



Winter 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 December at 6:30 am.

Date	Tue/Thur January 6 – February 5, 2026	Tue/Thur February 10 – March 12, 2026
Parent & Tot – Ages 4–36 Months		
Jellyfish		
Goldfish		
Seahorse		
Preschool – Ages 3–5 Years		
Octopus	4:00–4:30 pm, 4:30–5:00 pm, 5:30–6:00 pm, 6:30–7:00 pm	4:30–5:00 pm, 5:30–6:00 pm, 6:30–7:00 pm
Crab	5:00–5:30 pm, 6:00–6:30 pm	5:00–5:30 pm, 6:00–6:30 pm
Orca		
Sea Lion	7:00–7:30 pm	
Narwhal	5:00–5:30 pm	5:00–5:30 pm, 7:00–7:30 pm
Swimmer – Ages 6–14 Years		
Swimmer 1 (6–8y)	5:30–6:00 pm	4:00–4:30 pm
Swimmer 1 (9–14y)		
Swimmer 1 (6–14y)		10:30–11:00 am
Swimmer 2 (6–8y)	4:00–4:30 pm, 6:00–6:30 pm	4:00–4:30 pm
Swimmer 2 (9–14y)		
Swimmer 2 (6–14y)	10:30–11:00 am	
Swimmer 3 (6–8y)		
Swimmer 3 (9–14y)	4:30–5:00 pm	
Swimmer 3 (6–14y)		
Swimmer 4 (6–8y)	4:00–4:30 pm	4:00–4:30 pm
Swimmer 4 (9–14y)		4:30–5:00 pm
Swimmer 4 (6–14y)		
Swimmer 5		5:30–6:15 pm
Swimmer 6	4:30–5:15 pm	
Rookie / Swimmer 7		
Ranger / Swimmer 8		
Star / Swimmer 9		4:30–5:30 pm
Other Programs		
Teen/Adult Lessons		
Teen/Adult Stroke		

Posted November 24, 2025

*Schedules subject to change based on registration.