



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			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		Day Camps	True Blue Swim School	Day Camps	Day Camps	Aquafit Deep 10AM - 10:55AM	True Blue Swim School	Day Camps	Day Camps			Swimming Lessons	True Blue	10:00 AM
11:00 AM	Day Camps						Day Camps								11:00 AM
NOON	Member Swim	Day Camps	Member Swim		Member Swim	Bridge to Wellness 12PM-12:45PM	Member Swim		Member Swim	Member Swim	Swimming Lessons	Swimming Lessons	Member and Public Swim		NOON
1:00 PM	Day Camps	Lane Swim	Day Camps	Lane Swim	Day Camps	Day Camps	Day Camps	Lane Swim	Day Camps	Day Camps		Lane Swim	Aquafit Deep/Shallow 1PM - 1:45PM	Lane Swim	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	3:00 PM
4:00 PM											Member and Public Swim	Member and Public Swim	Member and Public Swim	Member and Public Swim	4:00 PM
5:00 PM	Member Swim	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	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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