



Fall Swim Lesson Schedule

Canada Games Aquatics Centre

Schedules can be found at 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 on August 12 at 6:30 am.

Date	Tue/Thur September 9–October 9	Tue/Thur October 14–November 13	Tue/Thur November 18–December 18
Parent & Tot – Ages 4–36 Months			
Jellyfish		6:00–6:30 pm	
Goldfish	9:00–9:30 am, 5:00–5:30 pm	3:30–4:00 pm	
Seahorse			9:30–10:00 am, 3:30–4:00 pm
Preschool – Ages 3–5 Years			
Octopus	8:30–9:00 am, 3:00–3:30 pm, 3:30–4:00 pm, 4:00–4:30 pm, 4:30–5:00 pm, 5:30–6:00 pm, 6:00–6:30 pm	9:00–9:30 am, 3:30–4:00 pm, 4:30–5:00 pm, 5:00–5:30 pm, 5:30–6:00 pm, 6:00–6:30 pm, 6:30–7:00 pm	8:30–9:00 am, 3:00–3:30 pm, 4:00–4:30 pm, 5:00–5:30 pm, 5:30–6:00 pm, 6:00–6:30 pm,
Crab	9:30–10:00 am, 3:30–4:00 pm, 5:30–6:00 pm	3:00–3:30 pm	3:30–4:00 pm, 6:00–6:30 pm, 6:30–7:00 pm
Orca	4:00–4:30 pm	9:30–10:00 am, 5:00–5:30 pm, 6:00–6:30 pm	
Sea Lion	3:30–4:00 pm, 5:00–5:30 pm	8:30–9:00 am, 5:00–5:30 pm	9:00–9:30 am, 5:00–5:30 pm, 5:30–6:00 pm
Narwhal		3:30–4:00 pm, 4:00–4:30 pm, 7:00–7:30 pm	10:30–11:00 am, 4:00–4:30 pm, 5:00–5:30 pm
Swimmer – Ages 6–14 Years			
Swimmer 1 (6–8y)	4:00–4:30 pm	4:30–5:00 pm, 5:30–6:00 pm	4:00–4:30 pm, 4:30–5:00 pm
Swimmer 1 (9–14y)		5:00–5:30 pm	
Swimmer 1 (6–14y)		10:00–10:30 am	10:00–10:30 am
Swimmer 2 (6–8y)		4:00–4:30 pm	5:00–5:30 pm
Swimmer 2 (9–14y)		5:30–6:00 pm	7:00–7:30 pm
Swimmer 2 (6–14y)		10:30–11:00 am	
Swimmer 3 (6–8y)	7:00–7:30 pm	4:30–5:00 pm	4:30–5:00 pm
Swimmer 3 (9–14y)			4:30–5:00 pm
Swimmer 3 (6–14y)	10:00–10:30 am		
Swimmer 4 (6–8y)	4:00–4:30 pm	4:00–4:30 pm	
Swimmer 4 (9–14y)	6:00–6:30 pm		4:00–4:30 pm
Swimmer 4 (6–14y)	10:30–11:00 am		
Swimmer 5			
Swimmer 6	4:30–5:15 pm	4:00–4:45 pm	
Rookie / Swimmer 7			6:00–7:00 pm

*Schedules subject to change based on registration.
This schedule was posted on July 28, 2025.



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Ranger / Swimmer 8	5:00–6:00 pm		
Star / Swimmer 9			
Other Programs			
Teen/Adult Lessons	6:00–6:30 pm, 6:30–7:00 pm		7:00–7:30 pm
Teen/Adult Stroke	6:30–7:00 pm, 7:00–7:30 pm	7:00–7:30 pm	

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