



POOL SCHEDULE

FALL SCHEDULE: SEPTEMBER 5, 2022 - DECEMBER 16, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Masters Swim Club* 6-7:30	Seniors Swim Club* 6-7:30	Masters Swim Club* 6-7:30	Seniors Swim Club* 6-7:30		Masters Swim Club* 8-9:30	
	Hydro Fit 9:15-10:15	Aquamat Yoga Starting Oct 4, 2022 9:15-10:15	Hydro Fit 9:15-10:15	Hydro Fit 9:15-10:15	9:00AM		
AFTERNOON	10:30AM Lane Swim	10:30AM Lane Swim	10:30AM Lane Swim	10:30AM Lane Swim		10:00AM Lane Swim	10:00AM Lane Swim
	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim
EVENING	GentleFit 12:45-1:45		GentleFit 12:45-1:45	GentleFit 12:45-1:45			
	2:00PM Lane Swim		2:00PM Lane Swim	2:00PM Lane Swim			
		After School Kids 3:30-5PM					
		5:15PM Lane Swim					
	Special Olympics Oct 4-Dec 13, 2022 6:15-7:30PM POOL CLOSED			Shallow Fit 6:30pm--7:30pm			

Pool hours are Monday - Friday 5:30am-8:30pm, Saturday 8:00am-3:00pm, Sunday 10:00am-2:00pm

*Masters Swim Club & Seniors Swim Club are for Y Members Only

Registered Programs	Swim Lessons	At the Y, we believe swimming is a critical life skill for every child and teen. We use a variety of fun methods to help kids overcome fears, build confidence in the water and develop skills that last a lifetime. Lessons are available for children, teens and adults, in both group and private settings.	
	Private Swim Lessons	Times and dates vary depending on availability. 30 Minute lesson = \$25/each. <i>Please check with member services regarding availability.</i>	
General Activities	Lane Swim	All ages welcome to come and do lane swimming only.	
	Seniors Swim	This program is for seniors who love to swim in a competitive or non-competitive atmosphere.	
	Public Swim	Anyone is welcome to take a plunge during these public swim times, members and drop-ins.	
AquaFit	Hydro Fit	This water exercise class is for those looking for a light, low impact, joint-friendly workout. Improve core strength, endurance, range of motion, flexibility and balance. All levels welcome. Pre-Registration required due to COVID-19	
	Shallow Fit	This water exercise class is for those looking for a light, low impact, joint-friendly workout. Improve core strength, endurance, range of motion, flexibility and balance. All levels welcome. Pre-Registration required due to COVID-19	
	Gentle AquaFit	This water exercise class is for those looking for a light, low impact, joint-friendly workout. Improve core strength, endurance, range of motion, flexibility and balance. All levels welcome. Pre-Registration required due to COVID-19	
	Aquamats Yoga	Test your balance and improve your yoga skills on our inflatable Aquamats. All levels welcome. Pre-Registration required due to COVID-19	
* This schedule is subject to change without notice.		Aquamats Yoga Starting Oct 4, 2022 9:15-10:15	
Downtown Y Hours: Mon-Fri 5:30am-8:30pm Sat 8:00am-3:00pm Sunday 10:00am-2:00pm Holidays - Closed	All Swim Programs are pre-registered and at various times. Please check our website or Member Services for availability.		YMCA Pool & Hot Tub Age Restrictions: Regardless of swimming ability, all children under 7 years of age must be within arm's reach of a responsible adult (age 16 or older) at all times. Maximum 3 children for each responsible adult (16yrs or older) (3:1 ratio).
			For the most up-to-date information, please visit our website: www.kamloopsy.ca