



Castle Downs Family YMCA

Pool Schedule / March 31–June 15

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
	Main Pool	Teach Pool	Main Pool	Teach Pool	Main Pool	Teach Pool	Main Pool	Teach Pool	Main Pool	Teach Pool	Main Pool	Teach Pool	Main Pool	Teach Pool	
5:00 AM															5:00 AM
6:00 AM															6:00 AM
7:00 AM	Aqua Jog		Aqua Jog	Family Swim	Aqua Jog				Aqua Jog						7:00 AM
8:00 AM															8:00 AM
9:00 AM			Aquafit Deep 9–9:55AM		Aquafit Shallow 9–9:55AM				Aquafit Shallow 9–9:55AM						9:00 AM
10:00 AM	Aquafit Deep/Shallow 10–10:55AM			True Blue Swim School			Child Care & Kipnes	Aquafit Deep 10–10:55AM			Child Care & Kipnes				10:00 AM
11:00 AM													YMCA Swim Lessons	YMCA Swim Lessons	11:00 AM
NOON		Family Swim													NOON
1:00 PM	Family Swim	Lane Swim	Family Swim	Lane Swim	Family Swim	Lane Swim	Family Swim	Lane Swim	Family Swim	Lane Swim	Family Swim	Lane Swim			1:00 PM
2:00 PM													Family and Public Swim		2:00 PM
3:00 PM													JLC		3:00 PM
4:00 PM															4:00 PM
5:00 PM	True Blue Swim School				YMCA Swim Lessons				YMCA Swim Lessons				Family and Public Swim		5:00 PM
6:00 PM	JLC		True Blue Swim School				YMCA Swim Lessons	YMCA Swim Lessons	YMCA Swim Lessons	YMCA Swim Lessons	YMCA Swim Lessons		Community League/Family and Public Swim	Community League/Family and Public Swim	6:00 PM
7:00 PM															7:00 PM
8:00 PM	Family and Public Swim	Family and Public Swim	Family and Public Swim	Family and Public Swim	Family and Public Swim	Family and Public Swim	Aquafit Shallow/Deep 8–8:55PM	Family and Public Swim	Family and Public Swim	Family and Public Swim	Family and Public Swim	Family and Public Swim			8:00 PM
9:00 PM							Family and Public Swim								9:00 PM
10:00 PM	Closing Procedures		Closing Procedures		Closing Procedures		Closing Procedures		Closing Procedures		Closing Procedures		Closing Procedures		10:00 PM

*Last Updated March 12, 2025

Hours of Operation

Monday to Friday: 5:30am - 10pm

Saturdays & Sundays: 7am - 9pm

Statutory Holidays (open on rotation): Good Friday, April 18, closed | Victoria Day, May 19, open 8am–4pm

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