



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	Saturday <i>September 6 – November 1</i>	Sunday <i>September 7 – November 2</i>	Sat/Sun <i>November 8 – December 14</i>
Parent & Tot – Ages 4–36 Months			
Jellyfish			
Goldfish		10:00–10:30 am	
Seahorse	10:00–10:30 am		10:00–10:30 am
Preschool – Ages 3–5 Years			
Octopus	10:30–11:00 am, 12:00–12:30 am	11:30–12:00 pm, 12:30–1:00 pm	10:00–10:30 am
Crab	10:00–10:30 am	10:30–11:00 am, 12:00–12:30 am	10:30–11:00 am
Orca	11:30–12:00 pm		11:30–12:00 pm
Sea Lion	12:00–12:30 pm	12:00–12:30 pm	12:00–12:30 pm
Narwhal		10:00–10:30 am	
Private			
Swimmer – Ages 6–14 Years			
Swimmer 1	11:00–11:30 am	11:00–11:30 am	10:30–11:00 am, 12:00–12:30pm
Swimmer 2		10:30–11:00 am	11:30–12:00 pm
Swimmer 3	10:30–11:00 am	11:30–12:00 pm	12:30–1:00 pm
Swimmer 4	11:30–12:00 pm	12:30–1:00 pm	11:00–11:30 am
Swimmer 5		11:00–11:45 am	11:00–11:45 am
Swimmer 6	11:00–11:45 am		
Rookie / Swimmer 7	12:00–1:00 pm		12:00–1:00 pm
Ranger / Swimmer 8	12:00–1:00 pm		12:00–1:00 pm
Star / Swimmer 9			
Private			
Other Programs			
Teen/Adult Lessons	12:30–1:00 pm	12:00–12:30 pm	

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