

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 3212

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 3227

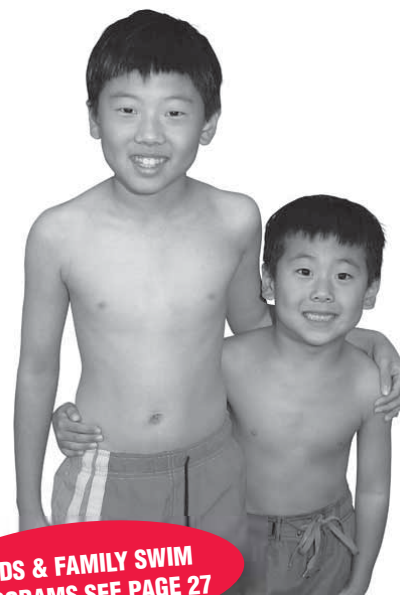
Carefully designed workouts to help you develop your strokes and build endurance in a non-competitive atmosphere.

YOUTH SWIM CLUB (10+ yrs)

NEW!

Course 3218

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



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

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

Daycares with 5 or more children

Members: \$7.00 Non-Members \$28.35

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

CANUCKS AUTISM I CAN SWIM PROGRAM

NEW!

Teaches basic swimming skills and water safety. Each week the same basic skills will be covered, allowing those participants who are ready to move forward earlier. The program will be run in a time and setting that allows for adaptation to participants' needs. *1:1 worker needs to attend the lesson and is required to get into the water.

Sundays, 5:00 - 5:30 pm

Sept 19 - Oct 24

Course 3215

Registration: info@canucksautism.ca

AQUA SQUIRTS

NEW!

Learn the basics of synchronized swimming. Add elegance and power to your swimming. Taught by experienced synchronized swimmers.

Saturdays, 11:30 - 12:30 pm

Sept 18 - Oct 30

Course 3217

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

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

Sept 16 - Oct 28

Nov 4 - Dec 16

Members: \$15.00

Non-Members: \$30.00

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

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: Kerri Wilson

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 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 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