

RECREATIONAL SWIM SCHEDULE

	SUN	MON	TUES	WED	THURS	FRI	SAT
PUBLIC SWIM	12:00 am - 8:00 pm	1:00 - 2:00 pm 3:00 - 3:30 pm 7:00 - 10:00 pm	1:00 - 2:00 pm 3:00 - 4:30 pm 8:30 - 10:00 pm	1:00 - 2:00 pm 3:00 - 3:30 pm 7:00 - 10:00 pm	1:00 - 2:00 pm 3:00 - 4:30 pm 8:30 - 10:00 pm	1:00 - 2:00 pm 3:00 - 10:00 pm	11:30 am - 1:00 pm 3:00 - 8:00 pm
SNAKE SWIM	3:00 - 4:30 pm					3:00 - 5:00 pm	3:00 - 5:00 pm
CRAZY CARPET No laps available						3:00 - 4:30 pm	
SENIOR SWIM (65+)		2:00 - 3:00 pm	2:00 - 3:00 pm	2:00 - 3:00 pm	2:00 - 3:00 pm	2:00 - 3:00 pm	
LAP SWIM 3 lanes available	8:00 am - 12:00 pm	5:30 am - 1:00 pm	5:30 am - 1:00 pm 7:30 - 8:30 pm	5:30 am - 1:00 pm	5:30 am - 1:00 pm 7:30 - 8:30 pm	5:30 - 7:00 am	7:00 - 9:00 am
SHARED POOL	8:00 - 11:00 am	5:30 am - 1:00 pm 6:30 - 8:30 pm	5:30 am - 1:00 pm 7:30 - 10:00 pm	5:30 am - 1:00 pm 6:30 - 8:30 pm	5:30 am - 1:00 pm 7:30 - 10:00 pm	5:30 am - 1:00 pm	7:00 - 9:30 am 11:30 am - 1:00 pm
LESSONS ONLY No public swim		3:30 - 5:30 pm	4:30 - 6:30 pm	3:30 - 5:30 pm	4:30 - 6:30 pm		9:30 - 11:30 am 1:00 - 3:00 pm
PRESCHOOL PLUNGE	11:30 am - 1:00 pm						11:30 am - 1:00 pm

PUBLIC SWIM

The diving board and rope are open along with toys and mats in the pool. Two lanes are available.

SNAKE SWIM

The Snake is a fun blow up toy that is tied into the deep end or shallow end. It is great fun for the whole family! Two lanes are available.

CRAZY CARPET

The Crazy Carpet is a large mat that is tied on both sides of the pool. No lanes available.

SENIOR SWIM (65+)

This time is designed for seniors to come in and enjoy the quiet atmosphere of the pool. The hot tub and sauna are still available for public use.

GROUP FITNESS & EXERCISE PROGRAMS

	SUN	MON	TUES	WED	THUR	FRI
HYDRO-FIT	10:00 - 11:00 am	9:15 - 10:15 am	9:15 - 10:15 am	9:15 - 10:15 am	9:15 - 10:15 am	
GENTLE AQUA-FIT		2:00 - 2:45 pm		2:00 - 2:45 pm		2:00 - 2:45 pm
SHALLOW-FIT			7:30 - 8:30 pm		7:30 - 8:30 pm	

HYDRO-FIT: A 60 minute deep-water aerobics class with ankle cuffs and floating belts. Unexpected cancellations may occur due to volunteer instructor availability.

GENTLE AQUA-FIT: A 45 minute shallow water class. Low impact and easy on the joints.

SHALLOW-FIT: A 60 minute high intensity shallow water class incorporating a variety of cardio & strength exercises that are sure to get your heart pumping.

• All children **must** be 7 years old to swim by themselves, children under 7 years **must** be within arms reach of an adult •

- We reserve the right to change schedules.
- Fees subject to applicable taxes.

kamloopsy.org

Registered Charity #107556060RR

See child & youth section on page 27 for more aquatics programs