



Weekend Swim Lesson Schedule

Canada Games 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 December 9 at 6:30 am.

Date	Fridays <i>January 9 – March 13, 2026</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	9:00–9:30 am, 10:00–10:30 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
Narwhal	9:30–10:00 am, 6:00–6:30 pm
Swimmer – Ages 6–14 Years	
Swimmer 1 (6–8)	10:30–11:00 am
Swimmer 2 (9–14)	6:30–7:00 pm
Swimmer 3 (6–8)	
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 Lessons (13–16)	5:00–5:30 pm
Adult Beginner (18+)	6:00–6:30 pm
Adult Lessons	

Posted November 24, 2025

*Schedules subject to change based on registration.

