Strine On

Castle Downs Family YMCA

Pool Schedule / September 8 - December 21

	MONDAY				TUESDAY			WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
5:00 AM	Mair	n Pool		Teach Pool	Ма	in 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
6:00 AM																		6:00 AM
7:00 AM	Lane Swir				Lane Swin	n/Aqua Jog	Member Swim	Lane Swim/Aqua Jog	Member	Lane Swim/Aqua	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	Jog	9							Swim	Jog						30g		8:00 AM
9:00 AM				Member		it Deep 9:55AM		Aquafit Shallow 9AM - 9:55AM				Aquafit Shallow 9AM - 9:55AM						9:00 AM
.0:00 AM	Aquafit Deep 10AM - 10	p/Shallow D:55AM		Swim			True Blue Swim School		CD Child Care	Aquafit Deep 10AM - 10:55AM	True Blue Swim School		CD Child Care			Swimming Lessons True Blue	True Blue	10:00 AM
1:00 AM					Membe	er Swim		Member Swim	Member			Marahan Guina						11:00 AM
NOON	Member	Swim			ricinio		Member	Themsel Silling	Swim	Member Swim	Member	Member Swim	Member Swim	Swimming Lessons/JSI	Swimming Lessons/JSI	Member and Public Swim		NOON
1:00 PM			e Swim				Swim	Swim	Kipnes CC	, se in	Swim	ing.			Swim	Aquafit Deep/Shallow 1PM - 1:55PM	= > 0	1:00 PM
2:00 PM	Member and Public		Lan	Member and	Member and Public		Member and	Member and		Member and	Member and Public Swim	Member and	Lan	<u></u>	Ĺ	Member and Public Swim		2:00 PM
3:00 PM	Swi	Swim		Public Swim	Sv	Swim	Public Swim	Public Swim	Member and Public Swim	Public Swim	Craft & Splash 3-5 years	Public Swim	Member and Public Swim			JLC Member and Public		3:00 PM
4:00 PM											Member and Public Swim			Member and Public Swim	Member and Public Swim	Swim	Member and Public Swim	4:00 PM
5:00 PM		True Blue Swim		True Blue Swim School	Member	True Blue Swim	True Blue Swim	YMCA Swim Lessons		YMCA Swim Lessons		YMCA Swim						5:00 PM
6:00 PM	JLC	School		School	Swim	School	301001	Lessons	YMCA Swim Lessons		YMCA Swim Lessons	Lessons	YMCA Swim Lessons	Community League/Member and	Community League/Member	Member and Public Swim		6:00 PM
7:00 PM														Public Swim	and Public Swim			7:00 PM
8:00 PM		Member and Public		Member and	Member and Public		Member and	Member and	Member and	Member and	Member and	Member and	Member and	Closing Procedures		Closing Pro	edures	8:00 PM
9:00 PM		Swim Closing Proced		Public Swim	Swim Closing Proce		Public Swim Public Swim dures Closing P		Public Swim Public Swim		Public Swim	Public Swim Public Swim Closing Procedures						9:00 PM
0:00 PM	lated Sent																	10:00 P

*Last Updated Sept 16, 2025

Hours of Operation

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

Saturdays & Sundays: 7AM - 8PM

Statutory Holidays (open on rotation): Labour Day, September 1, closed | Truth & Reconciliation Day, September 30, open 8am-4pm | Thanksgiving, October 13, closed | Remembrance Day, November 11, open 8am-4pm

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