

### Fall Lessons - Canada Games Pool

See 'Swim Lesson Dates and Fees' page for more details.

Mondays and Wednesdays					Tuesdays and Thursdays			
Fall Set 2 Oct 14 - Nov 9 Fall Set 3 Nov 16 - Dec 16					Fall Set 2 Oct 13 - Nov 12 Fall Set 3 Nov 17 - Dec 17			
9:00-9:30	Sea Turtle	Salamander			9:00-9:30	Duck	Salamander	
9:30-10:00	Starfish	Sea Turtle			9:30-10:00	Starfish/Duck	Sea Turtle	
10:00-10:30	Duck	Whale	Crocodile		10:00-10:30	Starfish	Sunfish	Sea Turtle
10:30-11:00	Starfish/Duck	Salamander	Sunfish		10:30-11:00	Salamander	Crocodile	Whale
3:00-3:30	Sea Turtle	Salamander	Sunfish		3:00-3:30	Sea Turtle	Salamander	Sunfish
3:30-4:00	Sea Turtle	Crocodile	Whale		3:30-4:00	Sea Turtle	Crocodile	Whale
4:00-4:30	Sea Turtle	Salamander	Swim Kids 2	Swim Kids 3	4:00-4:30	Swim Kids 1/2/3 University		
4:30-5:00	Salamander	Sunfish	Crocodile/Whale	Swim Kids 1	4:30-5:00	Swim Kids 4/5/6 University		
5:00-5:30	TCC Kids Swim	Swim Kids 3	Swim Kids 4		5:00-5:30	Swim Kids 1/2	Swim Kids 3	Swim Kids 8/9/10
5:30-6:00	Swim Kids 5	Swim Kids 6/7			5:30-6:00	Swim Kids 4/5	Swim Kids 6/7	
6:00-6:30					6:00-6:30	Adult Lessons		

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Fridays				Sundays					
Fall Set 2 Oct 30 - Dec 18				Fall Set 2 Nov 1 - Dec 20					
3:30-4:00	Sea Turtle	Salamander	Sunfish	8:30-9:00	Starfish	Sea Turtle			
4:00-4:30	Salamander	Crocodile	Whale	9:00-9:30	Duck	Crocodile	Whale		
4:30-5:00	Sea Turtle	Salamander	Swim Kids 6/7	9:30-10:00	Salamander	Sunfish	Swim Kids 4	Swim Kids 5	Swim Kids 6
5:00-5:30	Swim Kids 1	Swim Kids 2		10:00-10:30	Swim Kids 1	Swim Kids 2	Swim Kids 3	Swim Kids 7/8	Swim Kids 9/10
5:30-6:00	Swim Kids 3	Swim Kids 4	Swim Kids 5	10:30-11:00	Sea Turtle	Salamander	Sunfish		
				11:00-11:30	Sea Turtle	Salamander	Sunfish		
				11:30-12:00	Crocodile	Whale			

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Saturdays						
Fall Set 2 Oct 31 - Dec 19						
8:30-9:00	Starfish	Sea Turtle	Sunfish	Crocodile	Junior Lifeguard Sport	Whale
9:00-9:30	Duck	Salamander	Sunfish	Swim Kids 1		Swim Kids 2
9:30-10:00	Sea Turtle	Salamander	Crocodile	Swim Kids 3		
10:00-10:30	Sea Turtle	Salamander	Swim Kids 2	Swim Kids 6	Swim Kids 5	
10:30-11:00	Sea Turtle	Salamander	Crocodile/Whale	Swim Kids 7	Swim Kids 4	
11:00-11:30	Sea Turtle	Salamander	Swim Kids 1/2			
11:30-12:00	Sea Turtle	Swim Kids 4	Swim Kids 5			
12:00-12:30	Swim Kids 3	Sunfish	Whale			
4:00-4:30	Swim Kids 2	Swim Kids 3	<b>Private Lessons Available</b> Call 250-828-3500 to register			
4:30-5:00	Swim Kids 4	Swim Kids 5				

### INSTRUCTOR PROFILE



Cheryl Brochu has been working with the city as a lifeguard and swim instructor since 1991. Cheryl still loves teaching swimming and is motivated by watching her shy Sea Turtles become confident Whales.

A veteran employee looking for new challenges, Cheryl has recently completed several aquatic leadership certificates so she can share her vast experience with our team as well as to help train a new generation of lifeguards and instructors.

### Looking for the swimming lesson course times?

To increase our ability to meet our swim lesson demands, course schedules and times are now available: Online at [www.kamloops.ca/swim](http://www.kamloops.ca/swim) - click on "Swim Lesson Schedules"; or pick up a copy of the latest swim lesson schedule at the pool's front counter.

You can also register online using EZReg ([www.kamloops.ca/ezreg/](http://www.kamloops.ca/ezreg/)) or by telephone (250-828-3500).

Thank you for your patience as we improve how we serve you.



### Fall Lessons - Westsyde Pool

See 'Swim Lesson Dates and Fees' page for more details.

Mondays and Wednesdays			Tuesdays and Thursdays		
Fall Set 2 Oct 14 - Nov 19 Fall Set 3 Nov 16 - Dec 16			Fall Set 2 Oct 13 - Nov 12 Fall Set 3 Nov 17 - Dec 17		
3:00-3:30	Sea Turtle	Sunfish	3:00-3:30	Salamander	Crocodile/Whale
3:30-4:00	Swim Kids 1	Swim Kids 2	3:30-4:00	Junior Lifeguard Club	Swim Kids 4/5
4:00-4:30	Salamander		4:00-4:30	Swim Kids 2/3	Sea Turtle
4:30-5:00	Swim Kids 3	Swim Kids 45	4:30-5:00		Sunfish
5:00-5:30	Crocodile	Whale	5:00-5:30		
5:30-6:00	Swim Kids 8/9/10	Swim Kids 6/7	5:30-6:00		
6:00-6:30					

### Fall Lessons - Westsyde Pool

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Fridays			Saturdays			
Oct 30 - Dec 18			Oct 31 - Dec 19			
3:00-3:30	Crocodile	Whale	9:00-9:30	Swim Kids	Starfish/Duck	
3:30-4:00	Swim Kids 2/3	Sunfish	9:30-10:00	8/9/10	Sea Turtle	
4:00-4:30	Sea Turtle		10:00-10:30	Private Lessons	Salamander	
4:30-5:00	Salamander		10:30-11:00	Sunfish	Sea Turtle	
5:00-5:30	Swim Kids 4/5		11:00-11:30	Crocodile	Whale	
			11:30-12:00	Swim Kids 1	Swim Kids 2	Swim Kids 3
			12:00-12:30	Swim Kids 4	Swim Kids 5	Swim Kids 6/7
			12:30-1:00	Private Lessons Available		

### Winter Lessons - Westsyde Pool and Canada Games Pool

See 'Swim Lesson Dates and Fees' page for more details.

Monday and Wednesday	Tuesday and Thursday	Friday	Saturday	Sunday (CGP only)
<b>Winter Set 1</b> Jan 6 - Feb 3	<b>Winter Set 1</b> Jan 7 - Feb 4	<b>Winter Set 1</b> Jan 8 - Feb 26	<b>Winter Set 1</b> Jan 9 - Feb 27	<b>Winter Set 1</b> Jan 10 - Feb 28
<b>Winter Set 2</b> Feb 8 - Mar 3	<b>Winter Set 2</b> Feb 9 - Mar 4			

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2. Pick up a copy of the latest swim lesson schedule at the pool's front counter.

You can also register online using EZReg ([www.kamloops.ca/ezreg/](http://www.kamloops.ca/ezreg/)) or by telephone (250-828-3500).

Thank you for your patience as we improve how we serve you.

## SWIM TO WIN!

### OLYMPIC WAY

A learn to swim program with a competitive edge! For all swimmers. Call to set up a free assessment.

### Fall Session 2009 begins

Monday, September 29th  
Monday & Wednesday  
September 29th - November 24th  
All levels • 3:30 or 4:15

### Tuesday & Thursday

September 30th - November 25th  
All levels • Start at 4:00, 4:45 or 5:30

### Pre-register online at

[www.kamloopsclassicswimming.ca](http://www.kamloopsclassicswimming.ca)  
or by phone at 250-828-3660  
with Visa/Mastercard ~ \$130.00

### COMPETITIVE SWIMMING

A year round competitive training program for FAST swimming! All ages & levels. Professionally certified coaching staff. Regular training resumes Monday, September 21st

### REGIONAL, PROVINCIAL & NATIONAL COMPETITION.

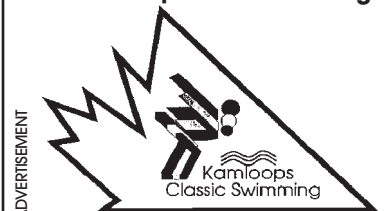
Social events, team trips - FUN!

### FREE SWIM CAMP

See where you should begin your swimming career! Come to the Canada Games Pool September 14th - 17th, 2009 from 5:00 - 5:45 pm for a one week swim camp.

Just need a **quick 5 minute tryout** to determine which level you should register in? Come to the Canada Games Pool September 14th - 17th between 4 - 5 pm.

Register now at 250-828-3660  
[www.kamloopsclassicswimming.ca](http://www.kamloopsclassicswimming.ca)



PAID ADVERTISEMENT

**KAMLOOPS  
CLASSIC SWIMMING**