## Shine On

## **Castle Downs Family YMCA**

## Fall Intercession Week 2 Pool Schedule / December 29 - January 4

81																
	MONDAY			TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
:00 AM	Main Pool	1	Teach Pool	Main Pool	Teach Pool	Main Pool	Teach Pool	Main Pool	Teach Pool	Main Pool	Tea	ch Pool	Main Pool	Teach Pool	Main Pool	Teach Pool 5:00
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:00 AM																6:00
								CLOSE	D							0.00
:00 AM				Lane Swim/Aqua Jog		Lane Swim/Aqua				Lane Swim/Aqua						7:00
	Lane Swim/Aqua Joq					Jog				Jog			Lane Swim/Aqua Jog	Member Swim	Lane Swim/Aqua Jog	Member Swim
:00 AM	309							Lane Swim/Aqua Jog								8:00
			Member Swim	Aquafit Deep/Shallow	Member Swim	Aquafit Deep/Shallow	Member Swim			Aquafit		ember Swim				
:00 AM				9AM - 9:55AM		9AM - 9:55AM			Member	Aquafit Deep/Shallow 9AM - 9:55AM						9:00
0:00 AM	Aquafit Deep/Shallow					E		Member Swim	Swim							10:00
	10AM - 10:55AM			Member Swim		Member Swim				Member Swim						
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\*Last Updated Nov 7, 2025

Hours of Operation

Monday to Friday: **6AM - 10PM** Saturdays & Sundays: **7AM - 8PM**  11510 153 Ave NW Edmonton, AB T5X 6A3 (780) 476-**YMCA** (9622)

Statutory Holidays (open on rotation): New Year's Eve, December 31, open 6am-4pm | New Year's Day, January 1, open 8am-4pm