



Castle Downs Family YMCA

Winter 2026 Intersession Pool Schedule / March 30 - April 5

| | 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 | Member Swim | 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 | Lane Swim/Aqua Jog | Member Swim | 7:00 AM |
| 8:00 AM | | | | | | | | | Lane Swim/Aqua Jog | Member Swim | | | | | 8:00 AM |
| 9:00 AM | Aquafit Deep/Shallow 10AM - 10:55AM | Member Swim | Aquafit Deep/Shallow 9AM - 9:55AM | True Blue Swim School | Aquafit Deep/Shallow 9AM - 9:55AM | Member Swim | Member Swim | True Blue Swim School | Member Swim | Member Swim | Member Swim | Member Swim | Member Swim | Member Swim | 9:00 AM |
| 10:00 AM | Member Swim | | Member Swim | | Member Swim | | | | | | | | | | 10:00 AM |
| 11:00 AM | Member Swim | Day Camp | Member Swim | Day Camp | Member Swim | Day Camp | Member Swim | Day Camp | Day Camp | Member and Public Swim | Member and Public Swim | Member and Public Swim | Member and Public Swim | Member and Public Swim | 11:00 AM |
| NOON | Day Camp | | Day Camp | | Day Camp | | Day Camp | | | | | | | | Day Camp |
| 1:00 PM | Member and Public Swim | Lane Swim | 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 | Member and Public Swim | Member and Public Swim | Member and Public Swim | 1:00 PM |
| 2:00 PM | | | | | | | | | | | | | | | Member and Public Swim |
| 3:00 PM | Member and Public Swim | True Blue Swim School | Member and Public Swim | True Blue Swim School | Member and Public Swim | True Blue Swim School | Member and Public Swim | True Blue Swim School | 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 | True Blue Swim School | Member and Public Swim | True Blue Swim School | Member and Public Swim | True Blue Swim School | Member and Public Swim | True Blue Swim School | 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 |
| 7:00 PM | Member and Public Swim | True Blue Swim School | Member and Public Swim | True Blue Swim School | Member and Public Swim | True Blue Swim School | Member and Public Swim | True Blue Swim School | 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 |
| 9:00 PM | Closing Procedures | | | | | | | | | | | | | | 9:00 PM |
| 10:00 PM | Closing Procedures | | | | | | | | | | | | | | 10:00 PM |

*Last Updated Feb. 18, 2026

Hours of Operation

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

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

Statutory Holidays (open on rotation): **Good Friday, April 3, open 8am-4pm**

11510 153 Ave NW
Edmonton, AB T5X 6A3
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