



# SPRING POOL SCHEDULE

April 13, 2026 - July 5, 2026

	MONDAY OPEN 5:30 AM	TUESDAY OPEN 5:30 AM	WEDNESDAY OPEN 5:30 AM	THURSDAY OPEN 5:30 AM	FRIDAY OPEN 5:30 AM	SATURDAY OPEN 7:00 AM	SUNDAY OPEN 7:00 AM
MORNING	Masters Swim Club** 6:00 - 7:30 AM (5 lanes)	Lane Swim	Masters Swim Club** 6:00 - 7:30 AM (5 lanes)	Lane Swim	Lane Swim	Masters Swim Club** 7:30 - 9:00 AM (5 lanes)	Lane Swim / Rec Swim
	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
AFTERNOON	Hydro Fit* 9:15 - 10:15 AM		Hydro Fit* 9:15 - 10:15 AM				
	Lessons* 10:30-12:30pm		Lessons* 10:30-12:30pm		Chris Rose Autism Therapy 10:00-11:30am	Lessons* 9:30-1:00	Set Up 12:30-1pm
	Gentle Fit* 12:45 - 1:45 PM		Gentle Fit* 12:45 - 1:45 PM	Hydro Fit* 11:30 AM - 12:15 PM			Ice Tower/Running Mat*** 1:00-2:30pm
EVENING	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Take Down 2:30-3PM
	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim	
	Lessons* 4:00 - 7:30 PM	CAN Lessons* 4:00-6:00pm	Lessons* 4:00 - 7:30 PM	Lessons* 4:00 - 7:30 PM	Bronze Course *4:00 8:30 PM		CAN Lessons* 4:00-6:30pm
	CLOSE 9:00 PM	CLOSE 9:00 PM	CLOSE 9:00 PM	CLOSE 9:00 PM	CLOSE 9:00 PM	CLOSE 7:00 PM	CLOSE 7:00 PM

Check out our online Pool Schedule for more details.



\*Only 1 public lane guaranteed during Lesson & Fitness periods, Leisure space may be limited, Rope Swing & Diving Board will be closed

\*\*Masters Swim Club is for Y Members Only

\*\*\*NO LANE SPACE during Ice Tower/Running Mat. Ice Tower is on the 2nd Sunday of the month, Running Mat is on the 4th Sunday.

Pool Hours: Monday - Friday 5:30 am - 9:00 pm, Saturday & Sunday 7:00 am - 7:00 pm, Statutory Holidays 7:00 am - 7:00 pm

Registered Programs	<b>Continuous Swim Lessons</b>	At the Y, we believe swimming is a critical life skill for every individual. We use a variety of fun methods to help people overcome fears, build confidence in the water, and develop skills that last a lifetime. With our continuous lessons you can start and stop at any time and allow your child to learn at their speed!		
	<b>Private Swim Lessons</b>	Our 30-minute private lessons include 1-on-1 learning with one of our swim instructors customized to your skill level and goals. All ages and abilities welcome!		
General Activities	<b>Masters Swim Club</b>	Carefully designed workouts to help you develop your strokes and build endurance in a non-competitive atmosphere. 19yrs +. Workouts will be posted for you to complete independently. Lifeguards are available for feedback.		
	<b>Lane Swim</b>	All ages are welcome to come and swim laps during these times.		
	<b>Rec Swim</b>	Everyone is welcome to take a plunge during these public swim times, members and drop-ins. Diving board and rope swing may be available.		
Aqua Fit	<b>Hydro Fit</b>	This deep water exercise class is for those looking for a light, low impact, joint-friendly workout. Improve core strength, endurance, range of motion, flexibility, and balance. All levels welcome. Pre-Registration required.		
	<b>Gentle Fit</b>	This shallow water exercise class is for those looking for a light, low impact, joint-friendly workout. Improve core strength, endurance, range of motion, flexibility, and balance. All levels welcome. Pre-Registration required. <b>*only 1 lane available during this class.</b>		
<b>Downtown Y Hours:</b> Mon - Fri : 5:30 am - 9:00 pm Sat & Sun: 7:00 am - 7:00 pm Stat Holidays: 7:00 am - 7:00 pm Contact us at kamloopsy.aquatics@bc.ymca.ca		All Swim Programs (including Group Lessons, Private Lessons, and Youth Swim Clubs) are pre-registered and at various times. Please check our website or call Member Services <b>(250-372-7725)</b> for availability.	Children attending swim lessons under 10 years of age must be accompanied by a guardian age 16 years or older. The guardian must remain inside the facility for the duration of the swim lessons.	<b>YMCA Pool &amp; Hot Tub Age Restrictions:</b> Regardless of swimming ability, all children under 7 years of age must be within arm's reach of a responsible adult (age 16 or older) at all times. Maximum of 3 children under 7 years of age per each responsible adult (16+) (3:1 ratio).