

# Swim Lesson Schedule

Effective: September 18—December 22, 2023

2023 Fall Swim Lesson Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>PARENT AND TOT (0-3 YEARS)</b>							
<b>Splashers &amp; Bubblers</b>	10:30—11 AM		10:30—11 AM		10:30—11 AM	9:45-10:15AM	
<b>LITTLE DIPPERS (3-6 YEARS)</b>							
<b>BOBBERS</b>	3:45—4:15PM 4:30—5 PM	5:30—6 PM	4:30—5PM	4:30—5 PM		10:30-11 AM	10-10:30 AM
<b>FLOATERS</b>	4—4:30 PM	4:30—5 PM	3:30—4 PM	5-5:30 PM	4—4:30 PM		10:30-11 AM
<b>GLIDERS</b>	10-10:30 AM	6—6:30 PM	10-10:30 AM				11-11:30 AM
<b>DIVERS</b>			4:30—5 PM	4-4:30 PM	4—4:30PM		
<b>SURFERS</b>					5—5:30 PM	10-10:30 AM	
<b>JUMPERS</b>							
<b>LEARN TO SWIM (5-12 YEARS)</b>							
<b>OTTERS</b>	3:30—4 PM	5—5:30 PM	4—4:30 PM	5—5:30 PM	4:30—5PM	10-10:30 AM	
<b>SEALS</b>	4—4:30 PM	5—5:30PM	3:30—4 PM		5—5:30 PM	9:30-10 AM	10:30-11 AM
<b>DOLPHINS</b>	4:30—5 PM	5:30—6 PM	4—4:30 PM	4:30—5 PM		11-11:30 AM	11-11:30 AM
<b>SWIMMERS</b>	5— 5:30 PM		5—5:30 PM	5:30—6 PM	4:30—5 PM	11-11:30 AM	
<b>STAR PROGRAM (6+ YEARS)</b>							
<b>STAR 1</b>	6:30PM-7:15PM		4:15—5 PM	4:30—5:15 PM	4:30—5:15 PM	10:15-11 AM	
<b>STAR 2</b>	5—5:45 PM		3:30—4:15 PM				11:30-12:15PM
<b>STAR 3</b>	4:15—5 PM			5:15—6PM			
<b>STAR 4</b>					5:15—6:00 PM		10:45—11:30 AM
<b>STAR 5</b>		Star 4/5 4:15—5:00 PM				10:45-11:30 AM	
<b>STAR 6</b>					6—6:45 PM	Star 6/7	
<b>STAR 7</b>						11:30-12:15 PM	
<b>ADULT LESSONS (13+ YEARS)</b>							
<b>EXPLORERS</b>				6—6:45 PM			10—10:45 AM
<b>ENDURERS</b>							
<b>COMPETERS</b>							
<b>LESSON SET</b>			<b>REGISTRATION STARTS</b>			<b>REGISTRATION DEADLINE</b>	
Sept 18—Dec 22, 2023			Members: Sept 6 @ 7:30am Non-Members: Sept 7 @ 7:30am			Oct 16, 2023	

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YMCA  
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<b>SPECIALTY COURSES</b>							
JR. LIFE GAURD (10-13 YEARS)							11:30-12:30PM
YMCA SWIM CLUB * (7-18 YEARS)	5:30-6:30 PM		5:30-6:30 PM				
Bronze Medallion (13+ or Bronze Star)							9:30—3:00 (Sept 24—Nov 5)
Bronze Cross							9:30—3:00 (Nov 19—Dec 17)

\*\*Participants must be comfortable swimming in deep water. Subject to instructor availability. Classes may change due to low registration. Schedules subject to change. For the latest schedule, please check our website: [kamloopsy.ca](http://kamloopsy.ca)

## Lesson Rates

**LEARN TO SWIM, PRESCHOOL CLASSES (30 MIN)** - \$2.50/lesson for Members  
\$6.50/lesson for Non-Members

**STAR 1 - STAR 7, ADULT CLASSES (45 MIN)** - \$3.50/lesson for Members  
\$9.50/lesson for Non-Members

There are fees associated with Private Swim Lessons and some specialty courses. Fees subject to applicable taxes.

**PRIVATE SWIM LESSONS (ALL AGES ) 30 MINUTE LESSON**  
\$25.00 + tax

Cancellation Policy: cancellations less than 24 hours in advance of lesson cannot be refunded. Private lesson registration can be made through our website or Member Services.

### Downtown Y Hours:

**Mon-Fri:** 5:30am-9:00pm  
**Sat:** 8:00am-3:00pm  
**Sun:** 8:00am-3:00pm  
 Stat Holidays: Closed

### Downtown Y

400 Battle Street,  
 Kamloops  
 250-372-7725  
[Kamloopsy.ca](http://Kamloopsy.ca)

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Building healthy communities

