

Westside Pool & Fitness Centre

2021 Winter Schedule

Effective: January 4 – March 12, 2021



Canada's Tournament Capital

Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public Swim*	6:30p-8:00p	6:30p-8:00p	6:30p-8:00p	6:30p-8:00p		1:00p-4:00p	1:00p-4:00p
Lap & Leisure Swim**	9:15a-11:30a 8:00p-9:00p	9:15a-11:30a 8:00p-9:00p	9:15a-11:30a 8:00p-9:00p	9:15a-11:30a 8:00p-9:00p	9:15a-11:30a 8:00p-9:00p		
Leisure Swim					3:00p-4:45p		
Lap Swim	5:30a-7:45a 5:00p-6:15p	5:30a-7:45a 5:00p-6:15p	5:30a-7:45a 5:00p-6:15p	5:30a-7:45a 5:00p-6:15p	5:30a-7:45a 5:00p-6:15p		
Sauna, Steam Room & Hot Tub	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Low Nite Family Swim	Low Lights, Loud Music, Bring your family!				6:30p-9:00p	Families	
Aquafit	TBA	TBA	TBA	TBA	TBA		
Lessons	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p		9:30a-noon	9:30a-noon
Fitness Centre	5:30a-11:30a 3:00p-9:00p	5:30a-11:30a 3:00p-9:00p	5:30a-11:30a 3:00p-9:00p	5:30a-11:30a 3:00p-9:00p	5:30a-11:30a 3:00p-9:00p	9:30a-4:00p	9:30a-4:00p

Schedule is subject to change due to COVID updates. Please view Kamloops.ca/swim for updates.

Leisure swim does not include toys, climbing wall, diving board or zip line.

Please note that Laps Monday to Thursday from 5:00-6:15p will be 3 lanes only as the space will be shared with clubs

Due to the current Public Health Orders, Aquafit will not be running until further notice. Schedule will be updated as soon as restrictions are lifted.

***** Additional Lap/Leisure swim until February 5th, 2021 – 7:45 am until 9:15 am Monday to Friday Only*****

