



# Weekday Swim Lesson Schedule

Westsyde Aquatics Centre

Schedules can be found at [Kamloops.ca/Swim](http://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](http://Kamloops.ca/Register) on August 12 at 6:30 am.

Date	Fridays <i>September 12 – December 5</i>
Parent & Tot – Ages 4–36 Months	
Jellyfish	9:00–9:30 am
Goldfish	
Seahorse	9:30–10:00 am
Preschool – Ages 3–5 Years	
Octopus	8:30–9:00 am, 4:00–4:30 pm, 4:30–5:00 pm, 5:30–6:00 pm
Crab	10:00–10:30 am, 4:30–5:00 pm 5:30–6:00 pm
Orca	4:00–4:30 pm
Sea Lion	4:30–5:00 pm, 5:00–5:30 pm, 6:00–6:30 pm
Narwhal	10:30–11:00 am, 5:00–5:30 pm
Private	
Swimmer – Ages 6–14 Years	
Swimmer 1	
Swimmer 2 (9–14)	5:30–6:00 pm
Swimmer 3 (6–8)	4:00–4:30 pm
Swimmer 4 (6–8)	6:00–6:30 pm
Swimmer 5	5:00–5:45 pm
Swimmer 6	
Rookie / Swimmer 7	
Ranger / Swimmer 8	5:00–6:00 pm
Star / Swimmer 9	4:00–5:00 pm
Other Programs	
Teen/Adult Lessons	5:00–5:30 pm

\*Schedules subject to change based on registration.

This schedule was posted on July 28, 2025.

