



# Castle Downs Family YMCA

Spring 2026 Pool Schedule / April 6 - June 14

	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	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		CD Child Care	Aquafit Deep 10AM - 10:55AM	True Blue Swim School		CD Child Care			Swimming Lessons	True Blue	10:00 AM
11:00 AM		Member Swim				Member Swim									11:00 AM
NOON	Member Swim		Member Swim		Member Swim	Bridge to Wellness 12PM-12:45PM	Member Swim		Member Swim		Member Swim		Swimming Lessons/JSI	Member and Public Swim	NOON
1:00 PM						Kipnes CC								Aquafit Deep/Shallow 1PM - 1:45PM	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	Member and Public Swim	Member and Public Swim	Member and Public Swim	Member and Public Swim	2:00 PM
3:00 PM								Craft & Splash 3-5 years					JLC	Member and Public Swim	3:00 PM
4:00 PM								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	Community League/Member and Public Swim	Member and Public Swim	5:00 PM
6:00 PM															6:00 PM
7:00 PM															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	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		Closing Procedures		Closing Procedures		10:00 PM

\*Last Updated March 5, 2026

**Hours of Operation**

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

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

Statutory Holidays (**open on rotation**): **Victoria Day, May 18th, Closed**

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