



Weekend 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	Friday <i>January 9 – March 13, 2026</i>	Saturday <i>January 3 – March 7, 2026</i>	Sunday <i>January 4 – March 8, 2026</i>
Parent & Tot – Ages 4–36 Months			
Jellyfish			
Goldfish		10:00–10:30 am	
Seahorse			10:00–10:30 am
Preschool – Ages 3–5 Years			
Octopus	5:00–5:30 pm	10:30–11:00 am	11:30–12:00 pm
Crab	4:30–5:00 pm	10:00–10:30 am, 12:00–12:30 pm	10:30–11:00 am
Orca	4:00–4:30 pm	11:30–12:00 pm	12:00–12:30 pm
Sea Lion		12:30–1:00 pm	
Narwhal	5:30–6:00 pm		10:00–10:30 am
Private			
Swimmer – Ages 6–14 Years			
Swimmer 1	4:30–5:00 pm	11:00–11:30 am	11:00–11:30 am
Swimmer 2	5:00–5:30 pm		10:30–11:00 am
Swimmer 3	4:00–4:30 pm	10:30–11:00 am	11:30–12:00 pm
Swimmer 4		11:30–12:00 pm	12:30–1:00 pm
Swimmer 5		11:00–11:45 am	
Swimmer 6	5:30–6:15 pm		11:00–11:45 am
Rookie / Swimmer 7			12:00–1:00 pm
Ranger / Swimmer 8		12:00–1:00 pm	12:00–1:00 pm
Star / Swimmer 9		12:00–1:00 pm	
Other Programs			
Adult Beginner		12:00–12:30 pm	
Adult stroke development			12:00–12:30 pm