

# Aquatics Schedule

## RECREATIONAL SWIM

Effective: Jan 7th– March 15th 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>POOL HOURS</b>	5:30 AM–10 PM	5:30 AM–10 PM	5:30 AM–10 PM	5:30 AM–10 PM	5:30 AM–10 PM	7 AM–8 PM	8 AM–8 PM
<b>EARLY BIRD LANE SWIM</b>	5:30-9 AM	5:30-9 AM	5:30-9 AM	5:30-9 AM	5:30-9 AM		8-9 AM
<b>PUBLIC SWIM</b>	12-2 PM 6-8 PM	9-2 PM 7:30-10 PM	12-2 PM 6-10 PM	9-2 PM 7-10:00 PM	12-2:00 PM 3-10 PM	12-8 PM	12:30-8 PM
<b>SENIORS SWIM</b>	2-3 PM	2-3 PM	2-3 PM	2-3 PM	2-3 PM		
<b>MORNING LESSONS</b>	10 AM—12 PM		10 AM—12 PM		10 AM—12 PM	8:30AM-12 PM	9AM—12:30 PM
<b>AFTERNOON LESSONS</b>	3:30-6 PM	4:15-6:30 PM	3:30-6 PM	3:45-7 PM			
<b>ICE TOWER FRIDAYS</b>					3:30-4:30 PM		
<b>OLYMPIC LANE SWIM</b>		6:15-7:30 PM					
<b>Moonlight Swim</b>	8-10 PM						

## SWIM CLUBS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MASTERS SWIM CLUB</b>	6-7:30 AM		6-7:30 AM			7:30-9 AM	
<b>SENIORS SWIM CLUB</b>	8-9 AM		8-9 AM				
<b>YMCA SWIM CLUB</b>	5:30—6:30 PM		5:30-6:30 PM				

## AQUATIC FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>HYDRO-FIT</b>	9:15-10:15 AM	9:15-10:15 AM	9:15-10:15 AM	9:15-10:15 AM			8:30—9:30 AM
<b>GENTLE-FIT</b>	2:00-2:45 PM		2:00-2:45 PM		2:00-2:45 PM		
<b>SHALLOW-WATER</b>		7:30-8:30 PM					
<b>Baby &amp; Me Aquafit</b>					9:30-10:30 AM		

\* ICE TOWER SWIM—Every Friday between 3:30-4:30pm. There are NO Public lanes during this time.

\*\*SPECIAL OLYMPIC LANE SWIM The pool is a frenzy of Special Olympic athletes training for their swim club. All lanes are occupied so there is no lane swimming available. **Extremely limited space for the public.**

Schedule subject to change. For the latest schedule, please check our website: [kamloopsy.ca](http://kamloopsy.ca)

### Downtown Y Hours:

**Mon-Fri:** 5:30am-10:00pm

**Sat:** 7:00am-8:00pm

**Sun:** 8:00am-8:00pm

**Stat Holidays:** 12:00am-5:00pm

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### Downtown Playcare Hours:

Monday to Friday: 8:45am-1:00pm

Saturday: 8:30am-11:45am

Monday & Wednesday: 4:30pm-7:00pm

### Downtown Y

400 Battle Street, Kamloops

250-372-7725

**Kamloopsy.ca**



**Kamloops  
Community  
YMCA-YWCA**

*Building healthy communities*

2019 Winter Aquatic Schedule

# Recreational Swim

## **EARLY BIRD LANE SWIM**

Come and get your early morning swim workout; 4 lanes (leisure, slow, medium and fast) plus a double - wide "open water" lane available all morning long. Master's Swim Club occupies 2 lanes from 6:00 am - 7:30 am on Mondays and Wednesdays.

## **ICE TOWER SWIM** -- every Friday from 3:30-4:30pm

Join us and celebrate the end of a long week with the Ice Tower. Jump, slide or dive off the inflatable tower. NO public lap lanes available during this time.

## **LESSONS ONLY**

Swimming lessons occupy most pool space; there is limited public use space. There is at least 1 lap lane available.

## **PUBLIC SWIM**

The diving board or rope is open along with toys and mats in the pool. \* At least one, often two lanes are available for lap swimming. Space may be limited during advanced courses, staff in - services, some Aqua - Fit classes, or other events

## **SENIOR SWIM (55+)**

This time is designated for seniors to come in and enjoy the quiet atmosphere of the pool all to themselves. The hot tub and sauna may still be available for public use. \*Please note that the "Gentle Fit" class takes place in the shallow end on Monday, Wednesday and Friday during

## **SPECIAL OLYMPIC LANE SWIM**

The pool is a frenzy of Special Olympic athletes training for their swim club. All lanes are occupied so there is no lane swimming available. **Extremely limited space for the public.**

## **MOONLIGHT SWIM**

Monday's 8:00-10:00PM for Adults 16 years and older. Come wind down from your busy Monday & start your week feeling fresh and relaxed. The lights will be dimmed and you can relax in the pool and hot areas.

## Swim clubs

### **SENIORS SWIM CLUB (55+)**

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. Mondays & Wednesdays, 8:00 - 9:00 am. Included in Membership.

### **MASTERS SWIM CLUB (19+ YEARS)**

Carefully designed workouts to help you develop your strokes and build endurance in a non-competitive atmosphere. Mondays & Wednesday, 6:00 am - 7:30 am Saturdays, 7:30 am - 9:00 am. Included in Membership.

### **YMCA SWIM CLUB**

This program allows children and youth to swim with other students at their level and meet individual needs through drill and stroke development with a certified swimming instructor. Mondays and/or Wednesdays 5:30 pm - 6:30 pm. Registration and fees required.

## Aquatic Fitness

### **HYDRO - FIT**

A deep water cardiovascular strength training fitness class. Done with aquatic flotation belts.

### **GENTLE AQUA - FIT**

A shallow water class with low to moderate intensity cardiovascular exercise with minimal impact. Balance, core strength, resistance exercises and stretching are included

### **SHALLOW SHRED**

Shred body fat in this one-hour boot camp - style class that incorporates both cardio and high intensity moves for upper body, lower body & core, resulting in a dynamic, full body workout.

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

Schedule subject to change. For the latest schedule, please check our website: [kamloopsy.ca](http://kamloopsy.ca)

