

SWIM CLUBS

| | MONDAY | WEDNESDAY | SATURDAY |
|---------------------------|----------------|----------------|----------------|
| ADULT SWIM CLASSES | | | |
| Seniors Swim Club (55+) | 8:00 - 9:00 am | 8:00 - 9:00 am | |
| Adult Masters (19+ yrs) | 5:30 - 7:00 pm | 5:30 - 7:00 pm | 7:30 - 9:00 am |

SENIORS SWIM CLUB (55+) Course 1593

This program is for seniors who love to swim in a competitive or non-competitive atmosphere. Competitive swimmers will have the opportunity to compete in swim meets. Non-competitive swimmers follow set workouts at their own pace.

MASTERS (19+ yrs) Course 1592

Carefully designed workouts to help you develop your strokes and build endurance in a non-competitive atmosphere.



**INTERESTED IN
LIFEGUARD TRAINING?
SEE PAGE 15**

• Please register by phoning 250-372-7725 or in person at the Downtown Y •

NEW!

DAYCARE SWIM LESSONS

The Kamloops YMCA-YWCA will be offering a time slot for daycare only lessons on Wednesdays from 3:30-4:00 pm. All daycares will be able to register their children for a 30 min. lesson set.

Daycares please book your lessons through the Aquatics Coordinator either by phone or email. Information required during this time will be: Number of children, ages, and swimming levels.

Jan 6 - Feb 24

March 3 - April 28

Members: \$7.00 Non-Members: \$31.50

Daycares with 5 or more children

Members: \$7.00 Non-Members \$28.35

To register contact, Aquatic Coordinator at 250-372-7501 ext 211 or aquatics@kamloopsy.org

**KIDS & FAMILY SWIM
PROGRAMS SEE PAGE 27**

JUNIOR LIFEGUARDS

Pre-Requisites:

- Must be able to swim at least 200m
- Ages 10-16yrs

Description: A unique aquatic alternative for those kids who love the water and who want more than just "lessons". The Junior Lifeguards keeps youth interested and active in aquatics, especially quick learners and those caught between levels or programs. This program will work on endurance along with promoting safe swimming and leadership skills.

Saturdays, 6:45 - 7:45 pm

Jan 9 - Feb 27

March 6 - April 24

Members: \$10.00 Non-Members: \$20.00

LIFEGUARD/INSTRUCTOR JOB OPPORTUNITIES

Requirements:

- NLS • CPR - C • Lifesaving Instructor
- Water Safety Instructor/Y Instructor
- OFA - Level 1

Applications accepted at all times.

Attention to: Aquatics Coordinator

Please attach application form and a photocopy of current awards to resume.

POOL BOOKING & PRIVATE LESSON INFORMATION

*Some booking and private lessons are subject to GST

School District Lesson Prices

| | |
|----------------------|---------------------------|
| 3 Lessons + Fun Swim | \$20.00 per patron |
| 4 Lessons + Fun Swim | \$24.50 per patron |
| 5 Lessons + Fun Swim | \$32.00 per patron |

Private Lesson Prices

| | |
|-----------------|---------------------------|
| 1/2 Hour Lesson | \$20.00 per patron |
| 1 Hour Lesson | \$25.00 per patron |

Recreational Prices

| | |
|--------------------------|---|
| 1 Hour Full Pool Booking | \$150.00 up to 40 patrons/\$2 per extra patron |
| 1 Hour Pool Booking | \$75.00 up to 40 patrons/\$2 per extra patron |
| 1 Hour Snake | \$85.00 up to 40 patrons/\$2 per extra patron |
| 1 Hour Aqua-fit Class | \$85.00 up to 40 patrons/\$2 per extra patron |
| 1 Lane | \$25.00 per hour |

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

kamloopsy.org

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