



Castle Downs Family YMCA

Summer 2026 Pool Schedule / June 29 - August 23

	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	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															9:00 AM
10:00 AM	Aquafit Deep/Shallow 10AM - 10:55AM		Day Camps		Day Camps		Day Camps		Day Camps		Day Camps		Swimming Lessons	True Blue	10:00 AM
11:00 AM	Day Camps		Day Camps		Day Camps		Day Camps		Day Camps		Day Camps		Swimming Lessons	True Blue	11:00 AM
NOON	Member Swim		Member Swim		Member Swim		Member Swim		Member Swim		Member Swim		Swimming Lessons	Member and Public Swim	NOON
1:00 PM	Day Camps		Day Camps		Day Camps		Day Camps		Day Camps		Day Camps		Swimming Lessons	Aquafit Deep/Shallow 1PM - 1:45PM	1:00 PM
2:00 PM															2:00 PM
3:00 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	3:00 PM
4:00 PM															4:00 PM
5:00 PM	Member Swim	True Blue Swim School	Member Swim	True Blue Swim School	Member and Public Swim	YMCA Swim Lessons	Member and Public Swim	YMCA Swim Lessons	Member and Public Swim	YMCA Swim Lessons	Member and Public Swim	Community League/Member and Public Swim	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	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	Closing Procedures	10:00 PM

*Last Updated May 9th, 2026

Hours of Operation

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

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

Statutory Holidays (**open on rotation**): **Canada Day, July 1, Open 8am-4pm | Heritage Day, August 1, Closed |**

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