



Weekday Swim Lesson Schedule

Westsyde 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	Mon/Wed <i>January 5 – February 4, 2026</i>	Mon/Wed <i>February 9 – March 11, 2026</i>
Parent & Tot – Ages 4–36 Months		
Jellyfish		
Goldfish		
Seahorse		
Preschool – Ages 3–5 Years		
Octopus	4:30–5:00 pm	4:30–5:00 pm
Crab	4:00–4:30 pm	5:30–6:00 pm
Orca	5:00–5:30 pm	4:00–4:30 pm
Sea Lion	5:30–6:00 pm	
Narwhal		5:00–5:30 pm
Private		
Swimmer – Ages 6–14 Years		
Swimmer 1	5:00–5:30 pm	5:00–5:30 pm
Swimmer 2	4:30–5:00 pm	4:00–4:30 pm
Swimmer 3	5:30–6:00 pm	4:30–5:00 pm
Swimmer 4	4:00–4:30 pm	
Swimmer 5		5:30–6:15 pm
Swimmer 6		
Rookie / Swimmer 7		
Ranger / Swimmer 8		
Star / Swimmer 9		
Other Programs		
Adult Beginner	6:00–6:30 pm	

Posted November 24, 2025

*Schedules subject to change based on registration.

