



KEY:
**LAP SWIM &
 SWIM LESSONS**
AQUA FIT
FAMILY SWIM

CAMERON FAMILY YMCA LAP POOL SCHEDULE

Effective April 2024—May 2024

Lap swim is available 5:30am — 7pm Monday—Friday, 8:15am — 4:00pm on Saturdays, and 9:15am—12:30pm on Sundays. Select lanes will be reserved due to programming.

MONDAY 5:30am—7:00pm	TUESDAY 5:30am—7:00pm	WEDNESDAY 5:30am—7:00pm	THURSDAY 5:30am—7:00pm	FRIDAY 5:30am—7:00pm	SATURDAY 8:15am—4:00pm	*SUNDAY 9:15am—12:00pm
Aqua Fit—YAA 7:20AM-8:35AM Lanes 8-10		Aqua Fit—DEEP 7:20AM-8:35AM Lanes 1-3		Aqua Fit—DEEP 7:20AM-8:35AM Lanes 1-3		
Aqua Fit—YAA 8:50AM—10:05AM Lanes 8-10	Aqua Fit 8:50AM—10:05AM Lanes 8-10	Aqua Fit—YAA 8:50AM—10:05AM Lanes 8-10	Aqua Fit—DEEP 8:50AM—10:05AM Lanes 1-3	Aqua Fit 8:50AM—10:05AM Lanes 8-10	Aqua Zumba 8:20AM—9:35AM Lanes 8-10	
Family Swim 10am—4:00pm Lanes 8—10	Family Swim 10am—4:00pm Lanes 8—10	Family Swim 10am—4:00pm Lanes 8—10	Family Swim 10am—4:00pm Lanes 8—10	Family Swim 10am—4:00pm Lanes 8—10	Swim Lessons 9:00am—12:35pm Lanes 8-10 & Activity Pool Lanes	Water Walking & Lap Swimming 9:15am—12:30pm
Aqua Fit 5:50pm—7:00pm Lanes 8—10		Aqua Fit 5:50pm—7:00pm Lanes 8—10			Family Swim 1:00pm—4:00pm Lanes 8-10	
Swim Lessons 3:30pm—6pm Lanes 8-10	Swim Lessons 3:30pm—6pm Lanes 8-10	Swim Lessons 3:30pm—6pm Lanes 8-10	Swim Lessons 3:30pm—6pm Lanes 8-10			
Youth Swim Class Lanes 1—4 6pm—7pm	Youth Swim Class Lanes 1—4 6pm—7pm	Youth Swim Class Lanes 1—4 6pm—7pm	Youth Swim Class Lanes 1—4 6pm—7pm			

Know Before You Go Swimming in the Lap Pool:

- Swimmers are encouraged to share lanes if the pool is busy.
- Water Group Exercise classes are scheduled 10mins prior to the class start time to allow Lifeguards to move lane lines and staff to prepare for their class.
- Families utilizing Family Swim must remain in proper ratio of one adult to one child. Children must pass a swim test or wear a lifejacket and remain within arms reach of the adult while swimming. Children under the age of 6years old must have a parent in the water with them at all times. Waterproof swim diapers are required for any child not yet potty trained.
- YMCA Lifeguards have the final authority; Aquatics Programming has priority of shared areas.
- If you hear one long whistle blast, you must exit the pool immediately. This means the Emergency Action Plan has been activated and the staff are responding to an emergency.
- The Lap Pool is intended for water exercise and lap swimming only in designated lanes. Those who are perceived to be playing will be asked to exit the water. Please see our Activity/Recreational Pool schedule for family/open swim hours.
- Children that are under the age of 12 must pass a swim test in order to lap swim unless accompanied by an adult in the water within arm's reach. There is a one child to one adult ratio.
- If a lap lane is already occupied by a lap swimmer/water walker, additional swimmers must give notice of joining their lane with mutual acknowledgement to avoid collisions/accidents.
- No breath holding beyond the half length of the pool. Only United States Coast Guard approved life jackets/flotation devices are accepted. No outside toys. All pool equipment must be used properly.

*Full pool rules are listed on the pool deck outside of the lifeguard office. Lap pool lane schedule and availability are subject to change at anytime.

Hours of Operation:

Monday: 5:30am—7:00pm
Tuesday: 5:30am—7:00pm
Wednesday: 5:30am—7:00pm
Thursday: 5:30am—7:00pm
Friday: 5:30am—7:00pm
Saturday: 8:15am—4:00pm
Sunday: 9:15am—12:30pm

Pool Prices:

Members: FREE
Santee Residents: \$4 per person/per session *proof of residency is required.
Non-Santee Residents: \$15 per person/per session

*Lane Reservations:

Mondays: 4:30—5:30pm, Lane 1
Fri, 5/17: 5:30—7pm, Lanes 1-4

*subject to change



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CAMERON FAMILY YMCA ACTIVITY POOL

Effective April 20th—June 10th

The Activity Pool will be open for family use at select times and will have a capacity that will be enforced and

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	*SUNDAY
closed	closed	closed	closed	closed	12:00pm—2:00pm	closed
					Activity Session 12:00pm— 2:00pm	

Know Before You Go Swimming in the Activity Pool:

- Families utilizing Family Swim must remain in proper ratio of one adult to one child. Children must pass a swim test or wear a lifejacket and remain within arms reach of the adult while swimming. Children under the age of 6 years old must have a parent in the water with them at all times. Waterproof swim diapers are required for any child not yet potty trained.
- YMCA Lifeguard has final authority.
- Lifeguards must maintain a ratio of 25 patrons to 1 lifeguard at all times. Capacities are fixed based upon number of guards on stand at one time.
- If you hear one long whistle blast, you must exit the pool immediately.
- Children that are 6 and under must be accompanied by an adult in the water within arm's reach unless they pass a swim test.
- Height checks and swim tests will be conducted for those who wish to access deeper areas of the pool.
- Waterproof swim diapers are required to minimize pool closures.
- Only United States Coast Guard approved life jackets/flotation devices are accepted.
- No outside toys.
- All persons must receive the appropriate colored wrist band for their 2-hour session. All swimmers must exit the pool once the session has concluded.
- No jumping, throwing, twisting or diving.

*Full pool rules are listed on the pool deck outside of the lifeguard office.

Swim Test for Lap & Activity Pool:

- One minute of treading water without stopping. Must keep head and mouth clear of the water **AND**
- Swim 25 yards of front crawl or breaststroke without stopping.

Water Slide Rules:

- Rider must be 48 inches tall.
- Only one patron may ride the slide at a time.
- Swim Tests do not supplement the height requirement for the slide.

Pool Prices

Members: FREE

Santee Residents: \$4 per person/per session
 *proof of residency is required.

Non-Santee Residents: \$15 per person/per session