

SWIM CLUBS

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

	MONDAY	WEDNESDAY	SATURDAY
YOUTH ADULT SWIM CLASSES			
Seniors Swim Club (55+)	8:00 - 9:00 am	8:00 - 9:00 am	
Adult Masters (19+ yrs)	5:00 - 6:30 pm	5:00 - 6:30 pm	7:30 - 9:00 am
Youth Swim Club (10+yrs)	5:30 - 6:30 pm	5:30 - 6:30 pm	

SENIORS SWIM CLUB (55+) Course 4831

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 4829

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

YOUTH SWIM CLUB (10+ yrs) Course 4832

Workouts developed by swim instructors for young adults. Build your swimming skill level and work on your endurance.

DAYCARE SWIM LESSONS

We offer 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.
Members: \$7.00 Non-Members: \$31.50

Daycares with 5 or more children

Members: \$7.00 Non-Members \$28.35

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

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.

Thursdays, 5:30 - 6:30 pm

Jan 2 - Feb 26

Feb 27 - Apr 29

Apr 30 - June 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.

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

VOLUNTEER AT THE Y

Looking for a rewarding position and the chance to be part of a dedicated team?



Become a Y volunteer. The Y offers a wide variety of interesting volunteer opportunities in fitness, childminding, facility services and member services.

Call 250-372-7725 or visit
kamloopsy.org to find out more!



POOL BOOKING & PRIVATE LESSON INFORMATION

*Some booking and private lessons are subject to HST

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 Aqua-fit Class

\$85.00 up to 40 patrons/\$2 per extra patron

1 Lane

\$25.00 per hour

Birthday Party Bookings

- Saturday or Sunday after 1:00 pm

NEW

Option 1

- 30 minute games with lifeguard

Option 2

- 30 minute games and 1 hour room rental

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

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Registered Charity #107556060RR