



# 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 September 5 – October 24	Fridays October 31 – December 19
<b>Parent &amp; Tot – Ages 4–36 Months</b>		
Jellyfish		
Goldfish		
Seahorse		
<b>Preschool – Ages 3–5 Years</b>		
Octopus	5:00–5:30 pm	5:00–5:30 pm
Crab	4:30–5:00 pm	4:30–5:00 pm
Orca	4:00–4:30 pm	4:00–4:30 pm
Sea Lion	5:30–6:00 pm	
Narwhal		
Private		
<b>Swimmer – Ages 6–14 Years</b>		
Swimmer 1	4:30–5:00 pm	4:30–5:00 pm
Swimmer 2	5:00–5:30 pm	5:30–6:00 pm
Swimmer 3	4:00–4:30 pm	
Swimmer 4		4:00–4:30 pm
Swimmer 5	5:30–6:15 pm	
Swimmer 6		
Rookie / Swimmer 7		
Ranger / Swimmer 8		5:00–6:00 pm
Star / Swimmer 9		5:00–6:00 pm
Private		
<b>Other Programs</b>		
Teen/Adult Lessons		6:00–6:30 pm

\*Schedules subject to change based on registration.  
This schedule was posted on July 28, 2025.

