

**Canada Games Pool
2011 Spring Lesson Schedule**

Days	Mon and Wed	Tue and Thu	Fri	Sat	Sun	
Start Date:	Mar 28/Apr 27	Mar 29/Apr 26	Apr 1	Apr 2	Apr 3	
Starfish - 4 to 18 months with an adult	10:00 am	10:30 am 3:30 pm		8:30 am	8:30 am	
Duck - 18 to 30 months with an adult	10:30 am	10:00 am 3:30 pm		9:30 am	9:00 am	
Sea Turtle - 3 to 5 years	9:00 am 10:00 am 3:00 pm 3:30 pm	9:30 am 10:30 am 3:00 pm	3:00 pm 4:30 pm	9:00 am 9:30 am 10:00 am 10:30 am	11:00 am 11:30 am 4:00 pm	9:00 am 10:30 am 4:00 pm
Salamander - 3 to 5 years	9:00 am 9:30 am 3:00 pm 3:30 pm	9:30 am 3:00 pm	3:30 pm	8:30 am 10:00 am 10:30 am 11:00 am	11:30 am 12:00 pm 4:00 pm	9:30 am 11:00 am 4:00 pm
Sunfish - 3 to 5 years	9:30 am 10:00 am 3:00 pm 3:30 pm	10:00 am 4:30 pm	3:30 pm 4:30 pm	8:30 am 9:00 am 10:30 am 12:00 pm		9:00 am 10:00 am
Crocodile - 3 to 5 years	10:30 am 4:00 pm	9:00 am 3:00 pm	3:30 pm 5:00 pm	9:00 am 10:00 am 11:00 am		9:30 am 11:30 am
Whale - 3 to 5 years	10:30 am 4:00 pm	9:00 am 3:00 pm	3:30 pm 5:00 pm	9:00 am 10:30 am 11:00 am		9:30 am 11:30 am
Preschool University		3:30 pm	Please see the "New Programs" page for more information.			
Swim Kids 1	4:30 pm		4:00 pm	9:30 am	10:00 am 4:30 pm	
Swim Kids 2	4:30 pm		4:00 pm	9:30 am 4:30 pm	10:00 am 4:30 pm	
Swim Kids 3	5:00 pm		4:00 pm 5:00 pm	10:00 am 4:30 pm	10:30 am 5:00 pm	
Swim Kids 4	5:00 pm		5:00 pm	10:00 am	10:30 am 5:00 pm	
Swim Kids 5	5:30 pm		5:30 pm	10:00 am	11:00 am	
Swim Kids 6	5:30 pm		5:00 pm	11:30 am	10:00 am	
Swim Kids 7	5:30 pm		5:00 pm	11:30 am	10:00 am	
Swim Kids 8				10:30 am	10:30 am	
Swim Kids 9				10:30 am	10:30 am	
Swim Kids 10				10:30 am	10:30 am	
Adults		10:00 am 6:00 pm				
Swim Kids University		1/2/3 4:00 pm 4/5/6 4:30 pm 7/8/9/10 5:00 pm	Please see the "New Programs" page for more information.			

Canada Games Pool 2011 June Lesson Schedule		
Days	Mon and Wed	Tue and Thu
Start Date:	Mar 28/Apr 27	Mar 29/Apr 26
Starfish - 4 to 18 months with an adult	10:00 am	10:30 am 3:30 pm
Duck - 18 to 30 months with an adult	10:30 am	10:00 am 3:30 pm
Sea Turtle - 3 to 5 years	9:00 am 10:00 am 3:00 pm 3:30 pm	9:30 am 10:30 am 3:00 pm 4:30 pm
Salamander - 3 to 5 years	9:00 am 9:30 am 3:00 pm 3:30 pm	9:30 am 3:00 pm 4:30 pm
Sunfish - 3 to 5 years	9:30 am 10:00 am 3:00 pm 3:30 pm	10:00 am 3:00 pm 3:30 pm
Crocodile - 3 to 5 years	10:30 am 4:00 pm	9:00 am 3:00 pm
Whale - 3 to 5 years	10:30 am 4:00 pm	9:00 am 3:00 pm
Preschool University		
Swim Kids 1	4:30 pm	4:00 pm
Swim Kids 2	4:30 pm	4:00 pm
Swim Kids 3	5:00 pm	4:00 pm
Swim Kids 4	5:00 pm	4:30 pm
Swim Kids 5	5:30 pm	4:30 pm
Swim Kids 6	5:30 pm	5:00 pm
Swim Kids 7	5:30 pm	5:00 pm
Swim Kids 8		5:00 pm
Swim Kids 9		5:00 pm
Swim Kids 10		5:00 pm
Adults		10:00 am 6:00 pm

**CHECK OUT SPRING BREAK SPECIAL
SCHEDULE AND PROGRAMS
KAMLOOPS.CA/SWIM**

Think outside the tank, go beyond traditional swim lessons and check out these original aquatic programs.

Gym n' Swim \$60

Preschool Program (3-5 yrs.)

Children will enjoy gymnastics and swimming while parents enjoy some free time at the Tournament Capital Centre. Pool Play sessions are conducted by a City of Kamloops Lifeguard.

Tuesdays 10:00 - 11:45 am
5 week sessions
Register at the Gymnastics Centre

Swim Kids University (SKU) \$80

Swim Kids University uses a 'semester' format to give swimmers instruction and support over an extended duration, allowing them to progress through the Red Cross Swim Kids levels at their own pace, leaving you to re-register less often - sound good? Get enrolled to SKU today!

Tue/Thurs 4:00-4:30 pm
Tue/Thurs 4:30-5:00 pm

Kids Triathlon Training

Kids learn the fundamental skills for triathlon with a focus on safety. The last session will consist of a mini-run-thru of a triathlon. Excellent preparation for the Kids of Steel event on Sunday, June 27.

Sundays, May 29 – June 19
Brock Outdoor Pool

Masters Swimming

Train for masters swimming events, personal fitness or triathlon events. The atmosphere is fun and social (when you're not sucking wind!). Sessions are led by our NCCP certified swim coach.

Regular Swim Admission

Training Times:

Mon-Wed 6:30 pm – 7:30 pm
Fri 6:00 am – 7:00

Red Cross Babysitting Course

This course is designed for youth 11 years and up who want to become a babysitter or may all ready be one. The babysitting course covers the responsibility of a babysitter, safety tips for children of all ages, basic childcare skills and what to do in an emergency. Prerequisites : 11 years old and 100% attendance.

Days	Dates	# of Hours	# of Classes	Fee	Location
Tuesday / Thursday	April 12,14,19	8	3	\$50	Westsyde Pool
Friday	May 20	8	1	\$50	Westsyde Pool
Tuesday / Thursday	June 21, 23,28	8	3	\$50	Westsyde Pool

