

2023 Spring Schedule: April 22–May 26

Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5:30a – 7:00a *8:00a - 9:00a*	5:30a – 7:00a *8:00a - 9:00a*	5:30a – 7:00a *8:00a - 9:00a*	5:30a – 7:00a *8:00a - 9:00a*	5:30a – 7:00a *8:00a - 9:00a*		
Lap & Leisure Swim	7:00a – 8:00a 9:00a – 11:00a 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	7:00a – 8:00a 9:00a – 11:00a 3:00p – 4:00p	7:00a – 8:00a 9:00a – 11:00a 3:00p – 4:00p	*9:30a – 1:00p*	*9:30a – 1:00p*
Leisure Swim		4:00p - 6:00p		4:00p - 6:00p			
Public Swim	6:30p - 9:00p	7:15p – 9:00p	6:30p – 9:00p	7:15p – 9:00p	6:30p – 9:00p	1:00p – 4:00p	1:00p – 4:00p
Aquafit	8:00a – 9:00a	8:00a – 9:00a 6:00p - 7:00p	8:00a – 9:00a	8:00a – 9:00a 6:00p - 7:00p	8:00a – 9:00a		
Parent & Baby Aquafit			11:00a – 12:00p				
Adapted Swim		9:00a – 11:00a					
Lessons	4:00p – 6:30p		4:00p – 6:30p		4:00p – 6:30p	9:30a - 1:00p	9:30a - 1:00p
Hot Tub and Hot Rooms	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	5:30a – 11:00a 3:00p – 9:00p	9:30a – 4:00p	9:30a – 4:00p
Fitness Centre	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	5:30a – 11:00a 3:00p – 9:00p	9:30a – 4:00p	9:30a – 4:00p

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.
- WACKY WEDNESDAYS – Last Wednesday of each month during Public Swim Time – Themed Swims with fun games

Please note – Early bird swim Monday to Friday from 5:30–7:00 am.