



Castle Downs Family YMCA

Pool Schedule / September 8 - December 21

	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		Member Swim		Lane Swim/Aqua Jog		Lane Swim/Aqua Jog		7:00 AM
8:00 AM															8:00 AM
9:00 AM															9:00 AM
10:00 AM	Aquafit Deep/Shallow 10AM - 10:55AM														10:00 AM
11:00 AM															11:00 AM
NOON	Member Swim		Member Swim		Member Swim		Member Swim		Member Swim		Swimming Lessons/JSI		Swimming Lessons/JSI		NOON
1:00 PM															1:00 PM
2:00 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		2:00 PM
3:00 PM															3:00 PM
4:00 PM															4:00 PM
5:00 PM															5:00 PM
6:00 PM															6:00 PM
7:00 PM															7:00 PM
8:00 PM															8:00 PM
9:00 PM															9:00 PM
10:00 PM															10:00 PM

*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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