

Winter
2027 Activity Guide

Kamloops
Canada's Tournament Capital

Registration Opens: December 8, 2026

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

Kamloops.ca/Register

LET'S BUILD KAMLOOPS

BUILD. GROW. CONNECT. REPEAT.

Build Kamloops is a multi-year, multi-phase visionary program to re-establish the city's prominence as Canada's Tournament Capital, foster our recognition as a premier arts and culture destination, and keep pace with our recreation and leisure needs as one of Canada's fastest-growing cities.

Learn more about the three facilities currently in progress as part of the Build Kamloops program.



Kamloops Centre for the Arts

Current Status: Construction

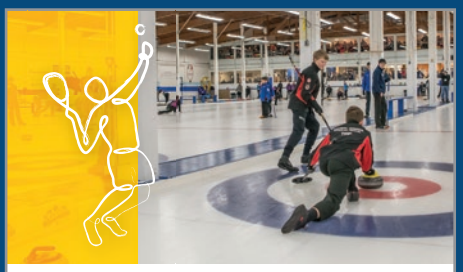
The Kamloops Centre for the Arts will be an iconic structure that elevates our city's overall cultural vibrancy and serves as a cornerstone for economic growth. Located at 393 Seymour Street, it will be Kamloops' first new theatre since 1978.



Arena Multiplex

Current Status: Earth Works and Construction

The Arena Multiplex will be built at 2070 Hillside Drive, adding four new rinks to expand capacity for more than 100 local clubs and strengthen event-hosting capabilities. Construction will begin in 2027 with the facility expected to open in 2030.



Curling & Racquet Sports Complex

Current Status: Planning

The project will redevelop an entire city block at the east end of downtown into a vibrant hub for curling, racquet sports, and community activity. With construction still years away, user and community engagement will shape the project's vision and design.

Learn more about the Build Kamloops projects at:

LetsTalk.Kamloops.ca/BuildKamloops

Kamloops

Canada's Tournament Capital

Cover Photo by: Peter Olsen

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Peter Olsen

Registration

Registration Opens: December 8, 2026

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 250-828-3500

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 **Ages: 13+** ← age restrictions

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**

↑ 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

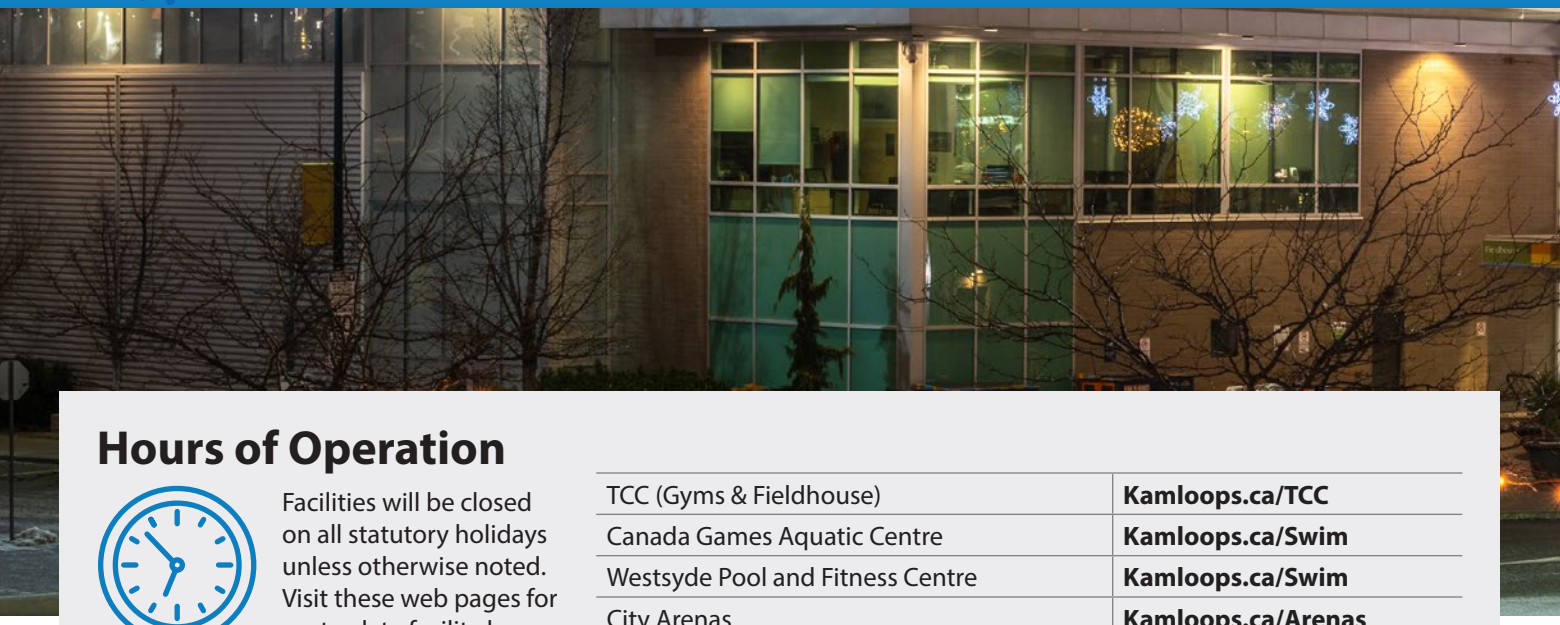
How Waitlists Work

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.



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**.

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.

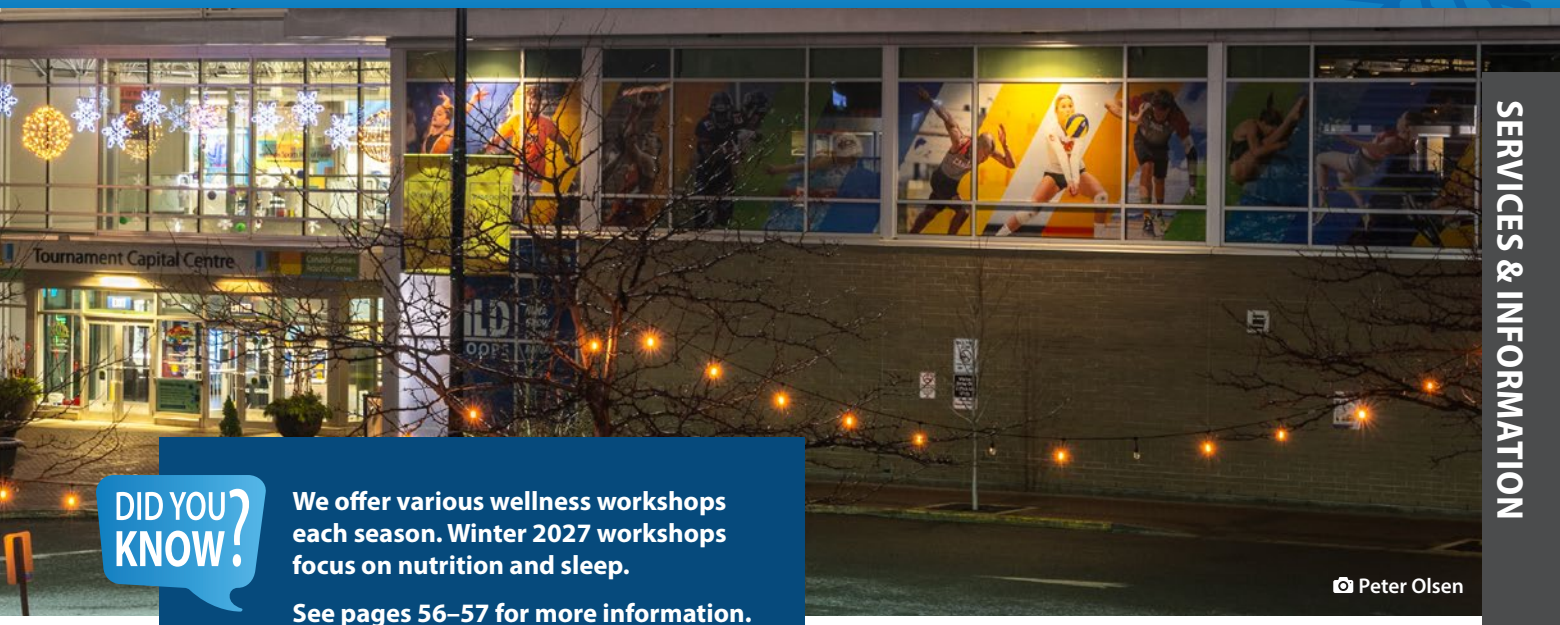
Four bike lockers are available at the TCC for complimentary day use on a first-come, first-serve basis. A personal lock is required for this amenity.

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.

Contact Information



Peter Olsen

DID YOU KNOW?

We offer various wellness workshops each season. Winter 2027 workshops focus on nutrition and sleep.

See pages 56–57 for more information.

Administration

Email . . . . . prcaccount@kamloops.ca
General Inquiry 250-828-3569
Adopt-A-Road 250-828-3461

Aquatics

Online . . . . . Kamloops.ca/Swim
Email . . . . . .swim@kamloops.ca
Westsyde Pool & Fitness Centre 250-828-3616
Canada Games Aquatic Centre (TCC) 250-828-3655
Aquatics Rentals 250-828-3600
. . . . . .swim@kamloops.ca

Community Room and Hall Rentals

Phone 250-828-3600
Email . . . . . facilities@kamloops.ca

Kamloops Museum and Archives

Online . . . . . .KamloopsMuseum.ca
Email . . . . . museum@kamloops.ca
General Inquiry 250-828-3576

PacificSport Interior BC

Online . . . . . PacificSportInteriorBC.com
Email . . . . . interiorbc@pacificsport.com
General Inquiry 250-828-3344

Parks

Online . . . . . Kamloops.ca/Parks
Email . . . . . .parks@kamloops.ca
General Inquiry 250-828-3551
Parks/Sport Field Rentals 250-828-3600
. . . . . .parks@kamloops.ca

Program Registration

Online . . . . . Kamloops.ca/Register
General Inquiry 250-828-3500

Sandman Centre and Arenas

Online Skate Schedules . . . . . Kamloops.ca/Arenas
Email . . . . . .recreation@kamloops.ca
Arena Rentals 250-828-3600
. . . . . arenas@kamloops.ca
Blazers Hockey Team Box Office 250-828-3339
Ticketmaster (Concert/Event Sales) 1-855-985-5000

Sport, Recreation, Fitness, Arts and Cultural Programs

Online . . . . . .Kamloops.ca/Recreation
Email . . . . . .recreation@kamloops.ca
. . . . . fitness@kamloops.ca
. . . . . .arts-culture@kamloops.ca
. . . . . neighbourhoods@kamloops.ca
. . . . . events@kamloops.ca

Tournament Capital Centre

General Inquiry 250-828-3655
Online . . . . . Kamloops.ca/TCC
Email . . . . . tccfacilities@kamloops.ca
TCC and School Gymnasium Rentals 250-828-3600
. . . . . tccfacilities@kamloops.ca
Kamloops Classics Swimming 250-828-3660
Kamloops Gymnastics & Trampoline Centre. 250-374-6424
Sage Sport Institute 250-314-5000
Taste Kitchen Inc. 236-425-3331
TRU Athletics 250-828-5009

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)	$2.46	$22.26	$222.62	$20.23
Child (7–13)	$4.92	$44.53	$445.25	$40.46
Youth (14–18)	$6.71	$47.49	$474.91	$60.00
Adult (19–59)	$9.48	$49.80	$498.08	$84.37
Senior (60+)	$6.71	$47.80	$474.91	$60.00
Family*	$4.92 per person (max. cost $19.63)	$99.61	$996.10	$60.73 (5-punch pass. One punch per family visit.)
Early Bird (Mon–Fri, 6:00–7:00 am)	$4.34	Early Bird and Liquid Lunch passes do not include entry to the Fieldhouse		$40.75
Liquid Lunch (Mon–Fri, 11:30 am–12:30 pm)	$4.69			$44.35

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

	Single Admission	Monthly Pass	Annual Pass
Child (7–13)	$8.71	$44.54	$445.36
Youth (14–18)	$9.14	$47.49	$474.88
Adult (19–59)	$11.41	$49.80	$498.05
Senior (60+)	$9.14	$47.49	$474.88
Family*	$9.15 per person (max. cost $36.60)	$99.61	$996.10

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)	$9.15	$44.53	$452.59	$37.91
Youth (14–18)	$12.05	$60.35	$638.37	$53.20
Adult (19–59)	$15.49	$76.66	$766.65	$63.89
Senior (60+)	$12.05	$60.35	$638.37	$53.20
Family*	$9.25 per person (max cost $33.60)	$153.33	$1,533.30	$127.78

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

	Single Admission	Monthly Pass
Preschool (3–6)	$2.46	$24.18
Child (7–13)	$4.92	$24.18
Youth (14–18)	$7.07	$24.78
Adult (19–59)	$9.84	$25.99
Senior (60+)	$7.07	$24.78
Family*	$4.92 per person (max. cost $19.68)	$51.99

*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 and individual memberships.
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	$17.02	$170.08	$14.17	$17.52
Child (7–13)	$4.25	$34.02	$340.15	$28.35	$35.03
Youth (14–18)	$5.00	$41.35	$416.59	$34.72	$42.74
Adult (19–59)	$7.00	$43.37	$433.69	$36.40	$60.93
Senior (60+)	$5.00	$41.35	$416.59	$34.72	$42.74
Family*	$4.25 per person (max. cost $17.00)	$86.74	$867.40	$72.28	$52.58 (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	$40.63
Child (7–13)	$5.00	$81.25
Youth (14–18)	$5.75	$93.44
Adult (19–59)	$7.50	$121.88
Senior (60+)	$5.75	$93.44
Family*	N/A^	$243.75
Drop-in Hockey	$8.75	$142.19

Participants must register in advance at **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 and individual memberships.
^ Not available for online purchase.
Fees are subject to change without notice.



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.

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 pm on the first Wednesday of every other month.

Learn more at KamloopsFoodPolicyCouncil.com.
Email: info@kamloopsfoodpolicycouncil.com

Kamloops Food Policy Council
@KamloopsFoodPolicy

Winter Indoor Kamloops Farmers' Market

The growing season might be over, but there is still opportunity to get local food and crafts at the winter indoor Kamloops Farmers' Market. The market is held weekly, November–March.

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.

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.



Beth Taylor

Kamloops Fire Rescue

Don't Let Your Holidays Go Up In Flames

Test your smoke alarms BEFORE the holiday season begins



Holiday Fire Safety Tip
Water live Christmas trees every day!

- Unattended cooking is the leading cause of residential fires during the holidays. Look while you cook—if you must step away from the kitchen, even for a moment, turn off the heat and move food off of hot elements.
- Set a timer if you are using the oven or slow simmering, but never leave the house with the oven on.
- If you are under the influence of alcohol or cannabis, don't use cooking equipment!
- Never use water to try to extinguish a cooking fire. If you decide to fight a small cooking fire on the stovetop, smother the flames by sliding a lid over the pan and turning the burner off. Leave the pan covered until it has cooled completely. For an oven fire, turn off the heat and keep the door closed.
- Smoking materials are the second leading cause of fires. Improperly discarded butts can smolder for hours, igniting a fire long after the party is over.
- Ensure smoking materials are butted out in deep ashtrays made of metal or glass. Soak the contents of the ashtray in water before disposing.

Stay Connected @KamloopsFireRescue @KamFire

To learn more, visit
Kamloops.ca/HomeSafe

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.

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.

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.

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.

DID YOU KNOW?

You can now purchase your season skate pass online through your recreation account. Click the dropdown for "online shop" and select "memberships". Reminder: advanced registration is required for Drop-In Hockey and all Stick, Puck & Ring programs. Registration can also be completed in person or by phone.

See page 2 for registration information.



Aura Rodriguez

Fitness Schedules



© Tourism Kamloops | Candace Hansma

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.

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*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	**Yoga Flow** ● 7:30–8:30 am Valleyview Community Hall	**Gentle Chair Yoga** ● 8:00–9:00 am Valleyview Community Hall	**Gentle Chair Yoga** ● 8:00–9:00 am Valleyview Community Hall	**Yoga Flow** ● 8:00–9:00 am Valleyview Community Hall		
	Beginner Yoga ● 9:00–9:45 am Valleyview Community Hall	**Beginner Yoga** ● 9:00–10:00 am Hal Rogers Activity Centre		**Seniors Yoga** ● 9:15–10:05 am Valleyview Community Hall		
	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	**Qi Gong** ● 9:30–11:00 am West Highlands Community Centre		
			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	
	ZUMBA® Gold ● 3:00–4:00 pm Hal Rogers Activity Centre			**Stretch and Relax** ● 2:00–3:00 pm West Highlands Community Centre		**Gentle Chair Yoga** ● 3:15–4:15 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.



Tournament Capital Centre Health and Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning					**Strength and Stretch** ● 6:30–7:15 am
	Gentle Circuit ● 8:00–8:55 am *Drop-in		**Gentle Circuit** ● 8:00–8:55 am *Drop-in		**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	**Gentle Circuit** ● 9:00–9:55 am *Drop-in
		Stronger Bones ● 9:45–10:45 am		**Stronger Bones** ● 9:45–10:45 am	**Zumba®** ▲ 9:45–10:45 pm
		Women's Only Intermediate Weight Training ● 10:00–11:00 am	**Mom and Baby Fitness** ● 10:30–11:30 am		
		Strong Bones ● 11:00 am–12:00 pm		**Strong Bones** ● 11:00 am–12:00 pm	
	Stroller Fit ● 11:30 am–12:30 pm	**Women's Only Intro to Weight Training** ● 11:30 am–12:30 pm			**Steel Mace Vinyasa** ▲ 11:00 am–12:00 pm
Afternoon		**Zumba Gold®** ● 12:30–1:30 pm		**Strong Bones** ● 12:05–12:45 pm	**Sensational Survivors** 12:15–1:15 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	**Women's Only Intermediate Weight Training** ● 5:30–6:30 pm	
	Introduction to Weight Training ▲ 6:30-7:30 pm	**Beginner Mat Pilates** ● 6:15–7:15 pm	**Cardio Kickboxing** ▲ 6:00–7:00 pm	**Barre-lates** ▲ 6:15–7:15 pm	
	Intermediate Weight Training ▲ 8:00–9:00 pm	**Warrior Yoga** ▲ 7:30–8:30 pm	**Women's Only Intro to Weight Training** ● 7:15–8:15 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**.

Multisport (3–6 years)

Beattie Elementary

Jan 17–Feb 28
Sun, 10:15–11:00 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

Jan 17–Feb 28
Sun, 11:00 am–12:00 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

Jan 16–Feb 27
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

Jan 12–Mar 2
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

Jan 12–Mar 2
Tue, 4:00–4:30 pm, 4:30–5:00 pm

Jan 17–Mar 7
Sun, 4:30–5:00 pm, 5:00–5:30 pm, 5:30-6:00 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

Jan 17–Mar 7
Sun, 6:00–6:30 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

Jan 12–Mar 2
Tues, 5:00–5:30 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

Jan 21–Feb 25
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.

CANUCKS AUTISM NETWORK

Accessible Recreation



Peter Olsen

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.

FITNESS

Adapted Yoga — Ages: 13–70

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	Jan 4–Feb 1	1:15–2:15 pm	5/$50
Mon	Feb 8–Mar 8	1:15–2:15 pm	5/$50

Adapted Zumba® — Ages: 15–70

Zumba®—the fitness dance party! Dance, move, and have fun with easy-to-follow moves set to upbeat music. Classes are adapted to meet a variety of abilities in a welcoming and supportive environment. Support persons are required to join in when needed.

TCC - Fitness Studio

Thu	Jan 7–Mar 11	10:30–11:30 am	10/$60

SPORT

Hockey

Adapted Hockey for Adults — Ages: 17–70

Open to adults aged 17+ with developmental delays and/or physical disabilities. Participants will build skating, puck-handling, and hockey skills in a supportive environment. A helmet with full face mask, neck guard, gloves, skates, and stick are required. Full equipment is recommended. Ice times may vary.

Sandman Centre

Sun	Jan 10–Mar 14	9:30–10:30 am	10/$80

Adapted Hockey for Kids — Ages: 6–16

Open to children and youth with developmental delays and/or physical disabilities. Participants will learn basic skating, puck-handling, and hockey skills in a supportive environment. Siblings may participate if it helps make the experience more comfortable and must be registered. A helmet with full face mask, neck guard, gloves, skates, and stick are required. Full equipment is recommended. Ice times may vary.

Sandman Centre

Sat	Jan 9–Mar 13	8:30–9:30 am	10/$70

Multi-Sport

Adapted Multisport with CAN — Ages: 2 1/2–8

Introduce your child to a variety of sports in a safe, supportive, and inclusive environment. Children will explore sports such as soccer, floor hockey, and basketball while building balance, coordination, agility, and confidence through fun, play-based activities. Offered in partnership with the Canucks Autism Network. Support persons are encouraged to participate when needed.

Beattie Elementary

Sun	Jan 17–Feb 28	10:00–10:45 am	6/$33.78

Skating

Adapted Skating for Kids — Ages: 4–12

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	Jan 9–Mar 13	7:45–8:15 am	10/$55

Wheelchair Sports

Youth Wheelchair Sports — Ages: 8–16

Learn the fundamentals of wheelchair basketball, badminton, and rugby in a fun and active environment. Participants aged 8 to 16 will build chair skills, techniques, and game strategies. Offered in partnership with the Kamloops Adapted Sports Association. Drop-ins are welcome, and wheelchairs are provided.

TCC - Middle Court

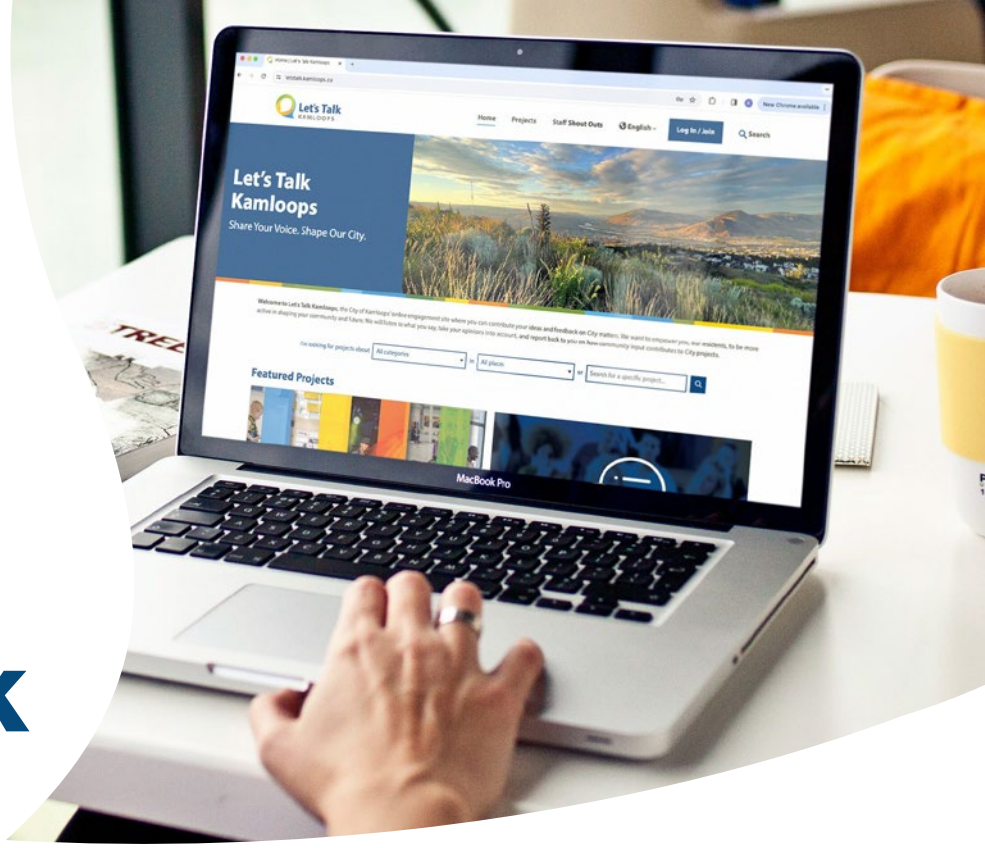
Thu	Jan 7–Mar 25	6:00–7:00 pm	12/$30

Wheelchair Sports - Badminton, Basketball, and Rugby — Ages: 12–70

Experience the excitement of wheelchair basketball, badminton, and rugby in this fun and active program. Participants of all ages and abilities will learn chair skills, game techniques, and strategies while building confidence and staying active. Offered in partnership with the Kamloops Adapted Sports Association. Drop-ins are welcome, and wheelchairs are provided.

TCC - Middle Court

Thu	Jan 7–Mar 25	7:00–8:00 pm	12/$30



Let's Talk
KAMLOOPS

Share Your Voice. Shape Our City.

Let's Talk Kamloops is the City's online engagement site where you can contribute your ideas and feedback on City matters. We want to empower you, our residents, to be more active in shaping your community and future.

Your contributions help the City make better decisions by bringing community knowledge, local experience, and diverse perspectives into the conversation. We listen to what you say, take your opinions into account, and report back to you on how community input contributes to City projects.

Current featured projects:

- Residential Parking
- Reimagine Downtown!
- Accessibility Plan Update
- Budget 2027
- Build Kamloops
- Capital Projects
- and more!

Register to keep up to date with current projects and have your say about the future of our community.

Ready to have your say? Join the conversation at **LetsTalk.Kamloops.ca**.

Kamloops
Canada's Tournament Capital


KAMLOOPS
MUSEUM
AND
ARCHIVES
HISTORY BY EVERYONE.


HISTORY FOR EVERYONE.
KAMLOOPS MUSEUM AND ARCHIVES
207 SEYMOUR | 250 828 3576 | 9:30–4:30, TUES–SAT | KAMLOOPSMUSEUM.CA

FAMILY, CHILDREN AND YOUTH PROGRAMS

UNPLUG AND PLAY: TAXIDERMY EDITION
Ages 5+
Sat, Jan 30
10:00 am–1:00 pm
Free

Explore the museum's historic taxidermy collection and discover the animals that live in our environment. Identify tracks and scat, feel fur and feathers, and create a miniature painting of your favourite furry friend.

LUNAR NEW YEAR: YEAR OF THE GOAT
All Ages
Sat, Feb 6
10:00 am–1:00 pm
Free

In collaboration with the Kamloops Chinese Cultural Association and the Kamloops Chinese Freemasons, celebrate the Year of the Goat and Fire. This fun-filled drop-in event features food, music, crafts, and activities for all ages.

HERITAGE KIDS: DROP-IN PROGRAM
Ages 2–5
Wed, Jan 20–Feb 10
10:00–10:45 am
$10 per session

Introduce your little one to our community's rich heritage through hands-on exploration, artifact handling, stories, songs, and a caregiver-assisted craft. Each session offers flexible sensory and play-based experiences designed to engage young children.

MADE BY HAND: CELEBRATING BC HERITAGE WEEK
All Ages
Sat, Feb 20
10:00–11:00 am
Free

Join us for family-friendly, hands-on activities in the museum's permanent galleries on the third floor. Explore the cultural significance of wool and natural fibre production in the region while making meaningful connections to local heritage. Enjoy crafts, music, hot chocolate, and marshmallows along the way.

SATURDAYS ON SEYMOUR: DROP-IN PROGRAMS
All Ages
Third Sat of the month,
Jan 16, Feb 20, Mar 20
11:00 am–1:00 pm
Free

Have a blast at the Kamloops Museum and Archives on the third Saturday of the month with creative activities the whole family can enjoy. Explore a fun new theme each month.

SPRING BREAK AT THE MUSEUM: DROP-IN PROGRAMS
All Ages
Mar 16, 17, 18, 19, 23, 24, 25
10:00 am–11:00 am
$5 per session

Join us at the Kamloops Museum and Archives for hands-on heritage fun during spring break! Test your skills by identifying mystery cultural objects, discover the art of early photography, and uncover fascinating stories from the region's past.

MEEPLE MEET-UP: DROP-IN PROGRAM
All Ages
Last Sat of the month,
Jan 30, Feb 27, Mar 27
1:30–3:30 pm
Free

Join the Kamloops Pride Society at the Kamloops Museum and Archives for Meeple Meet-up, an inclusive event where you can connect, unwind, and make new friends within the 2SLGBTQPIA+ community and beyond. This family-friendly gathering, featuring snacks and board games, is open to all ages, making it the perfect place for youths, families, and allies to come together.

Discover more at **KamloopsMuseum.ca**

ADULT PROGRAMS

KAMLOOPS MUSEUM AND ARCHIVES HISTORIC BOOK CLUB
Ages 16+
Third Fri of the month,
Jan 15, Feb 19, Mar 19
10:00–11:30 am
Free

Join the Kamloops Museum and Archives and the Thompson-Nicola Regional Library for Kamloops Museum and Archives Historic Book Club—a book club with a historical twist. Join the conversation and explore fiction and non-fiction inspired by historical themes, periods, and places.

VISIBLE MENDING
Ages 10+
Wed, Feb 10, 17, 24
10:00 am–12:30 pm
$60 for three sessions

Spruce up your wardrobe with a visible mending class. Participants are invited to bring clothes that need mending or simple beautifying to this three-session workshop with a Kamloops textile artist who will give you the tools needed to create stunning embellishments on your clothing. All supplies provided.

PAPERMAKING AND BOOKBINDING
Ages 16+
Wed, Mar 3, 10
11:00 am–12:30 pm
$50 for two sessions

Explore the art of papermaking and bookbinding. Transform scrap paper into new handmade sheets, then cut and bind them into a personal journal to keep or give as a thoughtful gift. Participants are welcome to bring scrap paper to upcycle. All materials are provided.

WALKING TOUR: THE HISTORIC OLD COURTHOUSE: CRIME AND PUNISHMENT IN KAMLOOPS
All Ages
Sat, Mar 6
9:00–11:00 am
$15

Join the Kamloops Museum and Archives as we tour the historic Old Courthouse to learn about the legends and lore of frontier justice in British Columbia and Kamloops at the turn of the century. This tour will meet at the Old Courthouse, 7 Seymour St W. Please dress for the weather and bring a water bottle.

COMING IN SPRING 2027



KMA Photo 878 showing the party that would eventually apprehend Bill Miner. Courtesy Kamloops Museum and Archives

MINER THREAT

An exhibition that snapshots Kamloops in 1906: a year when Bill Miner's forays were the backdrop to a new range of cultural developments waylaying an old Victorian order.

Discover more at **KamloopsMuseum.ca**

LESS DUST, MORE DIALOGUE.

Arts & Culture

KAMLOOPS CHRISTMAS MARKET
presented by the Kamloops Sports Council

November 27–December 6
Heritage House Parking Lot
This festive, family-friendly celebration brings the community together through local artisans, holiday traditions, and joyful seasonal experiences.
KamloopsChristmasMarket.ca

THE LION, THE WITCH, AND THE WARDROBE
presented by Western Canada Theatre

December 3–20
Pavilion Theatre
British Columbia writer Ron Reed adapted this beloved children's story by C. S. Lewis into a story told by just two of the siblings from the original book.
WCTlive.ca

CIRQUE MUSICA HOLIDAY WONDERLAND
presented by the City of Kamloops

December 5 | 6:00 pm
Sandman Centre
Step into a dazzling winter wonderland with a brand-new holiday circus production filled with breathtaking acrobatics, soaring aerial performances, and heart-pounding feats.

A NUTCRACKER CHRISTMAS
presented by Kamloops Symphony Orchestra

December 13 | 2:00 pm
Sagebrush Theatre
This festive, family-friendly celebration of the season features highlights from The Nutcracker and other Christmas favourites, brought to life with storytelling, sparkle, and symphonic magic.
KamloopsSymphony.com

CHORAL RHAPSODY
presented by the City of Kamloops

December 14 | 7:00–9:00 pm
Sagebrush Theatre
This free community concert features local choirs presenting a delightful selection of Christmas songs.
Kamloops.ca/ChoralRhapsody

CPKC HOLIDAY TRAIN

December 18 | 5:00–6:00 pm
Sandman Centre North Parking Lot
The CPKC Holiday Train visits communities across the CPKC network in Canada and the U.S. each November and December, collecting food and raising money and awareness for local food banks and food pantry organizations.
CPKCR.com/en/Community/HolidayTrain

RISING VOICES: AN EVENING OF SONG + STORY
presented by Kamloops Symphony Orchestra

February 6 | 7:30 pm
Sagebrush Theatre
Indigenous spoken word artist Zoey Roy brings her poems, songs, and remarkable voice to the orchestra in Ever, Beautiful, alongside iconic works that prove music has always been one of humanity's greatest storytellers.
KamloopsSymphony.com

JULIET: A REVENGE COMEDY
presented by Western Canada Theatre

March 5 | 7:30 pm
Sagebrush Theatre
What if Juliet refused to die? Juliet: A Revenge Comedy reimagines Shakespeare's famous tragedy with a fast-paced, funny, and subversive twist.
KamloopsLive.com

SEA SONGS + SHANTIES
presented by Kamloops Symphony Orchestra

March 12 | 7:30 pm
Kamloops Alliance Church
Set sail on a musical voyage as the Kamloops Symphony Orchestra Chorus joins La Nef, featured on the soundtrack of the hit video game Assassin's Creed: Black Flag, to bring stirring sea songs and rollicking shanties to life, blending rich choral harmonies with authentic maritime instruments.
KamloopsSymphony.com

KAMLOOPS FESTIVAL OF THE PERFORMING ARTS

94th Festival
February 22–March 14
This festival showcases young artists from 12 different disciplines: dance, speech and dramatic arts, piano, voice, strings, guitar, instrumental, music, composition, chamber group, choral, and harp.
KFPA.ca

ART EXPOSED
presented by the Kamloops Arts Council

March 6–12
Old Courthouse
Art Exposed is our largest exhibition of the year, featuring artists from all over the region from ages 4 to 104, multiple mediums, and all skill levels.
KamloopsArts.ca


Barbara Zimonick

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, December 8, 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** 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 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.



DID YOU KNOW?

Studies show swimming enhances brainpower, helping kids grasp new concepts faster and stay focused in class.

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	Jan 5–Feb 2	11:00–11:45 am
Thu	Jan 7–Feb 4	11:00–11:45 am
Tue	Feb 9–Mar 9 (no class Feb 16)	11:00–11:45 am
Thu	Feb 11–Mar 11	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	Jan 4–Mar 24	8:00–9:00 am

No class on: Feb 15

Drop-in

Tue/Thu	Jan 5–Mar 11	7:00–8:00 pm

No classes on: Feb 16

Find a current schedule at Kamloops.ca/Swim.



© Mary Putnam

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.

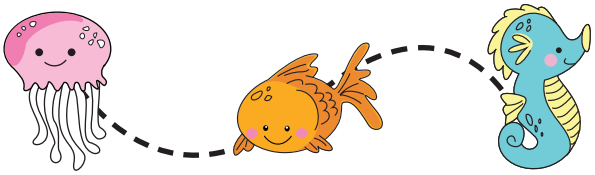
Find dates and times at Kamloops.ca/Register.

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

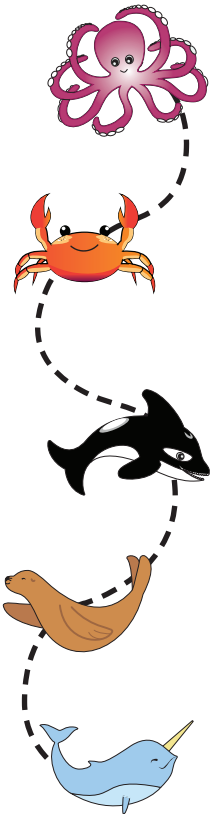
Goldfish
12–24 months

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

LIFESAVING SOCIETY
The Lifeguarding Experts

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.

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	Feb 7	9:00 am–5:00 pm	$131.25	Canada Games Aquatic Centre
Lifesaving Instructor	Sun	Jan 31	9:00 am–2:00 pm	$91.30	Canada Games Aquatic Centre
Swim Instructor	Sun	Mar 7	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 Winter 2027

Course	Days	Dates	Time	Fee	Location
Bronze Star	**Sun**	**Jan 3–10**	**10:00 am–4:00 pm**	**$110**	**Westsyde Pool**
	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	**Sun**	**Jan 17–Feb 7**	**10:00–4:00 pm**	**$215**	**Westsyde Pool**
	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.				
Bronze Cross	**Sun**	**Feb 14–Mar 7**		**$193.75**	**Westsyde Pool**
	Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. The importance of teamwork and communication are emphasized in this course. Course fees include manual, pocket mask and whistle. Prerequisites: Bronze Medallion (does not need not be current); 100% attendance required.				
Standard First Aid	**Sat**	**Jan 9–23**	**9:00–4:00 pm**	**209.75**	**Tournament Capital Centre Meeting Room B**
	Lifesaving Society Standard First Aid is a WorkSafeBC Intermediate (previously OFA Level 2) equivalent program that covers all aspects of first aid. Candidates receive comprehensive training to use in their workplaces or homes. Course fee includes a manual and pocket mask. Standard First Aid is a prerequisite for National Lifeguard (NL). Certification includes CPR-C/AED. Prerequisites: Recommended 13 years old, and 100% attendance required.				
National Lifeguard - Pool Option	**Mon–Thu**	**Mar 15–25**	**9:00–5:00 pm**	**$377.50**	**Canada Games Aquatic Centre**
	Lifesaving Society National Lifeguard Pool is a demanding program designed to develop the fundamental values, judgement, knowledge, skills, and fitness required by professional lifeguards. NL Pool is worth two Grade 12 credits. The NL Pool course includes certification in airway management and oxygen administration (AMOA). Course fee includes a manual, pocket mask, and whistle. Prerequisites: 15 years of age (by last day of course), Bronze Cross (need not be current). Standard First Aid (need not be current), and 100% attendance required.				

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.



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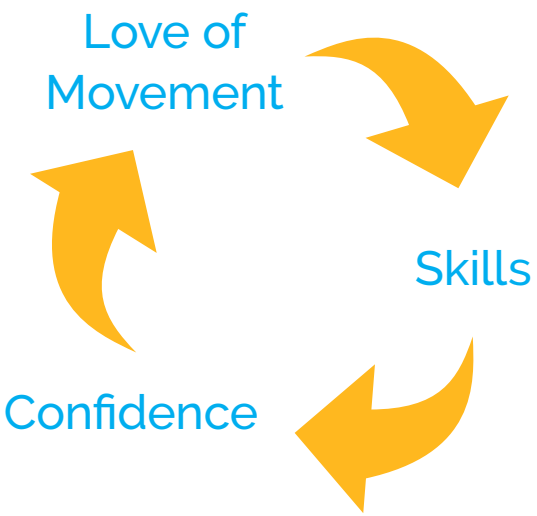

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FREE! **LIBRARY PROGRAMS** EVERYONE WELCOME

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 through stories, songs, finger plays 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

Winter Program Registration opens December 15th

Your Digital Library Toolkit

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

TNRL

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

Libby

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

PressReader

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

Mango

Start a new streak! Learn more than 70 different languages! Test your knowledge of vocabulary, pronunciation, grammar and culture.



Kanopy

Stream thousands of films ad-free with Kanopy. Check out Kanopy Kids for age-appropriate content.

hoopla

Borrow a wide range of media from eBooks and eAudiobooks to movies, music and TV.

Blackstone

Borrow bestsellers anytime, anywhere with eAudiobooks on demand. Download titles for offline use.

ONE BOOK ONE COMMUNITY

THOMPSON-NICOLA REGIONAL LIBRARY

Stay tuned for details about the 2027 One Book One Community read and associated programming across the region.

Visit tnrl.ca/oboc for more information.

Coming 2027!

?

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tnrl.ca/newsletter

THOMPSON-NICOLA REGIONAL LIBRARY

THOMPSON-NICOLA REGIONAL LIBRARY

FREEDOM TO READ

Freedom to Read celebrates the right to explore ideas, ask questions, and choose what we read for ourselves.

Who decides what you read?

February 21-27 is Freedom to Read Week. At Thompson-Nicola Regional Library, we celebrate the freedom to read every day of the year.

THOMPSON-NICOLA REGIONAL LIBRARY

READ IT.
QUESTION IT.
TALK ABOUT IT.

FEATURED EVENT

IRA WELLS: ON BOOK BANNING

STAY TUNED FOR MORE INFO

BOOK SANCTUARY

Explore a collection of books that have been challenged, banned, or debated, and discover why intellectual freedom matters.

WHAT HAPPENS WHEN WE READ IT TOGETHER?

Kamloops Library book clubs will be reading and discussing banned and challenged books.

Books challenge. That's the point.

BOOK LISTS

Explore book displays and curated Freedom to Read book lists featuring banned or challenged titles.

tnrl.ca/freedomtoread

Explore events, book lists, displays, and more.

Scan to explore and participate!

FREEDOM TO READ STARTS WITH YOU.

THOMPSON-NICOLA REGIONAL LIBRARY









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- Strength and Conditioning

Programs

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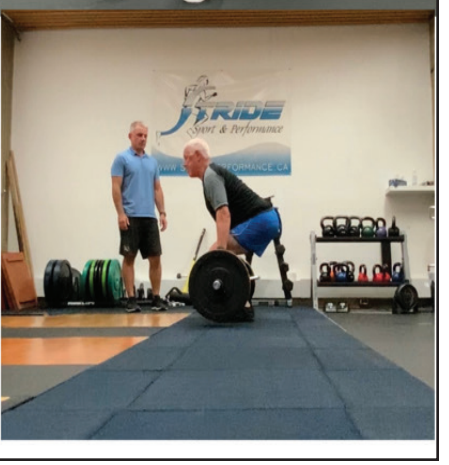
- Noon Fitness Classes





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Family & Early Years



DID YOU KNOW?

Only 27% of Canadian children stayed within the recommended screen time guidelines. Browse our Family & Early Years and Children & Youth sections to find an activity for your child or teen!

ARTS AND CULTURE

Dancing

Dance Combo — Ages: 3–5

Introduce your little dancer to a variety of dance styles in this fun and imaginative class. Children will explore the basics of tap, jazz, ballet, and acro through movement activities, exercises, and creative games. Along the way, they'll build confidence while learning new dance steps, arm positions, and footwork.

Kamloops Performance Company

Sat	Jan 16–Feb 20	10:00–10:45 am	6/$81

Hip Hop — Ages: 3–5

Introduce your little mover to the fun of hip hop in this energetic and encouraging class. Children will learn simple dance steps, grooves, and easy combinations in a positive, encouraging environment. Indoor shoes and comfortable clothing are recommended.

Kamloops Performance Company

Thu	Jan 14–Feb 18	5:30–6:15 pm	6/$81

Hip Hop/Acro — Ages: 3–5

Introduce your little mover to the fun of hip hop and acro in this energetic class. Children will jump, groove, tumble, and explore simple dance moves and beginner acro skills in a positive, encouraging environment. Indoor shoes and comfortable clothing are recommended.

Kamloops Performance Company

Mon	Jan 11–Feb 15	4:30–5:15 pm	6/$81

Musical Theatre — Ages: 3–5

Introduce your little performer to the magic of singing, dancing, and acting in this fun, high-energy class. Children will explore singing, dancing and acting to create a unique and exciting experience.

Kamloops Performance Company

Tue	Jan 12–Feb 16	5:30–6:15 pm	6/$81

Parent & Tot Creative Dance — Ages: 2–4

Enjoy quality time with your toddler as you explore music, movement, and creative play together. Learn about music, use props for play, and explore the magical world of music, movement, and dance. Children must be accompanied by an adult.

Let's Move Studio

Sat	Jan 9–Mar 27	9:30–10:10 am	12/$120

Tiny Stars — Ages: 3–5

Introduce your little one to the magic of ballet and musical theatre in this fun and imaginative class. Children will explore movement, music, and creative play while building confidence, coordination, and creativity. A wonderful introduction to dance in a supportive and encouraging environment.

Kamloops Performance Company

Mon	Jan 11–Feb 15	3:30–4:15 pm	6/$81
Tue	Jan 12–Feb 16	10:00–10:45 am	6/$81

Drawing and Painting

Family Art Workshop — Ages: 5+

Enjoy a creative experience with your child or grandchild as you explore art together. Families will work side by side on hands-on projects and simple crafts using clay, acrylic paint, watercolour, and other creative materials. Learn new techniques, create unique artwork, and make lasting memories while spending quality time together.

Heritage House

Sun	Jan 17–Jan 31	2:30–3:45 pm	3/$42
Sat	Feb 20–Mar 6	2:30–3:45 pm	3/$42

NATURE-BASED CHILDREN'S PROGRAMS

Nature Play & Learn

Little Wanderers — Ages: 3–5

Introduce your child to the wonders of the outdoors through play, exploration, and adventure. Children will build confidence, coordination, and physical literacy through free play, nature-based games, and guided activities. Along the way, they'll develop a stronger connection to the natural world while developing balance, strength, coordination, bravery, empathy, attention to detail, and emotional regulation.

West Highlands Community Centre

Sun	Jan 3–Feb 7	11:00–12:00 pm	6/$63
Sat	Feb 6–Mar 13	11:00–12:00 pm	6/$63

Mini Wanderers — Ages: 2–3

Enjoy quality time with your toddler through movement, music, and nature-based play. Together, you'll explore indoor activities, music, finger-play activities, and outdoor gross motor activities that encourage curiosity, coordination, and a connection to the natural world. Offered by Naturally Taught, this class is designed for children and their parent or caregiver to participate together.

West Highlands Community Centre

Sat	Feb 6–Mar 13	9:30–10:30 am	5/$52.50

SPORT

Badminton

Youth & Family Badminton — Ages: 3–6

Bring your racquets and enjoy active family time on the court together. Offered in partnership with the Kamloops Badminton Association.

Pacific Way Elementary

Thu	Jan 14–Mar 11	6:00–7:00 pm	9/$45

Hockey

Tots Floor Hockey — Ages: 3–6

Introduce your child to floor hockey while building fundamental movement skills through fun, active play. Participants will develop physical literacy, confidence, and friendships in a supportive environment. Parent participation is required.

West Highlands Community Centre

Thu	Jan 14–Mar 11	5:00–5:45 pm	9/$94.50

Multi-Sport

Active Tots — Ages: 4–6

Introduce your child to a new sport each week, including soccer, floor hockey, track and field, and more. Children will build physical literacy while developing fundamental sport skills through fun games and activities. Offered in partnership with PacificSport Interior BC.

Beattie Elementary

Wed	Jan 13–Feb 17	5:00–5:45 pm	6/$37.50

Mini Movers — Ages: 4–6

Help your child build confidence through fun, active play. Children will practise important movement skills like running, jumping, throwing, catching, and balancing through games and activities designed for young learners. Offered in partnership with PacificSport Interior BC.

Beattie Elementary

Wed	Jan 13–Feb 17	6:00–6:45 pm	6/$45

Move & Play — Ages: 2–5

Enjoy quality time with your child as you explore, play, and move together. Each drop-in session features a variety of equipment, activities, and materials that encourage free play, social interaction, and creative expression. Caregiver participation is required.

TCC - Championship Court

Wed	Jan 13–Mar 10	11:00–12:00 pm	9/$45

Sportball 1 — Ages: 1 1/2–2

In this parent and tot class, introduce your little one to the fun of sport through fun, active. Toddlers will discover eight different sports while building key motor, social, and sport skills. Designed for children who are on the move and ready to join in the fun. Offered in partnership with Sportball Kamloops.

Heritage House

Sat	Jan 9–Mar 6	9:00–9:45 am	8/$120
Sun	Jan 10–Mar 7	9:00–9:45 am	8/$120
Thu	Jan 14–Mar 4	8:30–9:15 am	8/$120

West Highlands Community Centre

Tue	Jan 12–Mar 2	9:00–9:45 am	8/$120

Sportball 2 — Ages: 2–3

In this parent and tot class, introduce your little one to the fun of sport through fun, active play. Toddlers will discover eight different sports while building key motor, social, and sport skills. Designed for children who are on the move and ready to join in the fun. Offered in partnership with Sportball Kamloops.

Heritage House

Sat	Jan 9–Mar 6	10:00–10:45 am	8/$120
Sun	Jan 10–Mar 7	10:00–10:45 am	8/$120
Thu	Jan 14–Mar 4	9:30–10:15 am	8/$120

West Highlands Community Centre

Tue	Jan 12–Mar 2	10:00–10:45 am	8/$120

Sportball 3 — Ages: 3–5

Introduce your child to the fun of sport through fun, active play. In this drop-off class, children will explore eight different sports while building key motor, social, and sport skills. Offered in partnership with Sportball Kamloops.

Heritage House

Sat	Jan 9–Mar 6	11:00–11:45 am	8/$120
Sun	Jan 10–Mar 7	11:00–11:45 am	8/$120
Thu	Jan 14–Mar 4	10:30–11:15 am	8/$120

Lloyd George Elem. School Lloyd George Gym

Wed	Jan 13–Mar 3	5:00–5:45 pm	8/$120

West Highlands Community Centre

Tue	Jan 12–Mar 2	11:00–11:45 am	8/$120

Sportball 4 — Ages: 5 1/2–8

Introduce your child to the fun of sport through fun, active play. Children will explore eight different sports while building key motor, social, and sport skills. Offered in partnership with Sportball Kamloops.

Lloyd George Elem. School Lloyd George Gym

Wed	Jan 13–Mar 3	6:00–6:45 pm	8/$120

Tumble 'n' Play 1 — Ages: 2–3

Help your child build confidence through movement, exploration, and play in this play-inspired program. Children will be introduced to fundamental movement skills such as tumbling, balancing, and safe landings through open-ended activities and games. Parent participation is required.

Valleyview Community Hall

Tue	Jan 12–Mar 9	5:00–5:30 pm	9/$72

Tumble 'n' Play 2 — Ages: 3–6

Help your child build confidence through movement, exploration, and play in this play-inspired program. Children will be introduced to fundamental movement skills such as tumbling, balancing, and safe landings through open-ended activities and games. Parent participation is required.

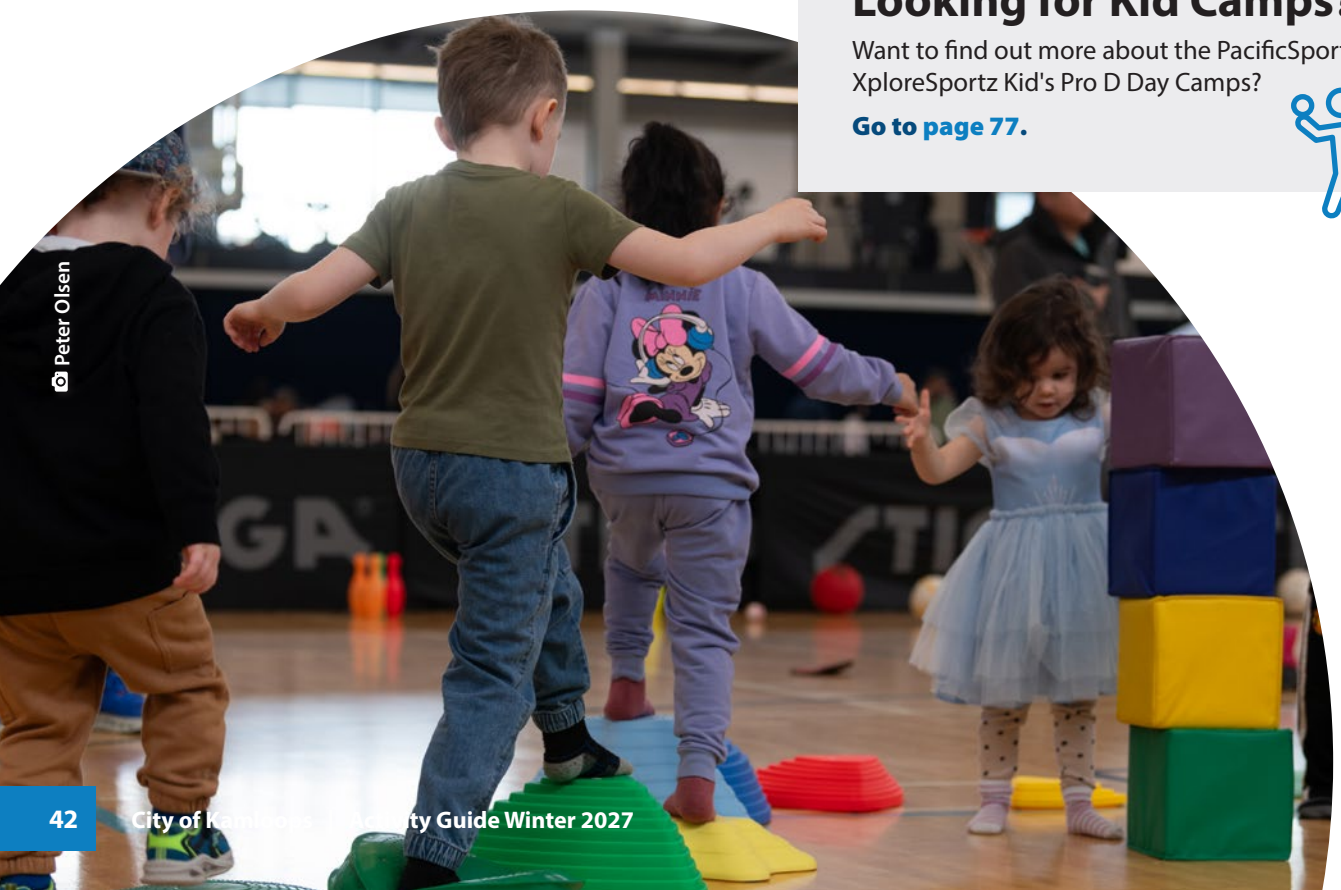
Valleyview Community Hall

Tue	Jan 12–Mar 9	5:45–6:30 pm	9/$94.50

Looking for Kid Camps?

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

Go to page 77.



Peter Olsen

Beem
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Find A Healthy Balance

presents Unplug and PLAY

January 23–31, 2027

For a list of ideas and activities visit:

literacyinkamloops.ca

TAKE THE CHALLENGE!

Reduce screen time. Create, move, read, build, explore, learn, reflect, and celebrate together as a family!



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Children & Youth



© Peter Olsen

DID YOU KNOW?

Only 37% of 5- to 17-year-olds get the 60 minutes a day of moderate-to-vigorous activity they need each day. Browse our Family & Early Years and Children & Youth sections to find an activity for your child or teen!

ARTS AND CULTURE

Dancing

Acro Dance — Ages: 6–10

Jump, balance, tumble, and move in this fun class that combines dance and gymnastics. Build strength, flexibility, coordination, and body awareness while learning new skills at your own pace. As you progress, you'll have the opportunity to achieve up to Level 4 in acrobatics in a supportive and active environment.

Kamloops Performance Company

Wed	Jan 13–Feb 17	4:15–5:00 pm	6/$81

Hip Hop — Ages: 6–10

Move to the music and learn fun hip hop moves in this energetic class. Explore creative movement, build confidence, and learn new dance steps through music and easy-to-follow routines. Stay active, express yourself, and have fun with friends while you dance.

Kamloops Performance Company

Wed	Jan 6–Mar 10	3:30–4:15 pm	10/$135

Intro to Acting — Ages: 6–10

Use your imagination as you play theatre games, tell stories, move, and try simple improvisation. Build confidence, make new friends, and discover new ways to express yourself. This beginner-friendly class is a fun and supportive place to be creative and shine.

Kamloops Performance Company

Thu	Jan 14–Feb 18	4:15–5:00 pm	6/$81

Musical Theatre — Ages: 6–10

Sing, dance, and act as you bring stories and characters to life on stage. Learn musical theatre basics, build confidence, and develop performance skills through fun games, songs, and routines. A great place to make friends, be creative, and shine in the spotlight.

Kamloops Performance Company

Thu	Jan 14–Feb 18	3:30–4:15 pm	6/$81

NATURE BASED CHILDREN'S PROGRAMS

Nature Play & Learn

Nature Explorers — Ages: 7–12

Run, climb, dig, create, and play your way through exciting outdoor adventures after school. Explore nature, enjoy games and hands-on activities, and make new friends along the way. Led by Naturally Taught, this program is a fun and active way to unwind, burn off energy, and enjoy the outdoors.

McArthur Island Park

Wed	Jan 6–Feb 10	3:30–5:00 pm	6/$72

Spring Break Camp Nature Seekers — Ages: 5–12

Explore the outdoors through games, crafts, nature journalling, and hands-on activities. Discover local plants, animals, and natural spaces as you explore a different theme each day. This five-day camp is a fun, active, and screen-free way to connect with nature and make new friends.

McArthur Island Park

Mon–Fri	Mar 15–Mar 19	8:30–4:30 pm	5/$225

SPECIAL INTEREST

Cooking

Parent & Kiddo(s) Cooking Night! — Ages: 7–12

Roll up your sleeves and get cooking! Learn how to make homemade chicken or turkey nuggets and savoury potato wedges with the Red Seal Chef from Kuzina Messer Culinaire.

NorKam Secondary

Wed	Feb 24	6:00–8:30 pm	1/$56

SPORT

Badminton

Come & Play - Badminton — Ages: 7–12

Grab a racket and get on the court for a fun and active game of badminton. Play with friends, meet new people, and build your skills in a casual, welcoming environment. Bring your own racket if you have one, or there will be a limited number available on site to borrow for a small fee. Offered in partnership with the Shuttlers Club.

Pacific Way Elementary

Tue	Jan 12–Mar 9	6:45–9:45 pm	9/$67.50

Teen & Family Badminton — Ages: 7–12

Grab your racquet and hit the court for a fun game of badminton with family and friends. Offered in partnership with the Kamloops Badminton Association.

Pacific Way Elementary

Mon	Jan 11–Mar 8	6:00–7:00 pm	8/$40

Multi-Sport

Learn to Skate Ski — Ages: 7–12

Discover the fun of skate skiing with friendly instruction on groomed trails. Whether you're trying it for the first time or building your skills, you'll stay active, build confidence, and enjoy winter outdoors.

Overlanders Ski Club

Sat	Jan 9–Jan 23	10:30–11:45 am	3/$120

Pickleball

Intro to Pickleball - Youth — Ages: 7–12

Grab a paddle and discover the fun of pickleball. Learn the basic skills, techniques, and rules of the game through active play and friendly games. Build confidence, stay active, and have fun as you develop your skills on the court.

Parkcrest Elementary

Mon/Wed	Jan 11–Jan 13	6:00–8:00 pm	2/$46
Mon/Wed	Feb 8–Feb 10	6:00–8:00 pm	2/$46
Mon/Wed	Mar 1–Mar 3	6:00–8:00 pm	2/$46

Table Tennis

Intro to Table Tennis - Youth — Ages: 7–12

Learn the basics of table tennis while having fun and staying active. Practise footwork, serves, drives, timing, and game strategy as you build confidence and improve your skills. A great way to develop coordination, physical literacy, and make new friends.

TCC - D South

Tue	Jan 12–Mar 9	6:30–7:30 pm	9/$90

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CURRENT SCHEDULES / REGISTRATION / MORE INFO…
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Canada's Tournament Capital

Thompson-Nicola TNRD Regional District

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Rayleigh Waterworks District

CUPE 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



Pick up Your 2027 City Calendar

The 2027 City calendar will be available for pickup early December. Get a free copy at a convenient location while supplies last. The calendar features beautiful photography from photo competition finalists and includes garbage, recycling, and organics schedules and other important municipal dates.

A curbside collection supplement with tips and information will be available for pickup alongside (rather than inside) the Calendar.

For more information, visit Kamloops.ca/Calendar.

Find a pick up location near you!

- **City Hall** (7 Victoria Street West)
- **Tournament Capital Centre** (910 McGill Road)
- **Westsyde Pool and Fitness Centre** (859 Bebek Road)
- **Civic Operations** (955 Concordia Way)
- **North Shore Community Policing Office** (915 7th Street)
- **North Shore Business Improvement Association** (115 Tranquille Road)
- **NEW! East Kamloops Business Improvement Association** (204 – 166 Oriole Road)

Kamloops.ca/Calendar

Kamloops
Canada's Tournament Capital



DID YOU KNOW?

Coached sport participation is linked to stronger movement skills in children.

ARTS AND CULTURE

Dancing

Adult Hip Hop

Move, sweat, and have fun in this welcoming, judgment-free class. Learn hip hop fundamentals while building rhythm, musicality, and coordination through easy-to-follow grooves and dance combinations. Set to a mix of current hits and classic tracks, this class is a fun way to stay active and express yourself through movement.

Kamloops Performance Company

Wed	Jan 13–Feb 17	8:00–8:45 pm	6/$81

Aerial Hoop - Lyra

Curious about Lyra? This beginner-friendly class is a great way to explore the exciting world of aerial hoop. You'll learn basic skills and movements while improving strength, flexibility, and body awareness through guided instruction, warm-ups, and stretching. Discover whether Lyra is the right fit for your fitness and creative goals.

Unity 253 Aerial Arts Studio

Fri	Jan 8	6:30–7:30 pm	1/$28

Bellydance Beginner

Discover the fun and empowering art of bellydance in this welcoming, low-impact class. Learn posture, muscle isolations, and foundational dance movements while improving strength, flexibility, and body awareness. Enjoy a supportive environment that promotes self-expression, confidence, and overall well-being.

Kamloops School of the Arts

Tue	Jan 5–Mar 9	7:15–8:00 pm	10/$150

Bellydance Intermediate

Take your bellydance skills to the next level as you explore traditional folk, Golden Age, and contemporary Middle Eastern dance styles. Learn to dance with props such as veils, assaya, and finger cymbals while working toward a fun choreography. A solid foundation in bellydance is required for this class.

Kamloops School of the Arts

Thu	Jan 7–Mar 11	6:00–7:00 pm	10/$150

Bollywood/Bhangra

Experience the energy and joy of Indian dance in this fun and welcoming class. These upbeat and invigorating dance genres embrace the essence of Indian culture and wrap the ethnic style with some fitness flare. No dance experience is needed, and all levels are welcome to explore the colourful nature of this class.

Let's Move Studio

Wed	Jan 6–Mar 24	8:00–8:50 pm	12/$180

Cardio Dance

Get moving and have fun in this upbeat dance fitness class. Learn easy-to-follow choreography set to energizing music from a variety of styles, creating a fun and expressive way to move. No dance experience is needed, just come ready to move, groove, and enjoy the music.

Kamloops School of the Arts

Tue	Jan 5–Mar 9	6:15–7:05 pm	10/$150

Hula Hoop Dance

Move, stretch, and flow in this fun and creative class that combines hula hooping with dance-inspired movement. Learn hoop tricks, body isolations, and flowing transitions while improving coordination, flexibility, and mind-body connection. Set to great music and a welcoming atmosphere, this low-impact class offers a unique and enjoyable way to stay active.

Kamloops School of the Arts

Thu	**Jan 7–Mar 11**	**7:15–8:05 pm**	**10/$150**

Intro to Pole Sport

Start your pole fitness journey in this beginner-friendly class designed for those with little or no experience. Learn basic grips, stances, and introductory movements while becoming familiar with the structure of pole classes. This class is the prerequisite for drop-in pole classes.

Unity 253 Aerial Arts Studio

Fri	**Jan 8**	**5:15–6:15 pm**	**1/$28**

Latin Partner Dance

Learn the rhythms and steps of popular Latin dances, including Salsa, Bachata, Merengue, Cha Cha Cha, and Rumba. Build confidence on the dance floor while learning partner-style lead and follow moves, and footwork, musicality. Come with a partner or on your own and enjoy a fun, social, and welcoming atmosphere.

Let's Move Studio

Fri	**Jan 8–Mar 26**	**7:10–8:00 pm**	**12/$180**

Rope & Rhythm

Discover a fun and creative way to move with rope flow. Using a soft, weighted rope, you'll learn rhythmic movement patterns in smooth, flowing patterns—like dancing with a rope. No experience is needed as you explore simple techniques, connect movements to music, and enjoy a low-impact practice that is both relaxing and energizing.

Kamloops School of the Arts

Tue	**Jan 5–Mar 2**	**5:15–6:05 pm**	**9/$135**

Social Ballroom Dancing - Rumba

Discover the elegance and romance of Rumba, often called the "Latin dance of love." Learn smooth footwork, musicality, and lead-and-follow techniques while building confidence on the dance floor. Whether you're preparing for a special occasion or simply looking for a fun new hobby, this welcoming class is perfect for dancers of all levels.

Heritage House

Mon	**Jan 4–Mar 8**	**7:00–8:00 pm**	**9/$135**

Tap Beginner - Level 1

Discover the joy of tap dancing as you create rhythm and music with your feet. Learn basic tap steps, timing, musicality, and self-expression in a fun and supportive environment. No experience is needed, and tap shoes are not required to get started. Wear hard-soled shoes or contact the instructor about borrowing a pair to give it a try.

Kamloops Performance Company

Mon	**Jan 4–Mar 29**	**6:00–6:45 pm**	**12/$180**

Tap Level 2

Build on the skills and rhythms learned in Level 1 while continuing to develop musicality, expression, and technique. Explore more challenging footwork, combinations, and improvisation in a fun and supportive environment. Need tap shoes? Contact us and we'll see if we have a pair available for you to try.

Kamloops Performance Company

Mon	**Jan 4–Mar 29**	**5:15–6:00 pm**	**12/$180**

Use *MyCity* to Manage Your City Accounts

MyCity is an online service for residents and business owners to access information about their City of Kamloops accounts, including:

- tax, utilities, dog licence, and business licence accounts
- bills and payment history
- property assessment and tax levy information
- building/development permits, including building inspection requests
- eBilling (paperless billing emailed right to your email inbox)

For more information or to sign up, visit Kamloops.ca/MyCity.



Tap Level 3

Continue building your tap skills as you explore more challenging rhythms, footwork, and combinations. This class expands on the fundamentals learned in Level 2, with an emphasis on musicality, expression, and improvisation. Need tap shoes? Contact us and we'll see if we have a pair available for you to try.

Kamloops Performance Company

Thu	Jan 7–Mar 25	6:15–7:00 pm	12/$180

Drawing and Painting

Drawing for Beginners

Build a strong foundation in drawing through step-by-step instruction and guided practice. Learn how to observe more carefully, understand proportions, and capture details with greater accuracy while developing essential artistic skills. This class is an excellent starting point for anyone interested in painting or other visual arts. Supplies are included.

Parkview Activity Centre

Thu	Jan 14–Mar 11	10:00 am–12:00 pm	9/$162

Oil Painting for Beginners

Learn the fundamentals of drawing, colour theory, and oil painting in this beginner-friendly class. Through step-by-step instruction, you'll build confidence while developing the skills needed to create your own painting from a chosen reference image or model. Work at your own pace in a supportive and creative environment.

Heritage House

Wed	Jan 13–Mar 10	5:30–8:00 pm	9/$180

Parkview Activity Centre

Mon	Jan 11–Mar 8	5:30–8:00 pm	8/$160

Oil Painting Intermediate

Build on your existing oil painting skills as you take on more complex projects and techniques. This class is designed for students who are comfortable with drawing on canvas, colour mixing, and the fundamentals of oil painting. Continue developing your artistic confidence in a supportive and creative environment.

Heritage House

Sat	Jan 9–Mar 6	10:00 am–12:30 pm	9/$180

Watercolour for Beginners

Discover the joy of watercolour painting in this welcoming class for beginners. Through simple, step-by-step projects, you'll learn basic techniques while building confidence and creativity. Learn to paint landscapes, flowers, and more as you explore the unique possibilities of watercolour. Supplies are extra.

Parkview Activity Centre

Wed	Jan 13–Mar 10	10:00 am–12:00 pm	9/$168.75

Watercolour Intermediate

Continue your watercolour journey as you build on foundational techniques and explore new creative possibilities. Through engaging projects and guided instruction, you'll strengthen your skills, gain confidence, and further develop your understanding of colour, composition, and brushwork. Supplies are extra.

Parkview Activity Centre

Wed	Jan 13–Mar 10	12:30–2:30 pm	9/$168.75



Residential Security Check

Have you been a victim of property crime? Want to enhance your home's security?

Our Crime Prevention team offers a free residential security check to help you feel safer at home. A trained professional will assess your property and provide advice on improving security measures.

Submit a request at Kamloops.ca/CPRequest.

Fabric Arts

Beginner Crochet

Learn the basics of crochet in this welcoming class for beginners. You'll be introduced to basic stitches, tools, and terms while creating simple projects that help you practise and build confidence. Some supplies are required, and a supply list is included with your registration confirmation.

Parkview Activity Centre

Thu	Jan 7–Jan 28	6:30–8:00 pm	4/$80
Thu	Feb 4–Feb 25	6:30–8:00 pm	4/$80

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 needed.

TCC - Fitness Studio

Thu	Jan 7–Mar 11	6:15–7:15 pm	10/$93.30

Cardio Kickboxing

Boost your cardiovascular fitness with this high-energy class that combines kickboxing and cardio exercise. Engage in dynamic workout that burns calories, improves endurance, and enhances coordination.

TCC - Fitness Studio

Wed	Jan 6–Mar 10	6:00–7:00 pm	10/$93.30

Core Strength and Balance

Build strength, stability, and confidence in this moderate-intensity fitness class. Improve core strength, balance, coordination, and posture through a variety of exercises designed to support everyday movement and overall fitness. Modifications are available, making this class suitable for a range of ages and fitness levels.

Hal Rogers

Mon	Jan 11–Mar 8	5:00–6:00 pm	8/$65.20

Full Body Strength

Build strength and confidence in this full-body workout designed to target all major muscle groups. Using free weights, bodyweight exercises, and a variety of equipment, you'll improve muscular strength, endurance, stability, and functional movement. Modifications are available, making this class suitable for a range of fitness levels.

TCC - Fitness Studio

Tue	Jan 5–Mar 9	5:00–6:00 pm	10/$81.50

HIIT - High Intensity Interval Training

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

TCC - Fitness Studio

Thu	Jan 7–Mar 11	5:00–6:00 pm	10/$81.50

Introduction to Weight Training

This beginner class covers weight training fundamentals, including equipment setup, 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	Jan 11–Mar 8	6:30–7:30 pm	8/$100

Low Intensity Circuit

Work at your own pace in this circuit-style class. You'll move through a variety of cardio, strength, and flexibility exercises designed to keep you strong and mobile for your daily activities.

Westsyde Pool & Fitness Centre

Wed	Jan 6–Mar 10	1:00–2:00 pm	10/$81.50
Fri	Jan 8–Mar 12	1:00–2:00 pm	8/$65.20

Strength and Stretch

Challenge yourself with a high-energy workout that uses a variety of equipment to build strength and improve overall fitness. The class wraps up with a 15-minute stretch.

TCC - Fitness Studio

Fri	Jan 8–Mar 12	6:30–7:15 am	10/$81.50

Strength Training with Resistance Bands

Build strength and improve conditioning using loop bands and elastic resistance bands in this low-impact class. Learn exercises that support functional movement, stability, and overall fitness while progressing at your own pace. A great option for those looking to begin strength training in a supportive environment. Participants must be able to get down to and up from the floor.

TCC - Fitness Studio

Wed	Jan 6–Mar 10	5:00–5:45 pm	10/$93.30

Taiji Qi Gong

Explore Tai Chi and Qigong exercises that promote 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	Jan 7–Mar 11	9:30–11:00 am	5/$46.65

Women's Only Intermediate Weight Training

Feel empowered as you build strength, confidence, and healthy habits in this supportive and welcoming class. Learn proper weightlifting techniques while improving overall fitness and developing a sustainable approach to wellness. The program also emphasizes nutrition and wellness to help you feel strong both in and out of the gym.

TCC - Fitness Studio

Tue	Jan 5–Mar 9	10:00–11:00 am	10/$125

TCC - Training Lab

Thu	Jan 7–Mar 11	5:30–6:30 pm	10/$125

Women's Only Introduction to Weight Training

Feel empowered as you build strength, confidence, and healthy habits in this supportive and welcoming class. Learn proper weightlifting techniques while improving overall fitness and developing a sustainable approach to wellness. The program also emphasizes nutrition and wellness to help you feel strong both in and out of the gym.

TCC - Fitness Studio

Tue	Jan 5–Mar 9	11:30–12:30 pm	10/$125
Wed	Jan 6–Mar 10	7:15–8:15 pm	10/$125

Zumba®

Dance your way to fitness with Zumba®, a fun, high-energy workout set to lively Latin-inspired music. Easy-to-follow moves combine cardio, muscle conditioning, balance, and flexibility for a full-body workout. Boost your energy, improve your fitness, and have fun while you move.

Hal Rogers

Tue	Jan 5–Mar 9	6:00–7:00 pm	10/$93.30

TCC - Fitness Studio

Fri	Jan 8–Mar 12	9:45–10:45 am	10/$93.30

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	Jan 5–Mar 9	6:15–7:15 pm	10/$93.30



9PM Routine

Property crimes are often crimes of opportunity. Creating a simple and quick checklist of things to do nightly can deter criminals. We encourage you to double-check that your valuables and property are locked up and safe.

Make a 9 pm checklist a habit

Lock Up

- Close and secure all windows and doors, including your garage.
- Lock sheds, outbuildings, and gates.
- Lock your vehicles.
- Set your home alarm (if you have one).

Lights On

- Turn on exterior lights.
- Leave an indoor light on.

Exterior Checks

- Remove valuables and garage door opener from your vehicle.
- Do a perimeter check of your property and secure all bikes, tools, and other valuables.

To learn more, visit Kamloops.ca/CrimePrevention.



2027 Futsal Canadian Championship

The City, in partnership with Tourism Kamloops, Kamloops Sports Council, Kamloops United Football Club, and Soccer Quest FC, are excited to announce that Kamloops will host the Canada Soccer Futsal Canadian Championship in April 2027.

Intro to Mat Pilates

Discover the fundamentals of classical mat Pilates in this gentle introduction to classical mat Pilates. Learn how to use breath, core activation, and proper muscle engagement through a series of controlled exercises designed to improve strength and flexibility

TCC - Fitness Studio

Mon	**Jan 11–Mar 8**	**5:00–6:00 pm**	**9/$83.97**

Pre & Post Natal

Mom and Baby Fitness

Reconnect with your body and build strength in a supportive environment designed for moms and babies. This class combines gentle aerobic exercise, core and pelvic floor strengthening, Pilates-inspired movement, and flexibility training to support postpartum recovery and overall well-being. You'll progress at a pace that feels right for you while connecting with other new moms. Moms should be 6 weeks post vaginal delivery and 12 weeks post-caesarean. Babies (pre-crawling and crawling) are welcome.

TCC - Fitness Studio

Wed	**Jan 13–Apr 7**	**10:30–11:30 am**	**13/$121.29**

Stroller Fit

Connect with other moms while building strength, improving fitness, and staying active with your baby or toddler by your side. This all-levels class combines strength, cardio, and flexibility in a supportive and welcoming environment. Nursing, crawling, and stroller-aged children are welcome. Moms should be at least 4–6 weeks post-vaginal delivery or 8–10 weeks post-caesarean.

TCC - North Court

Mon	**Jan 4–Mar 8**	**11:30–12:30 pm**	**8/$74.64**

Spin

CycleFit

Push your pace and challenge yourself in this energetic intermediate spin class. Ride through a variety of hill climbs, speed intervals, and recovery periods while working at an intensity that suits you.

TCC - Spin Studio

Wed	**Jan 6–Mar 10**	**5:15–6:15 pm**	**10/$81.50**

Yoga

Beginner Yoga

Practise basic yoga poses and breathing exercises in a welcoming and supportive environment. Build strength and flexibility while moving at a comfortable pace. Modifications are offered for all fitness levels, making this class a great place to start your yoga journey.

Hal Rogers

Tue	**Jan 5–Mar 9**	**9:00–10:00 am**	**10/$93.30**

Valleyview Community Hall

Mon	**Jan 11–Mar 8**	**9:00–9:45 am**	**8/$74.64**

Gentle Chair Yoga

Enjoy a fun and inclusive yoga class that uses chairs and modified poses to improve mobility, flexibility, and balance. Ideal for those experiencing stiffness related to aging, injury, or joint replacement, this class offers a supportive approach to movement and well-being. Each class ends with a guided relaxation.

Valleyview Community Hall

Tue	**Jan 5–Feb 9**	**8:00–9:00 am**	**6/$55.98**

Intro to Yin Yoga

Slow down and reconnect with yourself in this calming introduction to Yin Yoga. Through gentle, long-held poses, you'll improve flexibility, release tension, and explore breath and mindful awareness in a supportive environment. No yoga experience is needed, just bring a mat, a bolster, and a willingness to pause.

West Highlands Community Centre

Sun	**Jan 10–Mar 14**	**4:30–5:30 pm**	**10/$93.30**

Steel Mace Vinyasa

Experience a unique blend of traditional yoga and strength training in this dynamic class. Using a steel mace, you'll build strength, improve balance and flexibility, and deepen your mind-body connection through breath and movement. The added resistance of the mace helps enhance focus, stability, and body awareness while supporting a strong and engaging yoga practice.

TCC - Fitness Studio

Fri	**Jan 8–Mar 12**	**11:00–12:00 pm**	**10/$93.30**

Stretch and Relax Yoga

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

West Highlands Community Centre

Mon	Jan 4–Mar 8	10:00–11:00 am	10/$93.30
Wed	Jan 6–Mar 10	10:00–11:00 am	10/$93.30
Thu	Jan 7–Mar 11	2:00–3:00 pm	10/$93.30

Warrior Yoga

Discover a unique blend of traditional yoga and weight training. Using a steel mace, you'll tone muscles, increase flexibility, improve balance, reduce stress, and boost energy. Suitable for beginners and experienced participants alike, this unique practice enhances overall health and well-being.

TCC - Fitness Studio

Tue	Jan 5–Mar 9	7:30–8:30 pm	10/$93.30

Yoga Flow

Connect breath with movement in this welcoming, all-levels yoga class while building strength, flexibility, and mindfulness in this class designed to support a variety of abilities and experience levels. Participants should be comfortable transitioning down to and up from the mat. Modifications are offered throughout, allowing you to move at your own pace.

Valleyview Community Hall

Mon	Jan 4–Mar 8	7:30–8:30 am	10/$93.30
Thu	Jan 7–Feb 11	8:00–9:00 am	6/$55.98

Wellness Workshops

Eating For Energy

Feeling tired, unfocused, or low on energy? This workshop 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

Tue	Mar 30	6:00–8:00 pm	1/$25



A CHORAL RHAPSODY OF Christmas

A Free Community Concert from the City of Kamloops

Monday, December 14, 2026
7:00–9:00 pm
Sagebrush Theatre

The choirs of Kamloops present a delightful selection of Christmas carols with fun, old-fashioned singalongs between sets.

To reserve your seat, call Kamloops Live! Box Office at 250-374-5483.

Electronic Payment Options

The City offers various ways for residents to pay their utility statements, property taxes, development permits, or business licences electronically:

- Online banking for utilities, property taxes, development permits, or business licence fees. Remember, the first time you make a payment, you'll need to add a new payee.
- The City's online payment systems (incurs a non-refundable service charge). **Visit Kamloops.ca/Payment.**
- Tax Installment Plan Service (TIPS) for monthly pre-payments towards the next year's property taxes. **Visit Kamloops.ca/TIPS.**
- Pre-Authorized Withdrawal System (PAWS) for monthly utility payments. **Visit Kamloops.ca/PAWS.**



Eating for Heart Health

Wondering what to eat to support healthy cholesterol, blood pressure, and heart health? This practical workshop will look at the foods and eating patterns that can support heart health. Learn simple, realistic strategies for building heart-healthy meals without restrictive diets or major lifestyle changes.

TCC - Meeting Room B

Sun	**Feb 7**	**10:30–12:30 pm**	**1/$25**

Fuel Better, Perform Better: Nutrition for Athletes of Every Level

Whether you're training for competition, staying active, or looking to improve your performance, nutrition can make a big difference. Learn practical strategies for fuelling your body, supporting recovery, and maintaining energy for training and everyday life. Gain simple, realistic tips to help you perform your best and stay strong all season long.

TCC - Meeting Room B

Mon	**Mar 8**	**6:00–8:00 pm**	**1/$25**

Healthy Dinner Fix

Take the stress out of mealtime with this three-week coaching series. Learn practical strategies, simple systems, and healthy meal-planning techniques that make home cooking easier and more manageable. Leave with realistic tools, recipes, and ideas you can use to make healthy eating part of your everyday routine.

TCC - Meeting Room C

Thu	**Jan 28–Feb 11**	**6:00–7:30 pm**	**3/$75**

Making Sense of Supplements

Not sure which supplements are worth taking and which ones are just hype? Learn how to choose safe, effective supplements, save money, and understand when supplements may be beneficial. You'll also discover whole food sources of key nutrients and learn how supplements can support, rather than replace, a healthy diet.

TCC - Meeting Room D

Mon	**Jan 25**	**6:00–8:00 pm**	**1/$25**

Sleep Smarter: The Skill That Changes Everything

Discover how better sleep can improve your energy, focus, recovery, and overall health. Learn practical strategies for building healthy sleep habits and creating the conditions for deeper, more restorative rest. Leave with simple, realistic tools you can use to improve your sleep and support your well-being.

TCC - Meeting Room B

Mon	**Mar 1**	**4:00–6:00 pm**	**1/$25**

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 exercising safely, this program is designed for you. Work one-on-one with a kinesiologist to complete a comprehensive fitness assessment and receive a personalized exercise program tailored to your needs and goals. The program includes two 60-minute sessions and provides the guidance and support needed to build confidence and exercise safely and effectively. Call 250-828-3698 for more 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

Clinical and Rehabilitative Exercise

FAME - Fitness and Mobility Exercise After a Stroke

FAME (Fitness and Mobility Exercise) is a community-based exercise program designed specifically for stroke survivors. Improve strength, balance, mobility, and fitness through functional exercises, agility training, and small-group instruction in a supportive environment. Suitable for individuals who can stand for five minutes, walk 10 m (with or without a walking aid), and communicate with the instructor. To register or learn more, call Charlie at 250-828-3742.

TCC - Fitness Studio

Tue/Thu	**Jan 19–Mar 11**	**2:30–3:30 pm**	**16/$160**

Hip and Knee Strength and Mobility Program

This six-week program is designed for individuals with hip or knee pain, stiffness, arthritis, or reduced mobility. Weekly sessions focus on improving strength, flexibility, and joint function through gentle, evidence-based exercises. Participants will learn strategies to reduce discomfort, improve walking ability, and maintain independence in daily activities. An optional low-cost rehabilitative gym membership is available to train between sessions.

TCC - Meeting Room C

Tue/Thu	**Feb 18–Mar 30**	**4:30–5:30 pm**	**6/$150**



Want to Develop Your Property?

If you're looking to add residential units or accessory buildings, subdivide, change landscaping, or build a fence, you need to comply with the City's Zoning Bylaw. Check CityMap to find out your property's zoning and then review the regulations in the bylaw.

Both are available at Kamloops.ca/ZoningBylaw.



Business Licence Renewals

If you run a business in Kamloops, you need a business licence. Licences must be renewed each year, and fees for 2027 are due by December 31, 2026.

For more information about business licensing, visit Kamloops.ca/Business.

DID YOU KNOW?

The list of home-based business types allowed to receive client visits was expanded in 2026.

Low Back Pain

This six-week program is designed for individuals experiencing persistent or recurring low back pain. Each session combines gentle mobility exercises, core strengthening, posture education, and stretching to help reduce pain, improve function, and build confidence with movement. Participants will learn practical strategies to safely stay active and support long-term back health.

TCC - Meeting Room B

Tue	**Jan 12–Feb 16**	**5:15–6:15 pm**	**6/$150**

Lower Body Foundations and Joint Strength Program

Improve strength, stability, mobility, and overall movement in this eight-week program. Begin with a one-on-one assessment with a kinesiologist, then take part in small-group training sessions tailored to your individual needs. Learn exercises and strategies to support healthy hips, knees, and ankles while building confidence and improving everyday function. A discounted two-month gym membership ($65) is available to help reinforce your progress between sessions.

TCC - Training Lab

Wed	**Jan 13–Mar 3**	**5:00–6:00 pm**	**8/$195**

Sensational Survivors

Build strength, confidence, and resilience in a safe and supportive environment designed for women at any stage of a cancer diagnosis. This goal-oriented exercise program provides personalized guidance to help you stay active, improve fitness, and support your overall well-being. Connect with others while challenging yourself at a pace that works for you. The program includes an initial assessment, exercise program setup, and 12 classes.

TCC - Fitness Studio

Wed/Fri	**Jan 6–Mar 31**	**1:00–2:00 pm/12:15–1:15 pm**	**12/$115**

Upper Body Foundations and Joint Strength Program

Improve strength, mobility, posture, and joint function in this eight-week program. Begin with a one-on-one assessment with a kinesiologist, then take part in small-group circuit sessions featuring exercises tailored to your individual needs. Build upper body strength, improve shoulder, elbow, and wrist mobility, and learn strategies to support joint health and injury prevention. The program also includes a two-month gym membership to help reinforce your progress between sessions.

TCC - Fitness Studio

Fri	**Jan 8–Feb 26**	**5:00–6:00 pm**	**8/$195**



DID YOU KNOW?

Recent large-scale studies and umbrella reviews from 2024 through September 2026 show that diets high in ultra-processed foods—industrial formulations with non-kitchen additives like emulsifiers, modified starches, and artificial flavours—are linked to a wide range of chronic health risks. To learn more, sign up for one of our Eating for Energy, Healthy Dinner Fix Series, or Eating for Heart Health workshops today!

SPECIAL INTEREST

Cooking

Freezer Meal Workshop: Family Favourites

Skip the dinner-time scramble and stock your freezer with five delicious, family-sized meals (pizza stuffed chicken breasts, quick skillet meatballs in tomato sauce, honey garlic chicken skewers, Texas pulled pork, and cheeseburger pasta). In this hands-on workshop, you'll prepare a variety of kid-approved entrées to take home while learning practical meal-prep skills that can save time and reduce stress throughout the week. All ingredients, containers, recipes, and supplies are included.

Heritage House

Sat	**Jan 23**	**4:00–5:30 pm**	**1/$184**

Freezer Meal Workshop: Healthy Comfort Foods

Skip the dinner scramble and stock your freezer with five delicious, family-sized meals (parmesan crusted chicken breasts, classic meatloaf, slow cooker beef taco soup, Tuscan tortellini stew, classic sloppy joes). In this fun, hands-on workshop, you'll prepare a variety of ready-to-cook entrées while learning practical meal-prep skills that can save time and reduce stress throughout the week. All ingredients, containers, recipes, and supplies are included.

West Highlands Community Centre

Sun	**Mar 14**	**11:00–12:30 pm**	**1/$184**

Masoor Dal

Learn how to create a creamy, fragrant, flavourful (and customizable) Indian red lentil curry with guidance from the Red Seal Chef from Kuzina Messer Culinaire. Enjoy your curry served with rice.

NorKam Secondary

Wed	**Mar 10**	**6:00–8:30 pm**	**1/$56**

Risotto

Learn how to make rich, creamy risotto from scratch with guidance from the Red Seal Chef from Kuzina Messer Culinaire. No cooking experience is required. Please note this class includes dairy.

NorKam Secondary

Wed	**Feb 10**	**6:00–8:30 pm**	**1/$56**

Singapore Curry Noodles

Learn how to make Singapore mei fun, a flavourful dish featuring curry-spiced rice vermicelli, savoury protein, and crisp vegetables with the Red Seal Chef from Kuzina Messer Culinaire. Celebrate the New Year with long noodles, a symbol of good fortune and long life. Despite the name, the dish is not originally from Singapore. It was popularized in Hong Kong and is virtually unknown in Singapore itself.

NorKam Secondary

Wed	**Jan 13**	**6:00–8:30 pm**	**1/$56**

Traditional Gnocchi with Lemon Butter Sauce

Learn how to make traditional potato gnocchi with a rich, tangy lemon butter sauce from scratch with guidance from the Red Seal Chef from Kuzina Messer Culinaire.

NorKam Secondary

Wed	**Jan 27**	**6:00–8:30 pm**	**1/$56**

SPORT

Pickleball

Intro to Pickleball

Discover why pickleball is one of the fastest-growing sports around. Learn the basic skills, techniques, and rules of the game with an emphasis on fun.

Parkcrest Elementary

Mon/Wed	**Jan 25–Jan 27**	**6:00–8:00 pm**	**2/$80**
Mon/Wed	**Feb 22–Feb 24**	**6:00–8:00 pm**	**2/$80**
Mon/Wed	**Mar 8–Mar 10**	**6:00–8:00 pm**	**2/$80**

Rowing

Introduction to Rowing

Learn how to use a rowing machine with confidence in this beginner-friendly session. You'll be introduced to the four components of the rowing stroke and proper technique while enjoying a full-body, low-impact workout. Discover how rowing can support strength, mobility, cardiovascular fitness, and overall well-being in a supportive learning environment.

TCC - Fitness Studio

Sat–Sun	**Feb 20**	**9:00–10:15 am**	**1/$25**
Sat–Sun	**Feb 20**	**10:30–11:45 am**	**1/$25**

Tennis

Progressive Tennis for Adults

Learn the fundamentals of tennis in a fun and supportive environment. Using low-compression balls, appropriately sized racquets, and nets. Start with a smaller court and work your way up to the baseline for full-court play. You'll build skills and confidence through progressive instruction and plenty of practice. Offered in partnership with the Kamloops Tennis Centre.

Kamloops Tennis Centre

Tue	**Jan 5–Jan 26**	**5:30–6:55 pm**	**4/$90**
Tue	**Feb 2–Feb 23**	**5:30–6:55 pm**	**4/$90**
Tue	**Mar 2–Mar 23**	**5:30–6:55 pm**	**4/$90**

Adult Green Dot Clinic

Continue developing your tennis skills in this progressive clinic designed for players with previous experience or those who have completed Progressive Tennis for Adults. Using a full-size court and green-dot balls, you'll improve your serving, returning, rallying, and scoring skills with an emphasis on consistency and doubles play. Offered in partnership with the Kamloops Tennis Centre.

Kamloops Tennis Centre

Tue	**Jan 5–Jan 26**	**7:00–8:25 pm**	**4/$110**
Tue	**Feb 2–Feb 23**	**7:00–8:25 pm**	**4/$110**
Tue	**Mar 2–Mar 23**	**7:00–8:25 pm**	**4/$110**

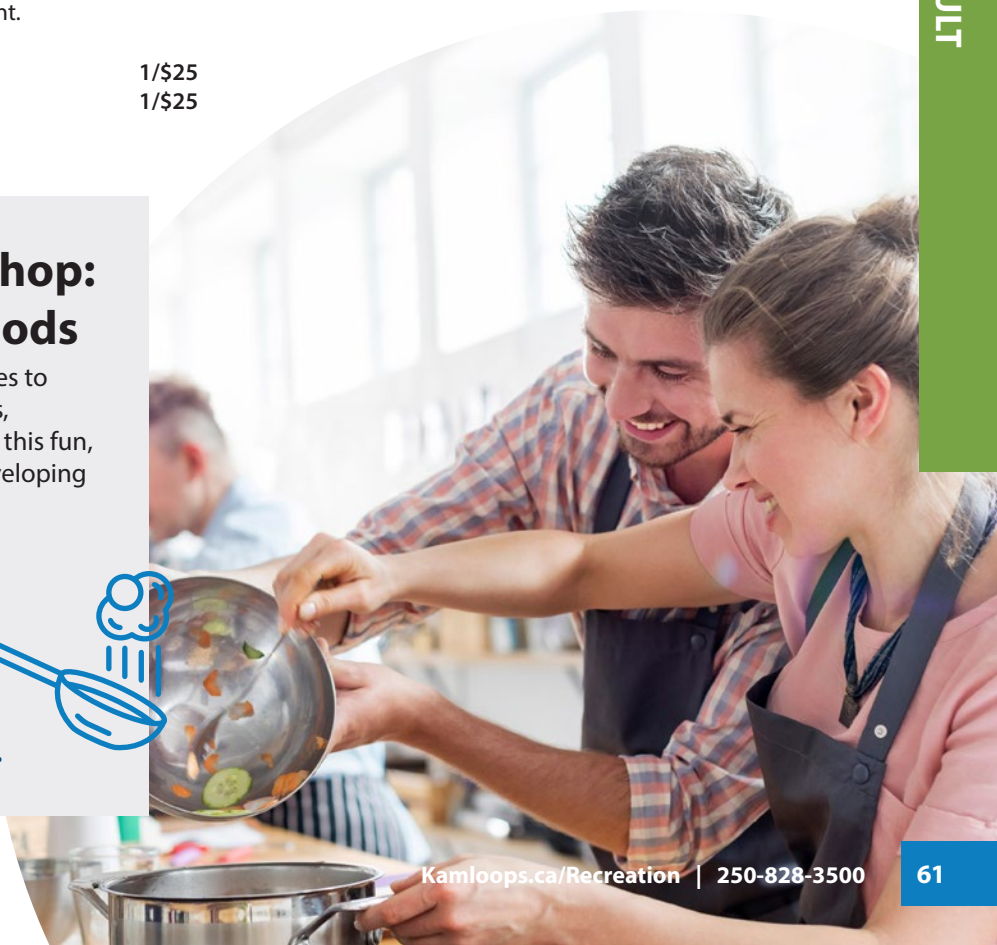
Freezer Meal Workshop: Healthy Comfort Foods

Prep five delicious, family-sized entrees to take home. All ingredients, containers, recipes, and tools are provided. Enjoy this fun, hands-on social experience while developing skills to support your health.

Menu:

- Parmesan crusted chicken breasts
- Classic meatloaf
- Slow cooker beef taco soup
- Tuscan tortellini stew
- Classic sloppy joes

See page 60 for more information.



PROGRESSIVE TENNIS FOR ADULTS

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Sign up for our Adult Progressive programs today!



KAMLOOPS TENNIS CENTRE

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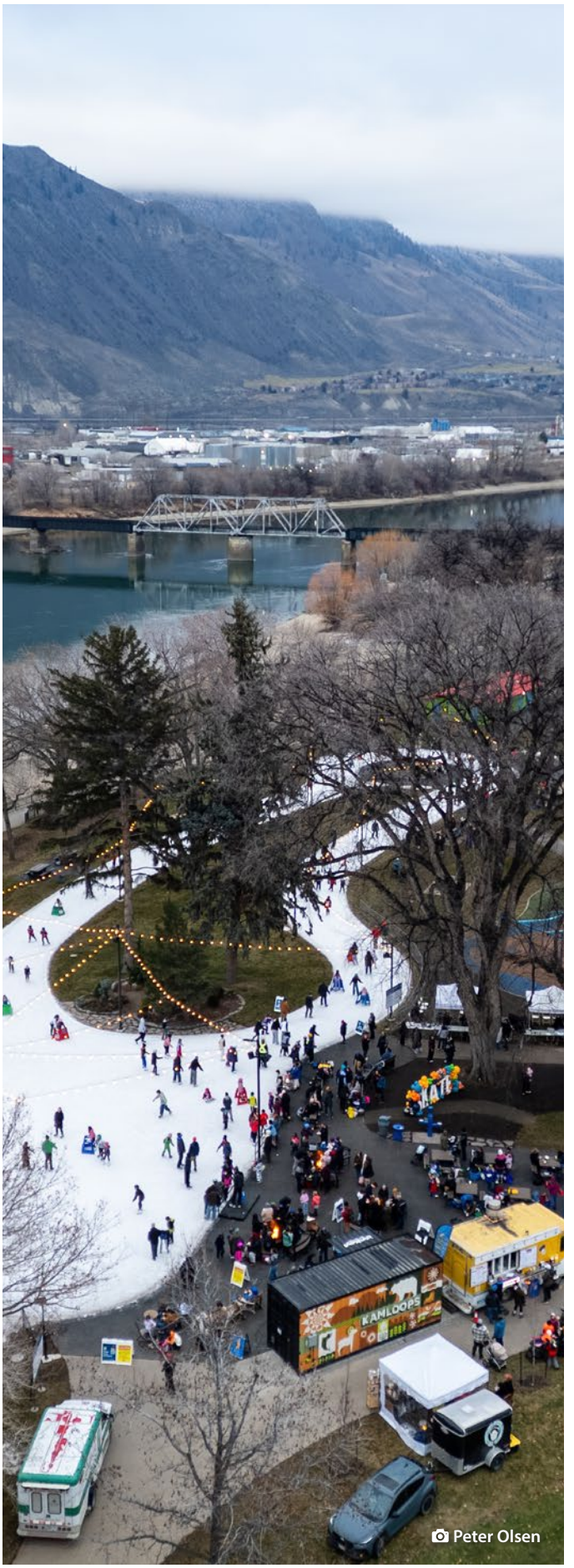

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We're Part of the Community—And That Means Listening.

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DID YOU KNOW?

Social interaction regulates the nervous system, buffers stress hormones like cortisol, and triggers the release of oxytocin (the bonding hormone), whereas chronic loneliness dysregulates the body's stress response. Join a class to connect with others today!

ARTS AND CULTURE

Dancing

Line Dance

Step to the beat and discover the fun of line dancing in a welcoming, low-impact class. Learn basic dance steps, rhythm, and simple choreographed routines while having fun and staying active. No partner is needed, and all ages are welcome.

Let's Move Studio

Wed	Jan 6–Mar 24	10:00–10:50 am	12/$165

West Highlands Community Centre

Tue	Jan 5–Feb 9	3:00–4:00 pm	6/$75

Seniors Jazz Dance (60+)

Get moving and have fun while learning the fundamentals of jazz dance in a welcoming environment. Designed for beginners, this class introduces popular dance steps while improving strength, flexibility, and coordination. Build confidence, stay active, and enjoy moving to music with others.

Kamloops Performance Company

Wed	Jan 13–Feb 17	2:00–2:45 pm	6/$81

Drawing and Painting

Collage Club

Collage Club is a fun and welcoming space to create with paper, images, and other materials. Explore your creativity and make projects that are uniquely your own. No experience is needed, and all supplies are provided. Feel free to bring your own sketchbook, magazines, or art materials.

Heritage House

Fri	**Jan 8–Mar 12**	**10:30–12:30 pm**	**10/$150**

Mixed Media Magic

Explore different art mediums and learn how to combine them to create unique projects in a relaxed and fun atmosphere. No experience is needed, and all supplies are provided. Offered in partnership with the Kamloops Arts Council.

Heritage House

Fri	**Jan 8–Mar 12**	**1:30–3:30 pm**	**10/$150**

Find Support, One Step at a Time



Finding Grief Support: One Step at a Time 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.

Wednesdays, Feb 3–Mar 24, 9:00–10:30 am

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

Photography

iPhone/Android/iPad/Tablet

Learn how to take better photos using your smartphone or tablet camera. Over three sessions, you'll explore techniques to help turn everyday snapshots into photographs you'll be proud to share and display. No photography experience is required.

Valleyview Community Hall

Sun	**Feb 21–Mar 14**	**1:30–3:30 pm**	**4/$90**

FITNESS AND HEALTH

Group Classes

Strong Bones

Stay active and build confidence with exercises designed to improve strength, posture, and balance. Led by a qualified instructor, this class supports bone health and reduces the risk of falls and injuries. Enjoy a safe, welcoming environment suitable for a variety of fitness levels.

TCC - North Court

Tue/Thu	**Jan 5–Mar 11**	**11:00–12:00 pm**	**20/$163**
Thu	**Jan 7–Mar 11**	**12:05–12:45 pm**	**10/$81.50**

Stronger Bones

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

TCC - North Court

Tue	Jan 5–Mar 9	9:45–10:45 am	10/$81.50
Thu	Jan 7–Mar 11	9:45–10:45 am	10/$81.50

Zumba® Gold

Enjoy the energy of Zumba® with moves and pacing designed for active older adults. Dance to lively Latin-inspired music with easy-to-follow routines that make it a fun and welcoming way to stay active.

TCC - Fitness Studio

Tue	Jan 5–Mar 9	12:30–1:30 pm	10/$81.50

Yoga

Gentle Chair Yoga

Improve mobility, flexibility, and balance in this fun and supportive yoga class. Using chairs and modified poses, participants can move comfortably while building strength and confidence. Ideal for those experiencing stiffness related to aging, injury, or joint replacement. Each class ends with a guided relaxation.

Hal Rogers

Wed	Jan 6–Mar 10	1:00–2:00 pm	9/$73.35

Valleyview Community Hall

Wed	Jan 6–Feb 10	8:00–9:00 am	6/$55.98

West Highlands Community Centre

Fri	Jan 8–Mar 12	2:00–3:00 pm	10/$81.50
Sun	Jan 10–Mar 14	3:00–4:00 pm	10/$81.50

Gentle Yoga

Slow down, stretch, and reconnect with your body in this calming yoga class. Move through gentle poses with a focus on breath, balance, mobility, and flexibility. Modifications are offered to suit individual needs, and each class ends with a guided relaxation.

Hal Rogers

Wed	Jan 6–Mar 10	10:30–11:30 am	9/$73.35

Seniors Chair Yoga

This gentle, chair-assisted yoga class helps reduce the risk of falls. Slow movements, breathing exercises, and strengthening poses help improve balance, flexibility, and overall well-being. Modifications and props are provided, making the class suitable for a variety of abilities and experience levels.

Valleyview Community Hall

Thu	Jan 7–Mar 11	9:15–10:05 am	10/$81.50

OUTDOOR ACTIVITIES

Trail Walking

Nature Walk

Explore the City's nature parks with knowledgeable guides and discover the plants, animals, and stories that make each area unique. Bring your curiosity, questions, and sense of adventure as you connect with nature and learn more about the local environment. Be sure to bring water and dress for the weather.

Aviation Way Rivers Trail

Thu	Feb 25	10:00–12:00 pm	1/$5.50

McArthur Island Park

Thu	Feb 18	10:00–12:00 pm	1/$5.50

West Highlands Park

Thu	Feb 11	10:00–12:00 pm	1/$5.50

Westsyde Centennial Park

Thu	Feb 4	10:00–12:00 pm	1/$5.50

SPORT

Table Tennis

Intro to Table Tennis - Seniors

Build your table tennis skills in a fun and supportive environment. Participants will practise footwork, serves, drives, timing, and game strategy while improving coordination and physical literacy.

TCC - D South

Tue	Jan 12–Mar 9	7:45–8:45 pm	9/$72



Valery Warren

DID YOU KNOW?

Being in nature can help improve focus, lower stress, and enhance your mood. Register for one of our nature walks today!



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

KeepOnMoving

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

Kamloops
Canada's Tournament Capital



2027 FASTBALL SEASON

Fall Ball Sept-Oct

Spring Ball April-July

Charles Anderson Statium
1055 River st.

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U7- 2020/2021/2022
U9- 2018/2019
U11- 2016/2017
U13C- 2014/2015
U15C- 2012/2013
U17C- 2010/2011
U20C- 2009/2008/2007

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PACIFICSPORT INTERIOR BC

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CHECK OUT THE CALENDAR

NATIONAL WOMEN'S DAY

PACIFICSPORT INTERIOR BC

EMPOWER, CONNECT & THRIVE



MARCH 2027

JOIN US IN CELEBRATING WOMEN & GIRLS IN SPORT

DETAILS COMING SOON



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.

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.

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.

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

Charmaine Fleishauer
Sport Performance Coordinator

250-828-3583
cfleishauer@pacificsport.com

Group/Team Rates

Group/team rates are available for most programs.

Contact us for more details.

Follow Us!

@PacificSportInteriorBC

@PacificSportINT



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

PacificSport

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 /Athletes/ Community Clubs Education Workshops

Visit PacificSportInteriorBC.com for all our programs. 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 Charmaine at **cfleishauer@pacificsport.com** or call **250-828-3583**.

Don't miss the following programs:

- **Coaches Corner:**
  FREE lunchtime networking workshops, January 21 and March 18, 12:00–1:00 pm, Table twelvefifty, 1250 Rogers Way
- **International Women's Day Workshop:**
  Empower, Connect, and Thrive Through Sport, March 2027
- **RBC Training Ground:**
  Are you Canada's next identified Olympian/Paralympian. Register and get tested as national sport coaches are always looking for talented athletes who might be suited for other sports they haven't even tried yet. Many athletes have found success after transitioning to a new sport through RBC Training Ground, so don't miss out, March 21, 2027.

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 — $450
Nancy Greene Ski League — Ages 4-12

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 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:
Christine Yamaoka, Sprints/Hurdles
Mike Kern, Jumps/Pole Vault
Derek Peregrym and Sean Lehmann, Middle Distance/Cross-Country
Mike Kern, and Miriam Dziadyk, Junior Development (cross-country)
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

The TRU WolfPack Men's Basketball Fall Skills Academy runs annually during the fall months, with sessions held on Sundays from September to October at Thompson Rivers University. The program is designed for boys in grades 8–12 and focuses on developing basketball skills, fundamentals, decision making, and game understanding in a fun, safe, and competitive environment, with training led by current WolfPack coaches and players.

For more information about TRU Basketball programs, upcoming academy dates, and registration details, please contact:
Chad Jacobson - cjacobson@tru.ca

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

We are looking for volunteer coaches. Please reach out if you are interested.

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

Operation Red Nose

Kamloops



Get You and Your Vehicle Home Safe

Operation Red Nose volunteers come pick you and your vehicle up and take you to your next location. All donations go to support athletes and coaches through PacificSport Interior BC in Kamloops.

Safe rides home are available every weekend from November 27 to December 26, except Christmas Day. Operation Red Nose will also operate on New Year's Eve.

- **Fridays and Saturdays, 8:00 pm–2:00 am**
- **No service on Friday, December 25**
- **Additional service Thursday, December 31, 8:00 pm–2:00 am**

Cost: By donation
Hours: 8:00 pm–2:00 am
Call for a ride: 250-372-5110
Information line: 250-320-0650

ICBC PACIFIC SPORT INTERIOR BC

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



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 info@kamloopslongblades.ca

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

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





Play is a fundamental human activity that drives development, mental health, and social connection for both children and adults. Find a class for you or a loved one and get playful today!



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PRO D DAY CAMP

February 5 $59
Ages 7–12 | 8:30 am–4:30 pm
Tournament Capital Centre

SPRING BREAK CAMP

Week 1: March 15–19 (5 days) $225
Week 2: March 22–25 (4 days) $195
Tournament Capital Centre
Ages 7–12 | 8:30 am–4:30 pm
Camp t-shirt provided

Early drop-off and late pickup available for a $5 fee.

To register, call 250-828-3500
or visit Kamloops.ca/Register
For more info, call 250-828-3346

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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 Charmaine Fleishauer at cfleishauer@pacificsport.com.

National Coaching Certification Program

PACIFICSPORT INTERIOR BC



Coaches' Corner

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

January 21 & March 18 | 12:00–1:00 pm

TABLE twelvefifty, 1250 Rogers Way
(in the Coast Kamloops Hotel and Conference Centre)

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- 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

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.

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

Ongoing Registration All Programs

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

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& always going several steps beyond!

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