



# POOL SCHEDULE

Revised May 11, 2023

SPRING: April 11-June30, 2023

	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	Aquamatt Yoga	Hydro Fit 9:15-10:15	Hydro Fit 9:15-10:15	Aquamatt Workout 8:45-9:35		
						10:00AM	
AFTERNOON	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim
	GentleFit 12:45-1:45		GentleFit 12:45-1:45				No Lanes 12:30 to 2:30
							Ice Tower 12:30 to 2:30
EVENING		After School Y Kids 3:30-5:00PM		After School Y Kids 3:30-5:00PM			

Pool hours are Monday - Friday 5:30am-9:00pm, Saturday 8:00am-3:00pm, Sunday 8:00am-3:00pm.

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

Closed on all Statutory Holidays

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	<p align="center"><b>Times and dates vary depending on availability. 30 Minute lesson = \$25/each.</b>  <i>Please check with member services regarding availability.</i></p>	
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 recommended	
	Aquamats Workout	<p align="center"><b>NEW Fridays 8:45!!</b></p> Looking for a challenging full body workout on inflatable Aquamats? Come try this new class.	
	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 recommended	
	Aquamats Yoga	Test your balance and improve your yoga skills on our inflatable Aquamats. All levels welcome. Pre-Registration recommended	
			* This schedule is subject to change without notice.
<u>Downtown Y Hours:</u> Mon-Fri 5:30am-9:00pm Sat 8:00am-3:00pm Sunday 8:00am-3:00pm Holidays - Closed	All Swim Programs are pre-registered and at various times. Please check our website or Member Services for availability.	<u>YMCA Pool &amp; Hot Tub Age Restrictions:</u> 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: <a href="http://www.kamloopsy.ca">www.kamloopsy.ca</a> 250-372-7725