



# Castle Downs Family YMCA

Winter 2026 Pool Schedule / January 5- March 29

		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		Lane Swim/Aqua Jog	Member Swim	Lane Swim/Aqua Jog	Member Swim	Lane Swim/Aqua Jog	Member Swim	Lane Swim/Aqua Jog	Member Swim					6:00 AM														
7:00 AM																							7:00 AM							
8:00 AM																								8:00 AM						
9:00 AM																								9:00 AM						
10:00 AM		Aquafit Deep/Shallow 10AM - 10:55AM	Member Swim	Member Swim	True Blue Swim School	Member Swim	CD Child Care	Aquafit Deep 10AM - 10:55AM	True Blue Swim School	Member Swim	CD Child Care	Lane Swim/Aqua Jog	Member Swim	Lane Swim/Aqua Jog	Member Swim	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	Swimming Lessons	True Blue	NOON	
1:00 PM																				Kipnes CC									1:00 PM	
2:00 PM		Member and Public Swim	Lane Swim	Member and Public Swim	Lane Swim	Member and Public Swim	Lane Swim	Member and Public Swim	Member and Public Swim	Member and Public Swim	Lane Swim	Member and Public Swim	Lane 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	Member and Public Swim	Member and Public Swim	Member and Public Swim	3:00 PM	
4:00 PM																														4:00 PM
5:00 PM																														5:00 PM
6:00 PM		JLC	True Blue Swim School	True Blue Swim School	Member Swim	True Blue Swim School	YMCA Swim Lessons	YMCA Swim Lessons	YMCA Swim Lessons	YMCA Swim Lessons	YMCA Swim Lessons	Community League/Member and Public Swim	Community League/Member and Public Swim	Member and Public Swim		6:00 PM														
7:00 PM												Closing Procedures		Closing Procedures		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																								9:00 PM						
10:00 PM												Closing Procedures		Closing Procedures		Closing Procedures		Closing Procedures		Closing Procedures						10:00 PM				

\*Last Updated Dec. 11, 2025

## Hours of Operation

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

Saturdays & Sundays: **7AM - 8PM**

Statutory Holidays (**open on rotation**): **Family Day, February 16, closed**

11510 153 Ave NW  
Edmonton, AB T5X 6A3  
(780) 476-**YMCA** (9622)