

Continuous Swim Lesson Schedule

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PARENT AND TOT (3 MONTHS - 3 YEARS)							
SPLASHER BUBBLER	10:30 - 11 AM 4 - 4:30 PM		10:30 - 11 AM 4 - 4:30 PM	4 - 4:30 PM		9:30 - 10 AM	
PRESCHOOL (3 - 5 YEARS)							
BOBBER	11 - 11:30 AM		11 - 11:30 AM				
BOBBER FLOATER GLIDER DIVER SURFER JUMPER	4 - 4:30 PM 5 - 5:30 PM 6 - 6:30 PM		4 - 4:30 PM 5 - 5:30 PM 6 - 6:30 PM	4 - 4:30 PM 5 - 5:30 PM 6 - 6:30 PM		9:30 - 10 AM 10:30 - 11 AM 11:30AM - 12PM	
LEARN TO SWIM (6 - 12 YEARS)							
OTTER SEAL DOLPHIN SWIMMER	4:30 - 5 PM 5:30 - 6 PM 6:30 - 7 PM		4:30 - 5 PM 5:30 - 6 PM 6:30 - 7 PM	4:30 - 5 PM 5:30 - 6 PM 6:30 - 7 PM		10 - 10:30 AM 11 - 11:30 AM 12 - 12:30 PM	
STAR PROGRAM (6 - 16 YEARS)							
STAR 1 STAR 2 STAR 3	4:30 - 5 PM 5:30 - 6 PM 6:30 - 7 PM		4:30 - 5 PM 5:30 - 6 PM 6:30 - 7 PM	4:30 - 5 PM 5:30 - 6 PM 6:30 - 7 PM		10 - 10:30 AM 11 - 11:30 AM 12 - 12:30 PM	
STAR 4 STAR 5 STAR 6	6 - 7 PM		6 - 7 PM			11:30 - 12:30	
TEEN & ADULT LESSONS (13+ YEARS)							
TEEN & ADULT	7 - 7:30 PM		7 - 7:30 PM	7 - 7:30 PM		12:30 - 1 PM	
Continuous Lessons will continue over spring break (March 16-29).							
Schedule is subject to change. For the most up to date information, please check our website: kamloopsy.ca							
LESSON SET				REGISTRATION DEADLINE			
Week of Jan 5th - Indefinite				None! Register any time			

Any questions? Email us at kamloopsy.aquatics@bc.ymca.ca



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SPECIALTY COURSES							
YMCA SWIM CLUB* (6 - 16 years)				6 - 7 PM			
*Participants must be comfortable swimming 50m distances and in deep water.							
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<i>Private Lessons remain Seasonal, see our website or visit Member Services for availability.</i>							
Lesson Rates							
Continuous Lessons are Members Only		\$5.50 bi-weekly add-on to your membership		Fees subject to applicable taxes.			

Downtown Y Hours:
Mon-Fri: 5:30am-9:00pm
Sat: 7:00am-7:00pm

Downtown Y
 400 Battle Street
 Kamloops
 250-372-7725

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Visit our website using the QR code below or at kamloopsy.ca

