stress, and boost energy. Suitable for beginners and athletes, this unique practice enhances overall health and well-being.

TCC - Fitness Studio

Tue	Sep 8–Dec 15	7:30–8:30 pm	15/\$139.95
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Yoga Flow

This all-levels yoga class is designed to connect breath with movement, helping students build strength, flexibility, and mindfulness. While participants should ideally be comfortable transitioning up and down from the mat, modifications will be offered throughout to support different abilities and experience levels. Whether you're newer to yoga or looking to deepen your practice, this class offers space to move at your own pace.

Valleyview Community Hall

Thu Sep 10–Dec 17 8:00–9:00 am 15/\$139.95

Health & Lifestyle Coaching

Menopause Women Wellness Coaching

Struggling with menopause or postmenopause? This one-on-one coaching package helps you manage symptoms through nutrition and lifestyle changes. It includes a 90-minute initial assessment with a personalized report and goal setting, plus 60-minute coaching sessions focused on improving health, building strength, and reducing the risk of chronic disease.

1.5 hr assessment and 3 sessions (3 hrs)/\$295

1.5 hr assessment and 6 sessions (6 hrs)/\$490

Wellness Workshops

Better Menopause

This workshop provides information about the physical changes that occur during menopause and postmenopause. It covers common symptoms, such as hot flashes, night sweats, and irregular cycles, as well as lesser-known changes that may affect quality of life and long-term health. You'll also learn practical, evidence-based lifestyle and nutrition strategies to help manage symptoms and reduce the risk of chronic conditions associated with menopause and aging.

TCC - Meeting Room B

Tue Sep 22 6:00–7:30 pm 1/\$25

Tue Nov 17 6:00–7:30 pm 1/\$25

Building Healthy Sleep Foundations

Discover the key building blocks that support healthy sleep for babies. We'll explore age-appropriate rhythms, naps, wake windows, and sleep environments, along with how to create routines that feel flexible and realistic for your family. This session focuses on simple, practical tools that can support better sleep over time. Includes time for questions and shared discussion.

Hal Rogers

Mon Oct 26 10:00–11:30 am 1/\$20

Common Sleep Challenges & Caregiver Well-Being

Troubleshoot common sleep struggles, such as short naps, bedtime challenges, early waking, and developmental sleep changes. This session also highlights caregiver well-being, realistic expectations, and strategies for navigating sleep disruptions with confidence. Includes time for questions and shared discussion.

Hal Rogers

Mon Dec 14 10:00–11:30 am 1/\$20

Decode Your Hormones: A Practical Guide for Women

For busy women, hormone symptoms can show up as fatigue, irritability, cravings, weight fluctuations, poor sleep, or feeling "off" and not knowing why. Join Amanda for a workshop that connects the dots. Learn how hormones influence your day-to-day life, how your body responds during different phases of your monthly cycle, what shifts as we age and enter perimenopause, how stress and blood sugar silently sabotage balance, and what simple practices help you feel more grounded, energized, and in control.

TCC - Meeting Room B

Thu Nov 12 6:00–8:00 pm 1/\$25

TCC - Meeting Room C

Tue Sep 29 6:00–8:00 pm 1/\$25

Eating for Diabetes Prevention

It is estimated that 90–95% of cases of Type 2 diabetes are preventable through diet and lifestyle, and many cases of prediabetes and early Type 2 diabetes can improve significantly with supportive nutrition and lifestyle changes. In this practical workshop, holistic nutritionist Amanda McKeen will share simple, realistic strategies to support healthy blood sugar through nutrition, movement, sleep, stress management, and sustainable daily habits. Learn how to build balanced meals, reduce energy crashes and cravings, and support long-term health without extreme diets or overwhelm.

TCC - Meeting Room B

Thu Oct 8 6:00–8:00 pm 1/\$25

Eating For Energy

Are you tired of feeling exhausted, foggy, or running on caffeine? In this workshop, holistic nutritionist Amanda McKeen breaks down the science of energy in a simple, realistic way and gives practical strategies to support steady energy, better focus, happy hormones, and long-term health.

TCC - Meeting Room B

Sun Nov 29 9:30–11:30 am 1/\$25

Forest Bathing

Forest bathing (also called forest therapy) is a practice inspired by Shinrin-yoku, a Japanese form of healing that originated in the 1980s. It is a way of immersing oneself in nature in a slow manner and using the senses to connect with oneself and the natural world. A typical forest bathing walk can cover hundreds of metres over two hours. It is not a hike or a naturalist walk. The destination in forest bathing is simply slowing down and connecting with the present moment.

Westsyde Centennial Park

Sat Sep 19 10:30–12:00 pm 1/\$40

Stake Lake Trails

Sat Oct 17 11:00–12:30 pm 1/\$40

Making Sense of Supplements

Confused about which supplements you actually need and which are just hype? Learn how to save money, choose safe and effective options, discover whole foods that naturally provide commonly supplemented nutrients, and understand how supplements are meant to support (not replace) a balanced diet.

TCC - Meeting Room D

Thu Sep 24 6:00–8:00 pm 1/\$25

Night Waking & Gentle Ways to Support Sleep

Night waking is a normal part of infant sleep—but it's still exhausting. This session explores why babies wake at night and explores different strategies to support your child's sleep. Families will learn how to respond in ways that align with their values and their baby's needs. Includes time for questions and shared discussion.

Hal Rogers

Mon Nov 23 10:00–11:30 am 1/\$20

Sleep Smarter: The Skill That Changes Everything

Sleep isn't just rest, it's recovery, balance, and prevention. Most of us don't realize that sleep is a skill, and we can get better at it! Join holistic nutritionist Amanda McKeen to learn how to train your body for deeper, more restorative sleep and uncover why improving this one habit can transform your overall health.

TCC - Meeting Room B

Tue Oct 13 6:00–8:00 pm 1/\$25

Thu Dec 10 6:00–8:00 pm 1/\$25

Understanding Your Baby's Sleep

Learn what's normal when it comes to infant sleep in the first year. This session explores how sleep develops from newborn through older infancy, why night waking happens, and what influences your baby's sleep. Designed to help caregivers feel informed, reassured, and better prepared for what to expect. Includes time for questions and shared discussion.

Hal Rogers

Mon Sep 21 10:00–11:30 am 1/\$20

Personal Training

Small Group Personal Training

Make training fun with friends, family, or co-workers. This semi-private package includes a group fitness assessment and nine 60-minute sessions to work on your goals together.

10 sessions/\$875

Train Smart Package

This two-part package includes a 30-minute assessment to establish your baseline fitness level. The second 60-minute session is to learn about your personalized fitness program and increase your confidence in your exercise program.

1 session (90 mins)/\$99

Personal Training Add-Ons

Once you have completed a Train Smart package, you can purchase additional 60-minute personal training sessions. These appointments can be made at your convenience, whether you would like to meet regularly to help with motivation or when you need an update to your program.

1 session (1 hr)/\$65

4 sessions (4 hrs)/\$250

12 sessions (12 hrs)/\$690

Train Smart with a Friend!

Team up with a friend for a fun, semi-private training package. It includes individual assessments and three 60-minute sessions to work on your personal goals together.

3 sessions (3 hrs)/\$350

Kinesiology Training

Train Smart Assessment with a Kinesiologist

If you have an injury, chronic condition, or concerns about exercise safety, this program is designed for you. Complete a comprehensive fitness assessment and exercise program with a kinesiologist. With focused education on topics ranging from chronic disease to orthopaedics, working with a kinesiologist will help you meet your fitness goals safely and effectively (program includes two 60-minute sessions). Call 250-828-3698 for information.

2 (1 hr) sessions/\$150

Train Smart with a Kinesiologist Add-Ons

These 60-minute kinesiology sessions are designed with you in mind. Use them to support your exercise program on an ongoing basis or to update your old program to further your exercise goals. Participants must complete a Train Smart assessment with a kinesiologist before registering for additional sessions.

1 session (1 hr)/\$75

4 sessions (4 hrs)/\$280

12 sessions (12 hrs)/\$780



ENCORE! The KSO at 50

Have you ever dreamed of being centre stage?

You can perform at the Kamloops Museum and Archives during the temporary museum exhibition ENCORE! The KSO at 50. Sign up for rehearsal and performance between 2:30 pm and 4:00 pm on Tuesdays and Saturdays from September 5 to December 29 at the Kamloops Museum and Archives.

For more information, visit KamloopsMuseum.ca.



Clinical and Rehabilitative Exercise

FAME - Fitness and Mobility Exercise After a Stroke

FAME (Fitness and Mobility Exercise) is a community-based program for stroke survivors designed specifically for and proven to improve fitness, mobility, and strength. This small-group class includes functional strength, agility, and balance exercises. It is suitable for people at any time after a stroke who can stand for five minutes, walk 10 m (even with a walking aid), and communicate with the instructor. To register or for more information, call Charlie at 250-828-3742.

TCC - Fitness Studio
Tue/Thu Sep 15–Nov 5 2:30–3:30 pm 16/\$160

Hip and Knee Arthritis

This is a six-week, evidence-based education and exercise program for those with stiff and painful knees/hips due to osteoarthritis. Includes a full assessment, two education sessions, and 12 small-group exercise classes. Research from GLA:D (Good Life with Arthritis: Denmark) has shown participants report less pain, reduced use of pain killers, reduced sick leave used, and being more physically active.

TCC - Meeting Room C
Tue/Thu Nov 3–Dec 17 5:15–6:15 pm 14/\$340

Low Back Pain

Do you experience persistent or recurrent low back pain? Our seven-week GLA:D low back program uses evidence-based education and exercise to help people manage low back pain and improve their day-to-day function. While GLA:D stands for Good Life with Arthritis: Denmark, this program is specifically designed for individuals experiencing low back pain. The program includes a full assessment, two education sessions, and 14 small-group exercise sessions.

TCC - Meeting Room B
Mon/Wed Sep 14–Nov 4 5:15–6:15 pm 14/\$340

Lower Body Foundations and Joint Strength Program

This eight-week lower body program helps adults improve strength, stability, mobility, and overall movement. It begins with a one-on-one assessment by a kinesiologist to identify issues in the hips, knees, and ankles, then continues with weekly small-group circuit training sessions tailored to individual needs. The program includes strength, mobility, balance, and injury-prevention education, as well as a two-month gym membership so participants can practise the exercises independently and reinforce their progress.

TCC - Training Lab
Wed Sep 16–Nov 18 5:15–6:15 pm 8/\$195

Sensational Survivors

This goal-oriented exercise program is dedicated to helping women in all stages of a cancer diagnosis empower, strengthen, and challenge themselves in a safe and welcoming environment. It includes an initial assessment, an exercise program setup, and 12 classes. To register or for information, call Charlie at 250-828-3742.

TCC - Fitness Studio
Wed/Fri Sep 2–Dec 30 1:00–2:00 pm/12:15–1:15 pm 12/\$115

Upper Body Foundations and Joint Strength Program

This eight-week upper body program helps adults improve strength, mobility, stability, posture, and joint function. It starts with a one-on-one assessment by a kinesiologist to identify movement limitations and areas needing support. Participants then attend weekly small-group circuit sessions with tailored exercises focused on upper body strength, shoulder/elbow/wrist mobility, joint stability, and injury prevention. The program also includes a two-month gym membership so participants can practise independently and reinforce their progress.

TCC - Meeting Room C

Mon Sep 14–Nov 9 5:00–6:00 pm 8/\$195

OUTDOOR ACTIVITIES

Dragon Boating

Come Give It A Try! (Ages 49+)

Join the Kamloops Interior Dragons for a FREE session. Dragon boating is about fun, fitness, and festivals. No experience is necessary, and all equipment is provided. Come paddle with us, and try a new sport this fall. Registration is required.

Pioneer Park

Tue Sep 15 5:00–7:00 pm 1/Free

SPECIAL INTEREST

Cooking

Classic Doenjang Jjigae (Korean Soybean Paste Stew)

Are you wanting to learn something new? Join the Red Seal Chef of Kuzina Messer Culinaire as they teach you how to make doenjang jjigae, a Korean soybean stew made with soft tofu and vegetables. Vegan and vegetarian options available.

NorKam Secondary

Wed Oct 7 6:00–8:30 pm 1/\$56

Freezer Meal Workshop: Dairy-Free Menu

Stock the freezer with ready-to-cook, dairy-free entrees perfect for busy nights during the holidays. Join our freezer meal workshop and prep five delicious, family-sized meals to take home. All groceries, recipes, and tools are provided, and you'll enjoy a fun, hands-on experience that builds teamwork and supports wellness.

Valleyview Community Hall

Wed Nov 25 6:00–7:30 pm 1/\$184

Freezer Meal Workshop: Gluten Free Menu

Skip the 4:00 pm dinner scramble! Show up with an apron, ready to have fun, and leave feeling accomplished, organized, and with 50% lower stress levels because dinner is done for the week. Join our freezer meal workshop and prep five delicious, family-sized meals to take home. All groceries, recipes, and tools are provided, and you'll enjoy a fun, hands-on experience that builds teamwork and supports wellness.

West Highlands Community Centre

Thu Oct 29 6:00–7:30 pm 1/\$184

Freezer Meal Workshop: Prep, Freeze, Grill Sick of deciding what's for dinner? Bored with your usual meals? Want to enjoy the last few weeks of BBQ season without all the planning and prep? Join our freezer meal workshop and prep five delicious, family-sized meals to take home—perfect for busy schedules! All groceries, recipes, and tools are provided.

West Highlands Community Centre

Tue Sep 15 6:00–7:30 pm 1/\$184

Hot & Sour Soup

Learn how to make this popular Beijing dish from the Red Seal Chef of Kuzina Messer Culinaire. This Chinese dish is meat based (can be made vegetarian) and contains ingredients such as day lily buds, wood ear fungus, bamboo shoots, and tofu in a sour and slightly spicy broth.

NorKam Secondary

Wed Dec 9 6:00–8:30 pm 1/\$56

Mapo Tofu

Join the Red Seal Chef of Kuzina Messer Culinaire as they guide you in making mapo tofu, a Chinese dish from Sichuan province. Made of tofu set in a spicy sauce served with rice.

NorKam Secondary

Wed Dec 16 6:00–8:30 pm 1/\$56

Traditional Gnocchi with Lemon Butter Sauce

Join the Red Seal Chef of Kuzina Messer Culinaire and learn how to make traditional potato gnocchi served in a rich, tangy lemon butter sauce.

NorKam Secondary

Wed Oct 21 6:00–8:30 pm 1/\$56

Vietnamese Salad Rolls

Join the Red Seal Chef of Kuzina Messer Culinaire and learn how to make this delicious Vietnamese dish of crispy fresh vegetables, protein, and soft noodles rolled in a rice paper wrap, served with a hoisin dipping sauce.

NorKam Secondary

Wed Sep 23 6:00–8:30 pm 1/\$56

Wonton Soup

The Red Seal Chef of Kuzina Messer Culinaire will guide you through folding wontons from scratch with a savoury pork and shrimp filling and crafting a rich, savory broth. Perfect for cozy nights and nourishing meals—no prior experience needed.

NorKam Secondary

Wed Nov 25 6:00–8:30 pm 1/\$56

Gardening

ABCs of Landscape Design

Do you want to change your garden but feel a bit intimidated about where to start? Join Master Gardener Elspeth McDougall as she explores the ABCs of landscape design, with practical tips, smart plant choices, and water-wise strategies to create a garden that calls you outdoors.

TCC - Meeting Room C

Wed Oct 14 7:00–8:00 pm 1/\$20

Advanced Tree Pruning

Looking to level up your tree pruning? Join our ISA-certified arborist to learn more about young tree (new) and advance fruit tree pruning techniques as well as the how and when.

Valleyview Community Hall

Sat Nov 14 1:00–3:00 pm 1/\$35

Pruning - Fruit and Ornamental Trees

Get your trees ready for spring by learning how to prune ornamental and fruit trees. Learn about reasons for pruning, types of pruning cut, and when to prune from a ISA-certified arborist.

Valleyview Community Hall

Sat Nov 7 1:00–4:00 pm 1/\$40

Pruning - Shrubs

Do your shrubs look more like hairy monsters than plants? Join an ISA-certified arborist to learn the reasons for pruning as well as how and when to prune your shrubs.

Valleyview Community Hall

Sat Nov 21 1:00–3:30 pm 1/\$37.50

From Dry to Thriving

New to Kamloops? Gardening in Kamloops can be challenging due to its low rainfall, intense summer heat, and alkaline soils. Join Master Gardener Ginger Powell to learn water-wise planting, soil essentials, frost timing, and FireSmart strategies for a resilient, thriving landscape.

TCC - Meeting Room B

Wed Sep 16 7:00–8:00 pm 1/\$20

SPORT

Pickleball

Intro to Pickleball

Participants will be introduced to the sport of pickleball and learn the basic skills, techniques, and rules of the games with an emphasis on fun.

Parkcrest Elementary

Mon/Wed Oct 19–Oct 21 6:00–8:00 pm 2/\$80

Mon/Wed Nov 23–Nov 25 6:00–8:00 pm 2/\$80

Tennis

Adult Green Dot Clinic

This is for players who have completed the Progressive Tennis for Adults program or those with previous experience. This clinic is on a full-size court while using a green dot ball, which is 75% compression of a regular ball. The clinic's goal is to continue improving a player's ability to serve, return, rally, and score, emphasizing consistency and doubles play. This program is in partnership with the Kamloops Tennis Centre.

Kamloops Tennis Centre

Tue Sep 8–Sep 29 7:00–8:25 pm 4/\$110

Tue Oct 6–Oct 27 7:00–8:25 pm 4/\$110

Tue Nov 3–Nov 24 7:00–8:25 pm 4/\$110

Progressive Tennis for Adults

In this program, you will learn skill progressions and use low-compression balls and appropriately sized racquets and nets. You will start with a small court and work your way to the baseline for full-court play. You will experience immediate success by building your skills as you learn to play. This program is in partnership with the Kamloops Tennis Centre.

Kamloops Tennis Centre

Tue Sep 8–Sep 29 5:30–6:55 pm 4/\$90

Tue Oct 6–Oct 27 5:30–6:55 pm 4/\$90

Tue Nov 3–Nov 24 5:30–6:55 pm 4/\$90

SENSORY-FRIENDLY SCREENINGS



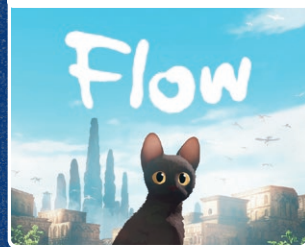
AUGUST 16



OCTOBER 11



DECEMBER 12



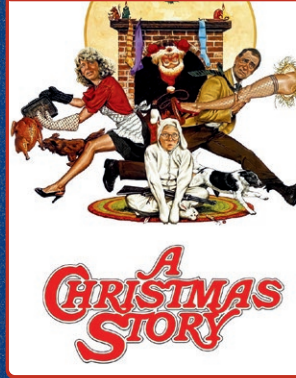
FEBRUARY 21



Buy tickets
at thekfs.ca
or in person!



NOVEMBER 22



JANUARY 17

Admission is free,
but space is limited.
Reserve your seats
before they're gone!



Reserve your
seats at thekfs.ca
or in person!



In collaboration with Tkemlúps te Secwépemc,
the Kamloops Film Society presents



SAVE **25.09.26**
to **27.09.26**
THE DATE 

A 3 day celebration showcasing
Indigenous cinema and filmmaker panels
at the **Paramount Theatre**

OPERA Talks

SPECIAL EVENT WITH LIVE PERFORMANCES



FREE OPERA TALKS RETURN!

*Planned dates:

Nov 15, Feb 13, & Apr 17* Sundays 12:00–1:00 pm
at Kelson Hall 330 St Paul St, Kamloops

In partnership with the Kamloops Symphony Orchestra,
Local Soprano Heidi Muendel is hosting 3 free,
interactive Opera Talks.

Joined by local artists, she will explore upcoming
productions, share operatic history, offer live
demonstrations, and answer audience questions.



*Dates subject to change; Join our newsletter for updates



LOCAL 900

SERVING THE THOMPSON-NICOLA

CUPE 900 represents municipal workers across the Thompson-Nicola, including those in the communities of Ashcroft, Barriere, Chase, Clearwater, Clinton, Kamloops, Logan Lake, Lytton, and Merritt plus those working for the TNRD itself. CUPE workers are also at the Kamloops Golf and Country Club, Kamloops Wildlife Park Society, and Rayleigh Waterworks.

There is a whole team of CUPE municipal workers behind the services Thompson-Nicola residents count on every day. Regardless of what jobs they perform, CUPE 900 members are proud to serve the communities in which they work and live. When our public services are properly funded and well-run, we all benefit.



116 Seymour St., Kamloops, BC V2C 2E1
(250) 374-0042 | cupe900.ca



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**DID YOU
KNOW?**

Social engagement is linked to better health and decreased loneliness, prevents cognitive decline and dementia, and improves overall quality of life.

If you are 55+ and want to know more about our Seniors Drop-In program, visit Kamloops.ca/CommunityWellness.

ARTS AND CULTURE

Drawing and Painting

Mixed Media Magic

In this mixed-media class, participants will learn how to combine different art mediums on a page and create interesting dynamics in their art pieces in a relaxed and fun atmosphere. This program is in partnership with the Kamloops Arts Council. No art experience is necessary. All supplies are provided.

Heritage House

Fri Sep 18–Oct 30 1:30–3:30 pm 7/\$105

Old Courthouse

Fri Nov 6–Dec 11 2:30–4:30 pm 6/\$90

Dancing

Line Dance

In this fun and interactive beginner class, you will learn about beat, musical timing, rhythm, and basic dance steps, along with simple, choreographed, dance routines with repeating sequences. No previous dance experience or partner required. Join in the fun for all ages, and dance to all types of music

Let's Move Studio

Wed Sep 9–Nov 25 10:00–10:50 am 12/\$165

West Highlands Community Centre

Tue Sep 22–Dec 8 3:00–4:00 pm 12/\$150

FITNESS AND HEALTH

Group Classes

Strong Bones

Join a qualified instructor to safely and effectively increase your fitness level by improving posture and balance, and build stronger muscles and bones while decreasing the risk of falls and fractures.

TCC - North Court

Tue/Thu	Sep 15–Dec 17	11:00–12:00 pm	27/\$220.05
Thu	Sep 17–Dec 17	12:05–12:45 pm	14/\$114.10

Stronger Bones

Build on Strong Bones principles with this advanced class, enhancing balance, strength, and coordination in a safe and fun setting while reducing the risk of falls and fractures.

TCC - North Court

Tue	Sep 8–Dec 15	9:45–10:45 am	13/\$105.95
Thu	Sep 10–Dec 17	9:45–10:45 am	13/\$105.95

Zumba® Gold

Zumba® Gold adapts Zumba® for active older adults, with modified moves and pacing while keeping the vibrant Latin music and fun, easy-to-follow routines.

TCC - Fitness Studio

Tue	Sep 8–Dec 15	1:00–2:00 pm	15/\$122.25
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Zumba® Gold Combo

Zumba® Gold adapts Zumba® for active older adults, with modified moves and pacing while keeping the vibrant Latin music and fun, easy-to-follow routines. The added combo is a mix of Zumba® dance, Strong Nation® ab quadrant (done standing), and CIRCL Mobility™ ending to leave you feeling amazing.

Hal Rogers

Mon	Sep 14–Dec 14	3:00–4:00 pm	13/\$105.95
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Yoga

Gentle Chair Yoga

Enjoy a fun and inclusive yoga class that uses chairs and modified poses to improve your mobility and flexibility. If you are experiencing stiffness associated with aging, injury, or joint replacement, this class is for you. Each class concludes with a guided relaxation.

Hal Rogers

Wed Sep 9–Dec 16 1:00–2:00 pm 11/\$89.65

Valleyview Community Hall

Wed Sep 9–Dec 16 9:00–10:00 am 15/\$139.95

West Highlands Community Centre

Fri Oct 2–Dec 18 2:00–3:00 pm 11/\$89.65

Gentle Yoga

This is a 55+ yoga class for those who would like a slower-moving class, bringing more awareness and breath into the poses. Offering modifications to improve mobility and flexibility, the class will end with a guided relaxation.

Hal Rogers

Wed Sep 9–Nov 25 10:30–11:30 am 9/\$73.35

Seniors Chair Yoga

Seniors chair yoga helps reduce fall risk with slow movements, strengthening poses, and focused breathing. It improves balance, flexibility, stability, and strength while enhancing overall well-being. Modifications and props will be provided for all levels. This is a chair-assisted class.

Heritage House

Thu Sep 17–Dec 17 9:45–10:45 am 14/\$114.10

Wellness Workshops

Seniors Introduction to Forest Bathing

Are you curious about forest bathing but concerned about mobility limitations or extended periods standing outside? This is the perfect offering for you. Join this one-and-a-half hour modified session, which will start with an introduction to forest bathing under the guidance of a trained nature and forest therapy practitioner who will invite you to awaken your senses by bringing the outdoors in. No experience needed.

Westsyde Centennial Park

Thu Sep 17 9:00–10:30 am 1/\$40

St. Andrew's on the Square

After two years of significant renovations, St. Andrew's on the Square has reopened its doors and is ready for your bookings for weddings, gatherings, and celebrations of life. St. Andrew's on the Square offers a heritage experience unlike any other.

To book, please email facilities@kamloops.ca or call 250-828-3319 today.



OUTDOOR ACTIVITIES

Trail Walking

Nature Walk

Join our knowledgeable staff on interpretive hikes of the City's nature parks. Bring your questions, sense of adventure, and water on these hikes to learn about the history and the flora and fauna of our parks.

Dallas-Barnhartvale Nature Park

Thu Sep 10 9:00–11:00 am 1/\$5.50

Kenna Cartwright Nature Park

Thu Sep 24 9:00–11:00 am 1/\$5.50

Peterson Creek Park

Thu Sep 3 9:00–11:00 am 1/\$5.50

Valleyview Nature Park

Thu Sep 17 9:00–11:00 am 1/\$5.50

SPORT

Table Tennis

Intro to Table Tennis - Seniors

In this program, participants will improve their physical literacy by practising basic table tennis skills, including footwork, serves, drives, timing, and strategy.

TCC - D South

Tue Sep 15–Oct 20 7:45–8:45 pm 6/\$48

Tue Nov 3–Dec 8 7:45–8:45 pm 6/\$48

Strategic Health Alliance

Physician/Nurse Practitioner Referred Programs

Strategic Health Alliance at TCC

Cardiac Rehab

The Vascular Improvement Program (VIP) is for people who have had a heart attack or heart surgery or for people who have cardiovascular conditions:

- Exercise and education support with Cardiac Rehab clinical specialists
- Cardiac Rehab in-person running at the TCC
- Virtual Cardiac Rehab visits are conducted by phone
- To access the full education program offering, internet and email is required
- Physician/Nurse Practitioner referral is required

For more information, contact 250-314-2727.

Free

Pulmonary Rehab

This program is designed for participants diagnosed with a chronic lung condition:

- Supervised by a physiotherapist and respiratory therapist
- Designed to improve your quality of life by increasing your activity, strength training, and breathing techniques
- 8 week graded exercise and education program; in-person returning
- Physician/Nurse Practitioner referral is required
- Contact your MD/NP to register

For more information, contact 778-220-3761.

Free

On Track

On Track offers support for people with health conditions such as pre-diabetes, diabetes, elevated blood pressure, high cholesterol, depression, anxiety, and/or inactivity:

- A 10–12 week program to improve participants lifestyle and overall health
- Sessions to be led by our team of exercise and clinical specialists
- Program runs at the TCC Thursday mornings - 9:30 am–12:00 pm
- Sessions in September, January, and April
- On Track is a prevention program and not for people with established heart disease
- Physician/Nurse Practitioner referral is required

For more information, contact 250-828-3742.

**COST
\$35**



Strategic Health Alliance is a relationship between the City of Kamloops and Interior Health. The exercise programs delivered through this innovative partnership offer individuals with chronic conditions a way to get moving using the clinical expertise of medical staff in a recreation setting.

For referral forms, please visit KeepOnMoving.ca/Physicians



Interior Health



Canada's Tournament Capital

CANADA'S GARAGE



HIGH QUALITY AUTO SERVICE & MAINTENANCE

- Oil Change
- Engine
- Exhaust
- Tire services
- Suspension
- Transmission
- AC/Heating
- Brakes
- Tire changeover

VISIT US TODAY OR CALL TO BOOK AN APPOINTMENT

944 8th Street
North Shore: 250-376-3755

1441 Hillside Drive
Aberdeen: 250-374-3115

NEVER STOP LEARNING

KALS offers over 30 classes in our fall semester (September to December) to adults of all ages.

Multi-week or single session daytime classes.

No exams, no deadlines. Learn for your enjoyment.

Enjoy field trips & zoom classes too!

Check out the full program at www.kals.ca



**Kamloops Adult
Learners Society**

**Registration for Fall classes
starts mid-August**

P: 250-376-1525 | E: info@kals.ca
McArthur Island (old golf course building)
#101 - 1550 Island Parkway Drive

OFFICE HOURS:
Mon-Fri 9 am - 4 pm
(closed 12-1 pm)

KAMLOOPS HAS SOMETHING FOR EVERYONE

Try a new activity this year for your mental & physical well-being



WARD STAMER, MLA
Kamloops-North Thompson
618B Tranquille Rd. Kamloops, BC V2B 3H6
250-554-5416
Ward.Stamer.MLA@leg.bc.ca
✉ @WardStamer
f WardStamerMLA



PETER MILOBAR, MLA
Kamloops Centre
446 Victoria St. Kamloops, BC V2C 2A7
778-471-9371
Peter.Milobar.MLA@leg.bc.ca
✉ @PeterMilobar
f PeterMilobarKamC

Okke J Koedooder | Dutch Oak Photography



Interested in becoming a coach?

Check out our Coach Enhancement workshops in this section.



Andrew Klaver Photography

PACIFICSPORT

INTERIOR BC

Who We Are

The PacificSport Centres are a network of not-for-profit organizations committed to enriching lives and energizing communities via sport, physical activity, and physical literacy across BC. In partnership with the Regional Sport Alliance, PacificSport Interior BC aims to increase awareness, opportunity, and participation in physical activity and sport—from playground to podium—while enhancing access to coaching and athlete programs.

Powering Sport - What We Do

PacificSport Centres offer a variety of programs and services for BC-based athletes at all stages of the Canadian Sport for Life (CS4L) continuum.



Sport Participation and Development

Grassroots programs that support physical literacy and ensure that BC youth have the opportunity to be inspired by sport and lead a healthy and active lifestyle.



Education and Advocacy

Opportunities for sport education at all levels of the CS4L pathway, including current and interactive seminars, workshops, and conferences that assist in furthering community sport development and performance.



Sport Performance and Leadership

High-performance programs that provide BC athletes and coaches with access to training facilities, innovative sport science techniques, and support services to provide every advantage to win medals for Canada.



Support and Resources

Specialized equipment, technology innovations, and grants to assist with the transfer and acquisition of knowledge, technical, and tactical implementation as well as the administrative progress of local sport organizations.

PacificSport Interior BC 910 McGill Road, Kamloops, BC V2C 6N6

Carolynn Boomer

Executive Director

☎ 250-828-3344

✉ cboomer@pacificsport.com

Krista Buder

Sport Participation Coordinator

☎ 250-828-3346

✉ kbuder@pacificsport.com

Kordell Primus

Sport Performance Coordinator

☎ 250-828-3583

✉ kprimus@pacificsport.com

Group/Team Rates

Group/team rates are available for most programs:

- \$100 for a group of 8–12
- \$150 for a group of 12–15

Contact us for more details.

Follow Us!

Facebook @PacificSportInteriorBC

Instagram @PacificSportINT



For more information or to register for any of these programs, contact PacificSport at 250-828-3344 or visit PacificSportInteriorBC.com.

SPORT EDUCATION & GENERAL INTEREST WORKSHOPS

Open to athletes, coaches, parents, and weekend warriors. Visit PacificSportInteriorBC.com/Event-Calendar for upcoming workshops. Workshops are FREE for PacificSport-registered athletes and coaches. Register at Kamloops.ca/PerfectMind or PacificSportInteriorBC.com/Events

Coach/Leader Education Workshops

For groups of 10+ people, we can arrange a workshop for your organization. Prices may vary depending on facilitator travel and fees. For more information, or to book a workshop, contact Kordell at kprimus@pacificsport.com or call **250-828-3583**.

Other Training Seminars Available by Request

Field Testing Kit Coach Training	18+ yrs
Video Analysis and Dartfish Training	18+ yrs

AFFILIATED SPORTS

Alpine Skiing

Sun Peaks Alpine Ski Club

The Sun Peaks Alpine Club offers fun, structured alpine ski programs for children and youth from Kamloops and the surrounding communities. Programs are open to athletes aged 5–16, welcoming skiers of all abilities—from those new to organized skiing to athletes interested in competitive alpine racing.

Entry-level and recreational programs, including the Nancy Greene Ski League (ages 5–11), focus on developing fundamental skills, confidence, and enjoyment on snow through age-appropriate activities led by certified coaches. These programs typically run on Sundays from January through March.

Athletes who wish to progress can move into development and competitive programs (generally ages 10–16), which include weekend training and additional weekday sessions, depending on age and level. Programming generally runs from November through April. Competition is encouraged but not required.

Registration opens in summer for new and returning members.

For information or to register:

SunPeaksRacers.com
info@sunpeaksracers.ca

Harper Mountain Ski Club Nancy Greene Ski League

**\$450
Ages 4-11**

As part of the Nancy Greene Ski League, kids are taught alpine ski racing by certified coaches and ski instructors using the Strive program through BC Alpine. This program offers athletes an opportunity to compete against other clubs at various mountains throughout the Interior (competing is not mandatory). Our program runs on Sundays, 9:30 am–2:00 pm, January through March, at Harper Mountain (a 20-minute drive from Kamloops). The cost is \$450, and with the sibling saver discount, the second child's fee is \$375

For information:

Glenn Smith, Program Coordinator - harperskiclub@gmail.com

HarperSkiClub.com

ARTISTIC SWIMMING

formerly Synchronized Swimming

Kamloops Sunrays Synchronized Swimming

Artistic swimming is a unique sport that combines strength, flexibility, teamwork, endurance, and creativity. The Kamloops Sunrays is the interior's premiere high-performance synchronized swim club. All of our coaches are NCCP certified. Most importantly, we provide FUN! We offer affordable programs for children of all abilities and ages. Both boys and girls are welcome. Contact headcoach@kamloopssynchro.com for more details about our summer camps.

For information or to register contact:

Tina Naveri, Head Coach - headcoach@kamloopssynchro.com

KamloopsSynchro.com

ATHLETICS

Kamloops Track and Field Club

The Kamloops Track and Field Club has a proud history of producing successful athletes. Our experienced coaching staff provide a fun and encouraging environment to support recreational and competitive athletes. Our programs follow Athletics Canada's Long Term Athlete Development Model and offer options for athletes aged three to Masters (35+). Athletes can train for multiple events, including cross-country, sprints, hurdles, middle distance, jumps, pole vault, and throws. Alternatively, they can specialize and/or pursue high-performance opportunities. Seasonal cross-training for other sports is also an option that is supported. The Kamloops Track and Field Club has access to some of the best training facilities in Canada, allowing athletes to train year-round. We host indoor and outdoor competitive meets, and all athletes can participate in local and regional meets.

Programs:

Cross-country season: September–October

Indoor season: November–March

Outdoor season: April–mid-July

- Mini Track Rascals (ages 3–5)
- Track Rascals (ages 6–8)
- Junior Development (ages 9–13)
- U14, U16, U18, U20
- Senior (ages 20–34+)
- Cross-Country and Middle Distance (all ages)

**Location: Tournament Capital Centre
Fieldhouse /Hillside Stadium**

Coaching staff:

Dylan Armstrong, Head Coach and Throws

Christine Yamaoka, Sprints/Hurdles

Mike Kern, Jumps/Pole Vault

Derek Peregryn and Sean Lehmann,

Middle Distance/Cross-Country

Mike Kern, and Miriam Dziadyk, Junior Development

Dayl Dhaliwal, Track Rascals

For information:

Judy Armstrong, KTFC President

Judy54armstrong@gmail.com or 250-851-2512

Caitlin Reed, Club Communications Manager

communications@kamtrack.ca

To register and to sign up for our newsletter: KamTrack.ca

📧 @kamtfc 📧 @ktfc3 📧 @kamloopstrackandfieldclub

BASEBALL

The TRU WolfPack baseball team plays all of its games at NorBrock Stadium on McArthur Island. Home games are played as double headers, usually on Saturdays and Sundays. League play starts in March and finishes in April, with an exhibition schedule in the fall.

For information: Ray Chadwick - coachrchadwick@tru.ca

BASKETBALL

TRU Men's Basketball Academy

Come join the TRU WolfPack men's basketball fall skills academy and train with current WolfPack coaches and players. This program will take place on the Thompson Rivers University campus on Sundays from September to October. Focus is on developing skills, fundamentals, decision making, and the understanding of how to basketball in a fun, safe, and competitive environment. This program is specifically designed for boys in grades 8–12. Cost is \$250 for seven sessions and includes WolfPack swag and free season tickets to all WolfPack basketball games.

For information:

Chad Jacobson - cjacobson@tru.ca



Safe Communities, One Block at a Time

Block Watch is a neighbour-helping-neighbour crime prevention program.

Participants form a communication chain and report suspicious activity to the RCMP and/or Community Services.

Benefits of Block Watch:

- creates a sense of community pride and connection with neighbours
- allows you to learn how to better protect your home; identify suspicious behaviour; and report suspicious behaviour
- connects your neighbourhood to a Block Watch Coordinator and your local RCMP for additional support
- provides your neighbourhood with street signs to identify your block as one that reports suspicious activity

To learn more, visit

Kamloops.ca/CrimePrevention.



CANOE/KAYAK

Kamloops Canoe and Kayak Club

The Kamloops Canoe and Kayak Club provides recreational and competitive paddling opportunities for children, youth, adults, and families in the Kamloops community. Located on the Thompson River, the Kamloops Canoe and Kayak Club offers a welcoming environment where participants can develop paddling skills, improve fitness, and enjoy being active outdoors. Programs are led by certified coaches and designed to support participants at every stage, from first-time paddlers to competitive athletes competing at the provincial and national levels.

Recreational Programs

- Family and Adult Paddling (May–August): Families and adults can explore kayaking, canoeing, and stand-up paddleboarding while developing confidence and skills on the water.
- Kids Canoe Summer Camps (ages 8–12) (July–August): These one-week camps introduce young paddlers to water safety, teamwork, and fundamental canoe and kayak skills through various fun, on-water activities.
- School and Group Programs (May–August): The Kamloops Canoe and Kayak Club offers customized paddling experiences for schools, youth groups, and community organizations, including Dragon Boat and Voyageur Canoe programs that emphasize teamwork and outdoor recreation.

Youth Development and Competitive Pathways

- Youth Racing Camp (ages 12–15) (July–August): This summer program introduces participants to sprint canoe and kayak racing while developing paddling technique, physical fitness, teamwork, and personal confidence. Three-, five-, and seven-week options are available.
- Learn to Train and Train to Train Programs (year-round): These development programs for athletes interested in progressing beyond recreational paddling. Training focuses on technical skill development, physical literacy, fitness, and competition preparation. Fall and winter dryland and swim training opportunities are also available.
- High-Performance Training (ages 14+) (year-round): This is a comprehensive year-round training program for athletes pursuing competitive excellence. Participants engage in advanced technical training, strength and conditioning, endurance development, and race preparation.

Why Choose the Kamloops Canoe and Kayak Club

- Certified, experienced coaches
- Safe, inclusive, and environment
- Programs for all ages and skill levels
- Long-term athlete development pathway
- Year-round opportunities for continued growth
- Focus on confidence, teamwork, and health, active living

For more information:

info@kamloopscanoekayakclub.ca

@KCKCKamloops

@KCKCKamloops

KamloopsCanoeAndKayakClub.ca

CROSS-COUNTRY SKIING

Overlander Ski Club

The Overlander Ski Club offers age-specific skills following the Cross-Country Canada development model. Cross-country skiing is a “lifetime” sport suitable for individuals and families of all ages.

Programs:

- Ski League (ages 5–11)
- Junior Development (ages 12–20)
- Annual program
- Masters program - open to all adults, some previous ski experience required
- Adult beginner lessons
- Introductory or skill development lessons for all ages and abilities

For information:

Chelsea Francis, General Manager - chelseaoverlanderski@gmail.com | 250-372-5514

OverlanderSkiClub.com

DIVING

Learn to Dive with KGTC Diving

Recreational to competitive programs for ages 6 and up. Participation in diving begins with a recreational program, building a foundation of physical and motor abilities and developing competency and movement confidence. Each athlete progresses upward in skills at their own pace of learning and along their pathway of interest. Classes run in fall, winter, and spring sessions, with diving camps in the summer.

Prerequisite:

Participants must be able to swim comfortably in deep water.

Location:

Tournament Capital Centre - 910 McGill Road

For information or to register:

250-374-6424 | info@kgtc.ca | KGTC.ca

FIGURE SKATING

Kamloops Skating Club

Learn to Skate/CanSkate

Preschool/Elementary-Aged, Teen, and Adult

- Fall session: September–December
- Winter session: January–March

Figure Skating

- Regular season: September–March
- McArthur Island Olympic Ice
- Sandman Centre
- Spring ice - Brock Arena - view the online schedule for location details

For information or to register:

KamloopsSkatingClub.com

KamloopsSkateClub@gmail.com

Registrar.KamloopsSC@gmail.com

 Kamloops Skating Club

GYMNASTICS/TRAMPOLINE

Kamloops Gymnastics | Trampoline Centre

Active Start (ages 1–5)

• Gymnastics and Trampoline sport specific

Programs include Wiggles, Squiggles, Just 3's, Fun 4's, Active Kidz, and Fun 4 Jumpers. Learn to move through exploration and discovery.

• Fundamentals (ages 5–18)

Gymnastics, Trampoline, and Diving sport specific

Programs include CanGym, CanJUMP, and CanDive. Add challenges and refinement as key skills are achieved.

• Learn to Train (ages 6–18+)

Gymnastics, Trampoline, and Diving sport specific

Programs include XCEL Gymnastics, Kickstart Boys Gymnastics, GymStars Girls Gymnastics, SuperStars, XCEL Trampoline, Power Tumbling, and Advanced and Learn to Train Diving. Train for excellence and performance confidence. Athletes may participate in non-competitive and competitive events.

• Competitive (ages 6+)

Gymnastics, Trampoline, and Diving sport specific

Programs include Artistic Gymnastics, Trampoline, Double-mini, Power Tumbling, and Diving. Train for excellence with discipline specific goals.

• Other Programs

Sport Cross-Training, Adaptive Gymnastics, community access/field trips, Pro D Day camps, and seasonal camps

Location:

Tournament Capital Centre - 910 McGill Road

For information or to register:

250-374-6424 | info@kgtc.ca | KGTC.ca

SPEED SKATING

Kamloops Long Blades Speed Skating Club

Kamloops Long Blades has offered affordable speed skating programs in our community for all skill levels and ages since 1992. Starting this fall is a new speed skating program for non-competitive or competitive skaters aged 14+ in a friendly, supportive environment. Weekly sessions on the Olympic Rink in the McArthur Island Sport and Event Centre. Tuesdays, 7:30–9:00 pm.

For information or to register:

info@kamloopslongblades.ca

We will also be continuing to offer Learn to Speed Skate and our regular club programming.

Try it once before joining the club:

contact Jodi Roberts at kamloopslongblades@gmail.com

Programs offered:

- Club Programs (year-round/ongoing registration)
- Learn to Skate/Learn to Speed Skate lessons
- Summer ice camps
- Dryland
- Long track opportunities
- Inline skating
- High-performance cross-training sessions

Location:

McArthur Island Sport and Event Centre - Olympic Rink

For information:

Sandi Vyse, Coach Coordinator: NCCP Level 3
250-851-1481 | kamloopslongblades@gmail.com

KamloopsLongBlades.com

DID YOU
KNOW?



Our multi-sport programs are designed to foster physical literacy. Physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life

(International Physical Literacy Association).

SWIMMING

Kamloops Aquatics Club

The Kamloops Aquatics Club is a Canadian competitive swim club that has been serving the City of Kamloops and surrounding communities since 1947. The professionally run club focuses on teaching and developing swimmers' abilities to reach their full potential. We offer various pre-competitive, non-competitive, and competitive programs ranging from our grassroots Swim Skills all the way up to our elite national group. The Kamloops Aquatics Club has a rich history of swimming excellence resulting in outstanding performances at provincial, national, and international competitions.

Programs

- Swim Skills Programming (ages 11 and under): Fall, winter and spring sessions offered. Swimmers must be comfortable floating on their front and back, submerging their face in the water, and participating independently in a structured lesson environment.
- Competitive and Non-Competitive Programming (ages 18 and under) (ability dependant): Programming runs September through June, with various options to suit a wide range of abilities and commitment levels. Swimmers must be comfortable in deep water and able to swim 50 m unassisted to be eligible to join.
- Summer Camps (ages 12 and under): Single-week camps that run throughout July and August, focusing on building swimming skills and having fun.
- Masters (ages 18 and over): Practices run September through June, offering morning and evening sessions. Swimmers must be comfortable in deep water and able to swim 100 m unassisted to be eligible to join.

Tournament Capital Centre

910 McGill Road

For information:

250-828-3660 | info@swimkamloops.com

SwimKamloops.com



PRO D DAY CAMPS \$59

Ages 7-12

September 21 | 8:30 am-4:30 pm

Tournament Capital Centre

October 23 | 8:30 am-4:30 pm

Tournament Capital Centre

November 30 | 8:30 am-4:30 pm

Tournament Capital Centre

10% Discount to second child at same residence.

Early drop-off & late pickup available for a fee.

Camp t-shirt provided.

To register, call 250-828-3500

or visit Kamloops.ca/Register

For more info, call 250-828-3346

PacificSportInteriorBC.com

Follow us

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[@PacificSportINT](https://www.instagram.com/PacificSportINT)

FREE MONTHLY **SPORT** MEET UP FOR
2SLGBTQIA+ AND ALLIES!

play**PROUD**

P A C I F I C S P O R T
I N T E R I O R B C

CHECK OUT THE
CALENDAR



GIRLS FORWARD

OWN YOUR GAME: SAFE PLAY, SAFE FUTURES
MULTI-SPORT & MENTORSHIP PROGRAM



Learn about healthy
friendships, puberty,
and bodily autonomy



45 min of curriculum,
followed by a new
sport each week



Tournament
Capital Centre



Thursdays
Sept 17 - Oct 29



5:00-7:00 PM



Girls, Aged 8-12



FREE





© Kevin Bogetti-Smith

Interested in Coaching?

NCCP Coach Certification

The National Coaching Certification Program (NCCP) is a coach training and certification program offered in over 66 sports across Canada. Check ViaSport.ca for online modules.

Multiple courses will be offered through the year. To find the updated course schedule, please visit PacificSportInteriorBC.com/Events. If you are looking for a specific course to be ran please reach out to Kordell Primus at kprimus@pacificsport.com.



*National
Coaching
Certification
Program*

PACIFICSPORT
INTERIOR BC



Coaches' Corner

Fun and informal Thursday Lunch N' Learn sessions with a guest speaker.

September 17 & November 19 | 12:00–1:00 pm



Help us celebrate
National Coaches Week
September 14–20, 2026

IGNITE ATHLETE DEVELOPMENT



SPRINT / STRENGTH / GYMNASTICS

FASTER, STRONGER & MORE ATHLETIC



2 SESSIONS/WEEK
MON & WED
6:30–8:00 PM
SPRING MARCH–JUNE
FALL OCT–FEB
\$450

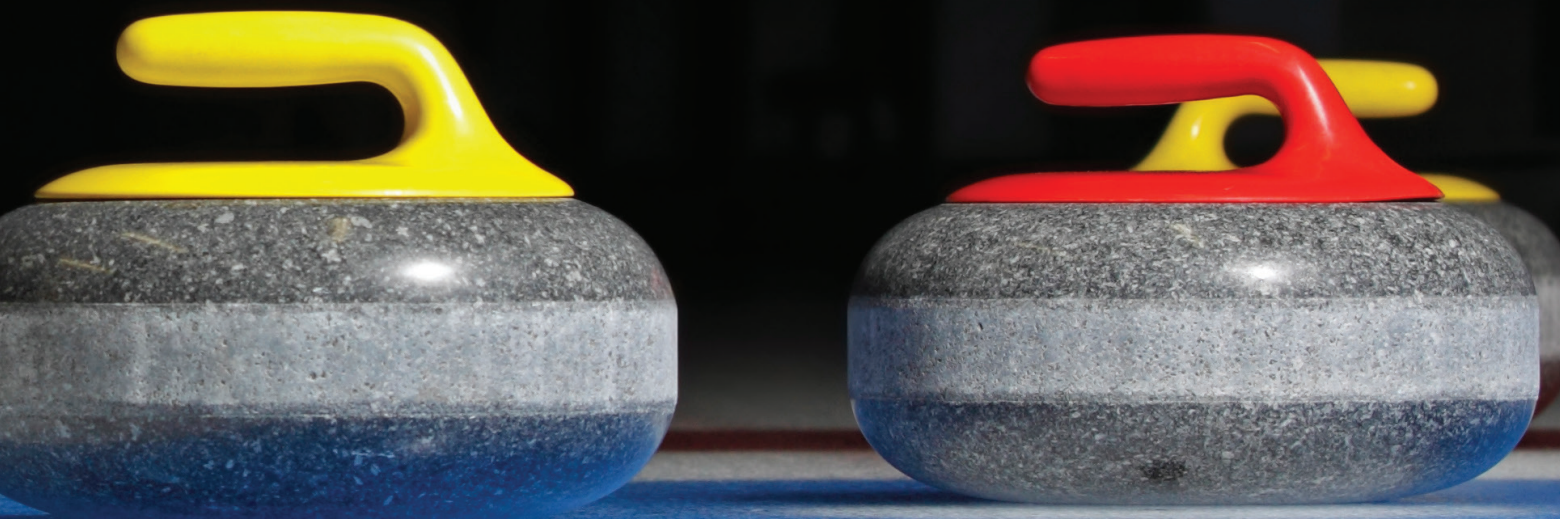
REGISTER NOW!

PACIFICSPORTINTERIORBC.COM/IGNITE
FOR MORE INFORMATION CALL 250-828-3583
OR EMAIL KPRIMUS@PACIFICSPORT.COM

LEAGUES FOR ALL ABILITIES

MEN • WOMEN • MIXED • OPEN • JUNIORS • SENIORS

Check out our website for more info:
KamloopsCurlingClub.com



BURGER & BEER NIGHTS

Try Curling! Check the website for upcoming dates.



JOIN US FOR A DAYTIME CURLERS MEET & GREET LUNCHEON!

Wednesday, September 16
\$10 tickets can be purchased at the
Kamloops Curling Club office



RENTAL SPACE FOR YOUR NEXT EVENT

Corporate Events • Team Building
Birthday & Christmas Parties • Room Rentals
Bonspiels, Pro Shop • Theme Nights

Contact Rob: 250-371-4863
rob@kamloopscurlingclub.com



SENIOR LEAGUES

Various options:
Monday – Friday mornings.
Tuesday & Thursday Afternoons 1:00 pm



BACK AT IT SPIEL

Get warmed up for the season
September 25 & 26
1 game on Friday | 2 on Saturday
Includes lunch & dinner on Saturday.

STICK LEAGUE

Wednesdays 1:00 pm



JUNIOR CURLING

Saturday Mornings



NEW MEMBERS YOU CAN MAKE AN ACCOUNT RIGHT NOW!

Complete your profile so you are ready on
August 15 to register for the leagues you want
to curl in. You will also start receiving our emails.



RETURNING MEMBERS REGISTRATION STARTS AUGUST 15

Log into the member's area if you need to update
your profile. Then starting August 15, you will be
ready to register for the leagues you want to curl in.

KAMLOOPS CURLING CLUB

250-372-5432 • 700 VICTORIA ST • DOWNTOWN KAMLOOPS BC

KSO MUSIC SCHOOL

Private Lessons

Piano / Guitar / Voice / Ukulele
Violin / Viola / Cello / Flute / Clarinet
Trumpet / Horn / Trombone / Tuba

Group Classes

Meet the Instruments! (6-9)
Music for Young Children (2-6)
Opera Workshop (16+)

Ensembles

Children's + Youth Choirs
Intermezzo String Ensemble



Find Us At
Kelson Hall
330 St. Paul St.

All Ages Welcome!

Perform, Play
Experience



Tiny Tots

Concert Series

Kelson Hall Sat / 10 + 11:30 AM

Child
Tickets
only
\$5!



Kids Concerts

Sagebrush Theatre Sun / 2 PM

Youth Tickets
only
\$15!

Paddington Bear's
First Concert



A Nutcracker Christmas



We Are Healing
Through Songs



KAMLOOPS
SYMPHONY
ORCHESTRA +
MUSIC SCHOOL

Lessons, Concerts + Tickets
KamloopsSymphony.com



Scan Me



KAMLOOPS KIDZ

EARLY LEARNING CENTER

**2026 REGISTRATION
NOW OPEN FOR
PRESCHOOL!**
Child must be 30
months of age

A lifetime of learning begins here



Montessori prepared environment:

- Practical Life - activities to aid in developing independence for the child
- Sensorial - physical development of the senses
- Language - speaking, listening, reading and writing
- Mathematics - concepts of number, shape and space
- Cultural Studies - enrich the child's understanding of the world through the study of zoology, botany, geography, history, art and music

Enhanced Environment:

- Block area and dramatic play area, loose parts play - helps children learn socially, physically, intellectually and creatively
- Extensive curriculum, phonics, art and music program

Programs We Offer:

- Infant/Toddler: 7:30 am to 5:30 pm
- Preschool: 8:45 am to 11:15 am OR 11:45 am to 2:15 pm
- **NEW!** Junior Kindergarten 8:45 am to 2:15 pm / SD 73 Calendar
- 3-5 Preschool / Childcare: 7:30 am to 5:30 pm
- School Age Care: Juniper, Lloyd George, School of the Arts, South Sahali, Pacific Way & Dallas.

Ongoing Registration All Programs

Contact us today for registration or more information on any of our award winning spaces at administration@kamloopskidz.com.

always
putting children first

& always going several steps beyond!

Orchards Walk Campus • Pineview Campus • Sahali Campus

2026 BEST OF KAMLOOPS



Best Preschool: Gold



Best Daycare: Silver



Best Daycare
Services: Silver



Best After School
Care: Bronze

250.319.9044 • www.kamloopskidz.com