



Castle Downs Family YMCA

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

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

*Last Updated Nov 7, 2025

Hours of Operation

Monday to Friday: **6AM - 10PM**
Saturdays & Sundays: **7AM - 8PM**

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

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