



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															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						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	Member Swim/JSI	Member Swim	Member and Public Swim		11:00 AM
NOON				Member Swim				Member Swim							NOON
1:00 PM		Bridge to Wellness 1:15PM-2PM				Bridge to Wellness 1:15PM-2PM			Member and Public Swim	Member and Public 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	YMCA Swimming Lessons/JSI	YMCA Swimming Lessons/JSI		Member and Public Swim	2:00 PM
3:00 PM			St. Carlo Swim Club			Member and Public Swim		Craft & Splash 3-5 years		St. Carlo Swim Club			JLC	Member and Public Swim	3:00 PM
4:00 PM		True Blue Swim School		True Blue Swim School		True Blue Swim School	YMCA Swim Lessons	Member and Public Swim		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		True Blue Swim School	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						YMCA Swim Lessons		YMCA Swim Lessons		YMCA Swim Lessons					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 Oct 1, 2026

Hours of Operation

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

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

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

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