



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	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
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	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	7:00 AM
8:00 AM															8:00 AM
9:00 AM			Aquafit Deep 9AM - 9:55AM		Aquafit Shallow 9AM - 9:55AM				Aquafit Shallow 9AM - 9:55AM						9:00 AM
10:00 AM	Aquafit Deep/Shallow 10AM - 10:55AM				True Blue Swim School			True Blue Swim School			CD Child Care			True Blue	10:00 AM
11:00 AM											Member Swim				11:00 AM
NOON	Member Swim		Member Swim		Member Swim		Member Swim		Member Swim		Member Swim		Swimming Lessons/JSI		NOON
1:00 PM					Kipnes CC			Member Swim		Member Swim		Swimming Lessons/JSI			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		Aquafit Deep/Shallow 1PM - 1:55PM		2:00 PM
3:00 PM							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		Member and Public Swim		Member and Public Swim			4:00 PM
5:00 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	YMCA Swim Lessons	Community League/Member and Public Swim			5:00 PM
6:00 PM												Community League/Member and Public Swim			6:00 PM
7:00 PM												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				8:00 PM
9:00 PM	Closing Procedures		Closing Procedures		Closing Procedures		Closing Procedures		Closing Procedures		Closing Procedures				9:00 PM
10:00 PM															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

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