



Weekend 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 9 at 6:30 am.

Date	Saturday January 3 – March 7, 2026	Sunday January 3 – March 7, 2026
Parent & Tot – Ages 4–36 Months		
Jellyfish	8:30–9:00 am	
Goldfish	9:00–9:30 am	8:30–9:00 am
Seahorse		10:00–10:30 am, 4:00–4:30 pm
Preschool – Ages 3–5 Years		
Octopus	8:00–8:30 am, 8:30–9:00 am, 9:00–9:30 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, 5:30–6:00 pm	8:00–8:30 am, 8:30–9:00 am, 9:00–9:30 am, 10:00–10:30 am, 10:30–11:00 am, 11:00–11:30 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, 4:00–4:30 pm
Sea Lion	9:30–10:00 am, 11:30–12:00 pm, 4:30–5:00 pm	8:30–9:00 am, 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, 10:00–10:30 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	9:30–10:00 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
Swimmer 2 (9–14y)		5:00–5:30 pm
Swimmer 2 (6–8y)	10:30–11:00 am, 11:00–11:30 am, 4:30–5:00 pm	9:30–10:00 am, 4:30–5:00 pm
Swimmer 3 (6–8y)	10:30–11:00 am, 4:00–4:30 pm	4:00–4:30 pm
Swimmer 3 (9–14y)		12:30–1:00 pm
Swimmer 4 (6–8y)	10:00–10:30 am, 4:00–4:30 pm	11:00–11:30 am, 4:30–5:00 pm
Swimmer 4 (9–14y)		12:00–12:30 pm
Swimmer 5	10:30–11:15 am	11:30–12:15 pm, 5:00–5:45 pm
Swimmer 6	9:00–9:45 am, 5:00–5:45 pm	11:00–11:45 am, 5:00–5:45 pm
Rookie / Swimmer 7		10:30–11:30 am
Ranger / Swimmer 8	4:30–5:30 pm	
Star / Swimmer 9	11:30–12:30 pm	
Other Programs		
Adult Beginner	11:30–12:00 pm, 5:30–6:00 pm	9:00–9:30 am
Teen Beginner	5:30–6:00 pm	