



SUMMER POOL SCHEDULE

July 6, 2026 - August 27, 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		
	Lane Swim		Lane Swim			Masters Swim Club** 7:30 - 9:00 AM (5 lanes)	Lane Swim Rec Swim
AFTERNOON	Lessons* 10:30-12:30pm	Lane Swim Rec Swim	Lessons* 10:30-12:30pm			Lessons* 9:30-1:00	Set Up 12:30-1pm
	Gentle Fit* 12:45 - 1:45 PM		Gentle Fit* 12:45 - 1:45 PM	Lane Swim	Lane Swim		Ice Tower/Running Mat*** 1:00-2:30pm
EVENING	Lane Swim Rec Swim		Lane Swim Rec Swim			Lane Swim Rec Swim	Take Down 2:30-3PM
	Lessons* 4:00 - 7:30 PM		Lessons* 4:00 - 7:30 PM	Lessons* 4:00 - 7:30 PM			
	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	Continuous Swim Lessons	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!		
	Private Swim Lessons	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	Masters Swim Club	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.		
	Lane Swim	All ages are welcome to come and swim laps during these times.		
	Rec Swim	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	Hydro Fit	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.		
	Gentle Fit	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. *only 1 lane available during this class.		
Downtown Y Hours: 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@ymcab.bc.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 (250-372-7725) 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.	YMCA Pool & Hot Tub Age Restrictions: 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).