



Weekday Swim Lesson Schedule

Westsyde Aquatics Centre

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 August 12 at 6:30 am.

Date	Saturday/Sunday September 13 – October 19	Sunday/Sunday October 26 – December 7
Parent & Tot – Ages 4–36 Months		
Jellyfish	8:30–9:00 am	
Goldfish	9:00–9:30 am	8:30–9:00 am
Seahorse		
Preschool – Ages 3–5 Years		
Octopus	8:00–8:30 am, 8:30–9:00 am, 10:00–10:30 am, 10:30–11:00 am, 11:00–11:30 am, 12:00–12:30 pm, 4:00–4:30 pm, 4:30–5:00 pm, 5:00–5:30 pm, 4:30, 5:30–6:00 pm	8:30–9:00 am, 10:00–10:30 am, 10:30–11:00 am, 11:30–12:00 pm, 4:00–4:30 pm, 4:30–5:00 pm, 5:30–6:00 pm
Crab	9:30–10:00 am, 10:00–10:30 am, 11:00–11:30 am, 4:00–4:30 pm	8:00–8:30 am, 10:30–11:00 am, 5:00–5:30 pm
Orca	9:30–10:00 am, 12:00–12:30 pm, 5:30–6:00 pm	9:30–10:00 am, 12:00–12:30 pm, 4:00–4:30 pm
Sea Lion	9:30–10:00 am, 11:30–12:00 pm, 4:30–5:00 pm	10:30–11:00 am, 5:00–5:30 pm
Narwhal	10:30–11:00 am, 5:00–5:30 pm	9:00–9:30 am, 11:00–11:30 am, 4:30–5:00 pm
Swimmer – Ages 6–14 Years		
Swimmer 1 (6–8y)	9:00–9:30 am, 4:30–5:00 pm	5:30–6:00 pm
Swimmer 1 (9–14y)	5:00–5:30 pm	10:00–10:30 am, 4:30–5:00 pm
Swimmer 2 (9–14y)	10:30–11:00 am	9:30–10:00 am, 5:00–5:30 pm
Swimmer 2 (6–8y)	11:00–11:30 am	4:00–4:30 pm
Swimmer 3 (6–8y)	10:30–11:00 am	10:00–10:30 am, 4:00–4:30 pm
Swimmer 3 (9–14y)		11:00–11:30 am
Swimmer 4 (6–8y)	10:00–10:30 am, 4:00–4:30 pm	10:30–11:00 am, 4:30–5:00 pm
Swimmer 4 (9–14y)		12:00–12:30 pm
Swimmer 5	10:30–11:15 am	5:00–5:45 pm
Swimmer 6	11:30–12:15 pm, 5:00–5:45 pm	10:00–10:45 am, 11:00–11:45 am, 5:00–5:45 pm
Rookie / Swimmer 7	4:00–5:00 pm	11:00–12:00 pm
Ranger / Swimmer 8	4:30–5:30 pm	
Star / Swimmer 9		
Other Programs		
Teen/Adult Lessons	11:30–12:00 pm, 5:30–6:00 pm	9:00–9:30 am, 12:00–12:30 pm

*Schedules subject to change based on registration.

This schedule was posted on July 28, 2025.

