



# Castle Downs Family YMCA

Fall 2026 Pool Schedule / September 14 - December 20

|          | 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  |                                     |                               |                           |                        |                               |                        |                             |                              |                        |                        |                                         | Aquafit Shallow/Deep 8AM-8:45AM         |                                   |                        | 8:00 AM  |
| 9:00 AM  |                                     | YMCA Swim Lessons             | Aquafit Deep 9AM - 9:55AM |                        | Aquafit Shallow 9AM - 9:55AM  | YMCA Swim Lessons      |                             | Aquafit Shallow 9AM - 9:55AM | YMCA Swim Lessons      |                        | YMCA Swimming Lessons/JSI               | YMCA Swimming Lessons/JSI               | YMCA Swimming Lessons             | True Blue              | 9:00 AM  |
| 10:00 AM | Aquafit Shallow/Deep 10AM - 10:55AM |                               |                           | True Blue Swim School  |                               | CD Child Care          | Aquafit Deep 10AM - 10:55AM | True Blue Swim School        |                        | CD Child Care          | YMCA Swimming Lessons/JSI               | YMCA Swimming Lessons/JSI               | YMCA Swimming Lessons             | True Blue              | 10:00 AM |
| 11:00 AM |                                     | Member Swim                   | Member Swim               |                        | Member Swim                   | Member Swim            | Member Swim                 | Member Swim                  | Member Swim            | Member Swim            | Member Swim/JSI                         | Member Swim                             | Member and Public Swim            |                        | 11:00 AM |
| NOON     | Member Swim                         |                               |                           | Member Swim            |                               |                        | Member Swim                 | Member Swim                  | Member Swim            | Member Swim            |                                         |                                         |                                   |                        | NOON     |
| 1:00 PM  |                                     | Bridge to Wellness 1:15PM-2PM |                           |                        | Bridge to Wellness 1:15PM-2PM |                        |                             |                              |                        |                        | YMCA Swimming Lessons/JSI               | YMCA Swimming Lessons/JSI               | 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                  | JLC                               | Member and Public Swim | 2:00 PM  |
| 3:00 PM  |                                     |                               |                           |                        |                               |                        |                             |                              |                        |                        |                                         |                                         |                                   |                        | 3:00 PM  |
| 4:00 PM  |                                     | True Blue Swim School         |                           | True Blue Swim School  |                               | YMCA Swim Lessons      |                             | YMCA Swim Lessons            |                        | YMCA Swim Lessons      | Member and Public Swim                  | Member and Public Swim                  |                                   |                        | 4:00 PM  |
| 5:00 PM  | JLC                                 | True Blue Swim School         | JLC                       | True Blue Swim School  |                               | 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  |                                     |                               |                           |                        |                               |                        |                             |                              |                        |                        | Closing Procedures                      |                                         | Closing Procedures                |                        | 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 |                                         |                                         |                                   |                        | 8:00 PM  |
| 9:00 PM  |                                     |                               |                           |                        |                               |                        |                             |                              |                        |                        |                                         |                                         |                                   |                        | 9:00 PM  |
| 10:00 PM | Closing Procedures                  |                               | Closing Procedures        |                        | Closing Procedures            |                        | Closing Procedures          |                              | Closing Procedures     |                        |                                         |                                         |                                   |                        | 10:00 PM |

\*Last Updated August 14th, 2026

## Hours of Operation

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

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

Statutory Holidays (**open on rotation**): **National Truth & Reconciliation Day, September 30, Open 8am-4pm | Thanksgiving Day, October 12, Closed | Remembrance Day, November 11, Closed**

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