



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															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	Member Swim		True Blue Swim School		CD Child Care	Aquafit Deep 10AM - 10:55AM	True Blue Swim School		CD Child Care			Member and Public Swim	True Blue	10:00 AM
11:00 AM															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	Member and Public Swim			NOON
1:00 PM		Lane Swim		Lane Swim		Lane Swim	Kipnes CC	Lane Swim		Lane Swim		Member and Public Swim	Lane Swim	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														Member and Public Swim	3:00 PM
4:00 PM		True Blue Swim School		True Blue Swim School										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	5:00 PM
6:00 PM											Community League/Member and Public Swim	Community League/Member and Public Swim	Member and Public Swim		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 May 7, 2026

Hours of Operation

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

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

Events: Kick Off to Summer Pool Party **3PM - 5PM June 20th**

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

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