



Castle Downs Family YMCA

Pool Schedule / June 30th – August 24th

| | 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 | Member Swim | Lane Swim/Aqua Jog | Member Swim | Lane Swim/Aqua Jog | Member Swim | Lane Swim/Aqua Jog | Member Swim | Lane Swim/Aqua Jog | Member Swim | Lane Swim/Aqua Jog | Member Swim | Lane Swim/Aqua Jog | Member Swim | 7:00 AM |
| 8:00 AM | | | | | | | | | | | | | | | 8:00 AM |
| 9:00 AM | | | | | | | | | | | | | | | 9:00 AM |
| 10:00 AM | AquaFit Deep/Shallow 10AM - 10:55AM | | | | True Blue Swim School | AquaFit Deep/Shallow 9AM - 9:55AM | True Blue Swim School | AquaFit Deep/Shallow 9AM - 9:55AM | True Blue Swim School | Day Camps | Swimming Lessons | Swimming Lessons | Swimming Lessons | True Blue | 10:00 AM |
| 11:00 AM | Day Camps | | Day Camps | | Day Camps | Day Camps | Day Camps | Day Camps | Day Camps | Day Camps | Day Camps | Day Camps | Day Camps | Day Camps | 11:00 AM |
| NOON | Member Swim | | Member Swim | | Member Swim | Member Swim | Member Swim | Member Swim | Member Swim | Member Swim | Swimming Lessons | Swimming Lessons | Swimming Lessons | Swimming Lessons | NOON |
| 1:00 PM | Day Camps | | Day Camps | | Day Camps | Day Camps | Day Camps | Day Camps | Day Camps | Day Camps | Day Camps | Day Camps | Day Camps | Day Camps | 1:00 PM |
| 2:00 PM | | | | | | | | | | | | | | | 2:00 PM |
| 3:00 PM | Member Swim | | Member Swim | | Member Swim | Member Swim | Member Swim | Member Swim | Member Swim | Member Swim | Member Swim | Member Swim | Member Swim | Member Swim | 3:00 PM |
| 4:00 PM | True Blue Swim School | | True Blue Swim School | | True Blue Swim School | YMCA Swim Lessons | True Blue Swim School | YMCA Swim Lessons | True Blue Swim School | YMCA Swim Lessons | Member and Public Swim | Member and Public Swim | Member and Public Swim | Member and Public Swim | 4:00 PM |
| 5:00 PM | | | | | | | | | | | | | | | 5:00 PM |
| 6:00 PM | | | | | | | | | | | | | | | 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 | Member and Public Swim | Member and Public Swim | Community League/Member and Public Swim | Community League/Member and Public Swim | Community League/Member and Public Swim | Community League/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 June 20th, 2025

Hours of Operation

Monday to Friday: **6AM - 10PM**

Saturdays & Sundays: **7AM - 9PM**

Statutory Holidays (**open on rotation**): Canada Day, July 1st, 2025, closed|**Civic Holiday, August 4th, 2025, open**

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