



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		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	6:00 AM													
7:00 AM																						7:00 AM							
8:00 AM																							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	Member Swim	CD Child Care	Aquafit Deep 10AM - 10:55AM	True Blue Swim School	Member Swim	CD Child Care	YMCA Swimming Lessons/JSI					YMCA Swimming Lessons/JSI	True Blue	True Blue	10:00 AM										
11:00 AM		Member Swim	Member Swim																										
NOON		Member Swim			Member Swim		Member Swim	Member Swim	Member Swim	Member Swim	Member Swim	Member Swim/JSI	Member Swim	Member and Public Swim	Lane Swim	NOON													
1:00 PM		Lane Swim	Bridge to Wellness 1:15PM-2PM	Member and Public Swim	Lane Swim	Bridge to Wellness 1:15PM-2PM	Member and Public Swim	Lane Swim	Member and Public Swim	Member and Public Swim	Lane Swim	YMCA Swimming Lessons/JSI	YMCA Swimming Lessons/JSI	Aquafit Deep/Shallow 1PM - 1:45PM		Lane Swim	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						St. Carlo Swim Club								Member and Public Swim	Member and Public Swim			Craft & Splash 3-5 years	St. Carlo Swim Club		Member and Public Swim	JLC	Member and Public Swim	Member and Public Swim	3:00 PM				
4:00 PM		True Blue Swim School	True Blue Swim School	True Blue Swim School	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		4:00 PM													
5:00 PM	JLC																JLC												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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