

2023 Spring Schedule: May 27 – June 4

Please Note: Facility will be closed Sunday, May 28, and the morning of Monday, May 29.

| Feature | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------|---------------|---------------|----------------|--|--|----------------------------------|----------------------------------|
| Lap Swim | | | | 5:30a – 7:00a *8:00a – 9:00a* | 5:30a – 7:00a *8:00a – 9:00a* | 5:30a – 8:00a *8:00a – 9:00a* | 5:30a – 8:00a *8:00a – 9:00a* |
| Lap & Leisure Swim | 9:30a – 1:00p | 9:30a – 1:00p | 3:00p – 4:00p | 7:00a – 8:00a 9:00a – 11:00a 3:00p – 4:00p | 7:00a – 8:00a 9:00a – 11:00a 3:00p – 4:00p | 9:00a – 11:00a 3:00p – 4:00p | 9:00a – 11:00a 3:00p – 4:00p |
| Leisure Swim | | | 4:00p – 6:30p | 4:00p – 6:30p | 4:00p – 6:30p | 4:00p – 6:30p | 4:00p – 6:30p |
| Public Swim | 1:00p – 4:00p | 1:00p – 4:00p | 6:30p – 9:00p | 6:30p – 9:00p | 6:30p – 9:00p | 6:30p – 9:00p | 6:30p – 9:00p |
| Aquafit | | | Canceled Today | 8:00a – 9:00a | 8:00a – 9:00a | 8:00a – 9:00a | 8:00a – 9:00a |
| Parent & Baby Aquafit | | | | | Canceled Today | | |
| Adapted Swim | | | | 9:00a – 11:00a | | | |
| Hot Tub and Hot Rooms | 9:30a – 4:00p | 9:30a – 4:00p | 3:00p – 9:00p | 5:30a – 11:00a 3:00p – 9:00p | 5:30a – 11:00a 3:00p – 9:00p | 5:30a – 11:00a 3:00p – 9:00p | 5:30a – 11:00a 3:00p – 9:00p |
| Fitness Centre | 9:30a – 4:00p | 9:30a – 4:00p | 3:00p – 9:00p | 5:30a – 11:00a 3:00p – 9:00p | 5:30a – 11:00a 3:00p – 9:00p | 5:30a – 11:00a 3:00p – 9:00p | 5:30a – 11:00a 3:00p – 9:00p |

Schedule is subject to change. Please view Kamloops.ca/Swim for updates.

- *Limited to one lap lane during these times.
- Leisure swim does not include toys, climbing wall or diving board.
- Early bird swim Monday to Friday from 5:30–7:00am.
- WACKY WEDNESDAYS –Themed Swims with fun games on the last Wednesday of each month during Public Swim time.