



# Summer Swim Lesson Schedule

## Brock Pool

Schedules can be found at [Kamloops.ca/Swim](https://kamloops.ca/Swim) or picked up at the Tournament Capital Centre or Westsyde Pool and Fitness Centre. Registration will be available at [Kamloops.ca/Register](https://kamloops.ca/Register) on Tuesday, March 11, 2025, at 6:30 am.

Date	Wed/Fri or Mon/Fri July 2 – July 11	Mon/Thurs July 14 – July 24	Mon/Thurs or Tues/Fri July 28 – Aug 8	Mon/Thurs Aug 11 – Aug 21
<b>Parent &amp; Tot – Ages 4–36 Months</b>				
<b>Jellyfish</b>				
<b>Goldfish</b>				
<b>Seahorse</b>		10:30 am		10:30 am
<b>Preschool – Ages 3–5 Years</b>				
<b>Octopus</b>	11:00 am, 11:30 am, 12:00 pm, 4:00 pm, 4:30 pm, 5:30 pm	11:30 am, 12:00 pm, 4:00 pm, 5:30 pm	11:00 am, 12:00 pm, 4:30 pm, 5:00 pm	10:30 am, 12:00 pm, 12:30 pm, 4:00 pm, 5:00 pm
<b>Crab</b>	11:00 am, 11:30 am, 12:30 pm, 4:00 pm, 5:00 pm	11:00 am, 11:30 am, 12:30 pm, 4:30 pm, 5:00 pm	11:30 am, 12:30 pm, 4:00 pm, 5:30 pm	11:00 am, 11:30 am, 4:30 pm, 5:30 pm
<b>Orca</b>	12:00 pm, 4:30 pm, 5:30 pm	11:00 am, 12:30 pm, 5:00 pm	12:00 pm, 4:00 pm, 5:00 pm	11:30 am, 4:00 pm
<b>Sea Lion</b>	11:00 am, 12:00 pm, 5:00 pm	12:00 pm, 5:30 pm	11:00 am, 11:30 am, 4:30 pm	11:00 am, 12:00 pm, 4:30 pm
<b>Narwhal</b>	12:30 pm, 5:00 pm	11:30 am, 5:00 pm	10:30 am, 12:00 pm, 5:00 pm	12:30 pm, 5:30 pm
<b>Swimmer – Ages 6–14 Years</b>				
<b>Swimmer 1 (6-8y)</b>	11:30 am, 5:30 pm	11:00 am	10:30 am, 4:30 pm	11:00 am, 4:00 pm
<b>Swimmer 1 (9-14y)</b>	10:30 am	5:30 pm	11:30 am	5:00 pm
<b>Swimmer 2 (6-8y)</b>	10:30 am, 4:30 pm	12:00 pm, 4:30 pm	11:00 am, 5:30 pm	12:00 pm, 4:30 pm
<b>Swimmer 2 (9-14y)</b>		10:30 am, 4:00 pm		11:30 am
<b>Swimmer 3 (6-14y)</b>	12:30 pm, 4:00 pm	5:00 pm	12:30 pm, 4:00 pm, 5:00 pm	12:30 pm
<b>Swimmer 4 (6-14y)</b>	10:00 am, 5:00 pm	8:30 am, 3:30 pm	10:00 am, 4:30 pm	10:00 am
<b>Swimmer 5</b>	4:15 pm	9:00 am	8:30 am, 5:30 pm	4:15 pm
<b>Swimmer 6</b>	3:30 pm	9:45 am, 5:30 pm	9:15 am	3:30pm
<b>Rookie / Swimmer 7</b>	5:30 pm		3:30 pm	9:00 am
<b>Ranger / Swimmer 8</b>	9:00 am, 5:30 pm	4:00 pm		9:00 am, 5:00 pm
<b>Star / Swimmer 9</b>	9:00 am	4:00 pm		5:00 pm
<b>Other Programs</b>				
<b>Teen/Adult Beginner</b>		12:30 pm	12:30 pm	8:30 am
<b>Teen/Adult Stroke</b>	8:30 am		5:30 pm	6:00 pm

\*Schedules subject to change based on registration.

This schedule was posted on February 26, 2025.