



Weekday Swim Lesson Schedule

Westsyde 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 August 12 at 6:30 am.

| Date | Mon/Wed September 8 – October 8 | Mon/Wed October 15 – November 12 | Mon/Wed November 17 – December 17 |
|--|------------------------------------|-------------------------------------|--------------------------------------|
| Parent & Tot – Ages 4–36 Months | | | |
| Jellyfish | | | |
| Goldfish | | | |
| Seahorse | 5:30–6:00 pm | | |
| Preschool – Ages 3–5 Years | | | |
| Octopus | 4:30–5:00 pm | 4:30–5:00 pm | 4:30–5:00 pm |
| Crab | 4:00–4:30 pm | 4:00–4:30 pm | 4:00–4:30 pm |
| Orca | 5:00–5:30 pm | 5:30–6:00 pm | 5:00–5:30 pm |
| Sea Lion | | 5:00–5:30 pm | 5:30–6:00 pm |
| Narwhal | | | |
| Private | | | |
| Swimmer – Ages 6–14 Years | | | |
| Swimmer 1 | 5:00–5:30 pm | 4:30–5:00 pm | 5:00–5:30 pm |
| Swimmer 2 | 4:30–5:00 pm | 4:00–4:30 pm | 4:30–5:00 pm |
| Swimmer 3 | 4:00–4:30 pm | 5:00–5:30 pm | 4:00–4:30 pm |
| Swimmer 4 | 6:00–6:30 pm | | 5:30–6:00 pm |
| Swimmer 5 | | 5:30–6:15 pm | |
| Swimmer 6 | | | 5:30–6:15 pm |
| Rookie / Swimmer 7 | | | |
| Ranger / Swimmer 8 | | | |
| Star / Swimmer 9 | | | |
| Private | | | |
| Other Programs | | | |
| Teen/Adult Lessons | 5:30–6:00 pm | | |

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