



# Castle Downs Family YMCA

## Spring 2026 Pool Intersession Schedule / June 15 - June 28

	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														
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
8:00 AM														
9:00 AM			<b>Aquafit Deep</b> 9AM - 9:55AM		<b>Aquafit Shallow</b> 9AM - 9:55AM				<b>Aquafit Shallow</b> 9AM - 9:55AM					
10:00 AM	<b>Aquafit Deep/Shallow</b> 10AM - 10:55AM	Member Swim		True Blue Swim School		CD Child Care	<b>Aquafit Deep</b> 10AM - 10:55AM	True Blue Swim School		CD Child Care		Member and Public Swim	True Blue	True Blue
11:00 AM														
NOON	Member Swim		Member Swim	Member Swim	Member Swim	Member Swim	Member Swim	Member Swim	Member Swim	Member Swim	Member and Public Swim			
1:00 PM		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim	<b>Aquafit Deep/Shallow</b> 1PM - 1:45PM	Lane Swim
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
3:00 PM													Member and Public Swim	Member and Public Swim
4:00 PM														
5:00 PM	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	Member and Public Swim	Member and Public Swim	Member and Public Swim	Member and Public Swim
6:00 PM											Community League/Member and Public Swim	Community League/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	Member and Public Swim	Member and Public Swim	Member and Public Swim	Member and Public Swim
9:00 PM														
10:00 PM	Closing Procedures		Closing Procedures		Closing Procedures		Closing Procedures		Closing Procedures		Closing Procedures		Closing Procedures	

\*Last Updated May 7, 2026

### Hours of Operation

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

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

Statutory Holidays (**open on rotation**): **None**

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