

# Swim Lesson Schedule

Effective March 31 - June 27, 2025

# 2025 Spring Swim Lesson Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>PARENT AND TOT (3 MONTHS - 3 YEARS)</b>							
<b>Splashers &amp; Bubblers</b>	11 - 11:30 AM		10:30 - 11 AM	10:30 - 11 AM			11:30 AM- 12PM
<b>PRESCHOOL (3-5 YEARS)</b>							
<b>BOBBERS</b>	11:30 AM- 12PM 4:30 - 5PM	4:45 - 5:15 PM	11 - 11:30 AM 4 - 4:30 PM	11 - 11:30 AM 4:15 - 4:45 PM	4:30 - 5 PM	10 - 10:30 AM	12 - 12:30 PM
<b>FLOATERS</b>	5 - 5:30 PM		4:30 - 5 PM	4:45 - 5:15 PM	5 - 5:30 PM	10:30 - 11 AM	3 - 3:30 PM
<b>GLIDERS</b>	5:30 - 6 PM		5 - 5:30 PM		5:30 - 6 PM	11 - 11:30 AM	3:30 - 4 PM
<b>DIVERS</b>	4:15 - 4:45 PM		5:30 - 6 PM	5 - 5:30 PM		11:30 AM- 12PM	2:15 - 2:45 PM
<b>SURFERS</b>	4:45 - 5:15 PM			5:30 - 6 PM			
<b>LEARN TO SWIM (6-12 YEARS)</b>							
<b>OTTERS</b>		4 - 4:30 PM	4 - 4:30 PM	4:30 - 5 PM	4:45 - 5:15 PM	10:15 - 10:45 AM	2 - 2:30 PM
<b>SEALS</b>		4:30 - 5 PM	4:30 - 5 PM	5 - 5:30 PM	5:15 - 5:45 PM	10:45 - 11:15 AM	2:30 - 3 PM
<b>DOLPHINS</b>		3:45 - 4:15 PM		5:15 - 5:45 PM	5:45 - 6:15 PM	11:15 - 11:45 AM	2:45 - 3:15 PM
<b>SWIMMERS</b>		4:15 - 4:45 PM		5:45 - 6:15 PM	6:15 - 6:45 PM	11:45AM - 12:15PM	
<b>STAR PROGRAM (6+ YEARS)</b>							
<b>STAR 1*</b>	5:15 - 5:45 PM	5 - 5:30 PM	5 - 5:30 PM			4 - 4:30 PM	
<b>STAR 2*</b>	4 - 4:30 PM		4:30 - 5 PM		4:30 - 5 PM	4:30 - 5 PM	
<b>STAR 3*</b>	4:30 - 5 PM		5 - 5:30 PM			5 - 5:30 PM	
<b>STAR 4*</b>	5 - 5:30 PM				6 - 6:30 PM	5:30 - 6 PM	
<b>STAR 5</b>		5:30 - 6:15 PM					
<b>STAR 6</b>		3:45 - 4:30 PM					
<b>ADULT LESSONS (13+ YEARS)</b>							
<b>EXPLORERS/ ENDURERS</b>			5:30 - 6:15 PM		6:00 - 6:45 PM		3:15 - 4 PM
*Star 1 - 4 lessons are now 30 mins, Star 5 & 6 remain 45 mins							
Schedule subject to change. For the latest schedule, please check our website: <a href="http://kamloopsy.ca">kamloopsy.ca</a>							
<b>LESSON SET</b>			<b>REGISTRATION STARTS</b>			<b>REGISTRATION DEADLINE</b>	
March 31 - June 27, 2025			Members: Mar 18th @ 7:30am Non-Members: Mar 19th @ 7:30am			April 14th, 2025	

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Building healthy communities



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SPECIALTY COURSES</b>							
JR. LIFEGUARD (10-13 YEARS)			5:30 - 6:30 PM				
YMCA SWIM CLUB* (7-18 YEARS)	5:30 - 6:30 PM				5 - 6 PM		

\*Participants must be comfortable swimming in deep water and swimming 50m distances

All lessons subject to instructor availability. Classes may be cancelled due to low registration. Schedule is subject to change. For the most updated schedule, please check our website: [kamloopsy.ca](http://kamloopsy.ca)

## Lesson Rates

<b>LEARN TO SWIM, PRESCHOOL CLASSES, STAR 1 - 4 (30 MIN)</b>	<b>\$2.99/lesson for Members. \$7.49/lesson for Non-members.</b>
<b>STAR 5 &amp; 6, ADULT CLASSES (45 MIN)</b>	<b>\$3.99/lesson for Members. \$10.49/lesson for Non-members</b>

There are fee's associated with Private Swim Lessons and some specialty courses.

Fees subject to applicable taxes.

<b>PRIVATE SWIM LESSONS (ALL AGES )</b>	<b>30 MINUTE LESSON</b>
	<b>\$25 + tax</b>

Cancellation Policy: cancellations less than 24 hours in advance of lesson cannot be refunded .

Private lesson availability can be found through on our website or by visiting Member Services.

### Downtown Y Hours:

**Mon-Fri:** 5:30am-9:00pm

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



**Downtown Y**  
400 Battle Street,  
Kamloops  
[Kamloopsy.ca](http://Kamloopsy.ca)

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