



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	Lane Swim/Aqua Jog		Lane Swim/Aqua Jog	Member Swim	Lane Swim/Aqua Jog				Lane Swim/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													Swimming Lessons	True Blue	11:00 AM
NOON													Swimming Lessons		NOON
1:00 PM	Member Swim	Lane Swim	Member Swim	Lane Swim	Member Swim	Lane Swim	Member Swim	Member Swim	Member Swim	Member Swim	Member Swim	Member Swim	Member and Public Swim	Lane Swim	1:00 PM
2:00 PM															2:00 PM
3:00 PM													JLC		3:00 PM
4:00 PM															4:00 PM
5:00 PM	True Blue Swim School	JLC			YMCA Swim Lessons		YMCA Swim Lessons	YMCA Swim Lessons	YMCA Swim Lessons	YMCA Swim Lessons					5:00 PM
6:00 PM			True Blue Swim School				YMCA Swim Lessons	YMCA Swim Lessons	YMCA Swim Lessons	YMCA Swim Lessons	Community League/Member and Public Swim	Community League/Member and Public Swim	Member and Public Swim		6:00 PM
7:00 PM															7:00 PM
8:00 PM	Member and Public Swim	Member and Public Swim	Member and Public Swim	Member and Public Swim	Member and Public Swim	Member and Public Swim	Aquafit Shallow/Deep 8-8:55PM	Member and Public Swim	Member and Public Swim	Member and Public Swim					8:00 PM
9:00 PM															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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