



CAMERON FAMILY YMCA LAP POOL SCHEDULE

Effective March 2026—May 2026

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

Limited family swim is offered in the lap pool throughout our facility hours,
 please see lane reservations and our family swim rules listed below!

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
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 Zumba 8:20AM—9:35AM 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—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	Swim Lessons 9:00am—12:35pm Lanes 1 & 8-10 <i>(Limited Water Walking)</i>
Family Swim available 10:15am-5:15pm	Family Swim available 10:15am-7:00pm	Family Swim available 10:15am-5:15pm	Family Swim available 10:15am-7:00pm	Family Swim available 10:15am-7:00pm	Water Walking & Lap & Family Swim 12:35pm—4:00pm
Aqua Fit 5:20pm—6:35pm Lanes 8—10 <i>(Lap Pool, lanes 8-10)</i>		Aqua Fit 5:20pm—6:35pm Lanes 8—10 <i>(Lap Pool, lanes 8-10)</i>			SUNDAY 9:15am—12:30pm
Swim Lessons 3:30pm—6pm Lanes 1 & Shallow end lanes 8-10 and Activity Pool	Swim Lessons 3:30pm—6pm Lanes 1 & Shallow end lanes 8-10 and Activity Pool	Swim Lessons 3:30pm—6pm Lanes 1 & Shallow end lanes 8-10 and Activity Pool	Swim Lessons 3:30pm—6pm Lanes 1 & Shallow end lanes 8-10 and Activity Pool	Water Walking & Lap Swim available	Water Walking & Lap & Family Swim 9:15am—12:30pm
Tiger Sharks Swim Team Lanes 1—5 5pm-7pm	Tiger Sharks Swim Team Lanes 1—5 5pm-7pm				

Please note that due to programming, select lanes are reserved. Our Tiger Sharks swim team uses Lanes 1—5 from 5:00pm to 7:00pm Monday—Friday, while Lanes 6 and Lanes 8-10 will be used for swim lessons. Limited family swim is available for our members, please see the swim rules listed below.

Know Before You Go Swimming in the Lap Pool:

- Swimmers are encouraged to share lanes if the pool is busy and circle swim with up to four swimmers per lane.
- 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 in the Lap Pool 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.
- Our shallow lanes, lanes 8-10, are used for swim lessons Monday-Thursday from 3:30pm-6:30pm. We kindly ask all swimmers and water walkers to ensure enough space and room for our program participants.
- Please sign up for our text alerts for closures, special reservations, and updates!

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



CAMERON FAMILY YMCA ACTIVITY POOL

Effective April 18th—May 16th 2026

Activity Pool Sessions effective April 18th—May 16th 2026					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	10:00am-12:00pm Activity Session

Please Note: Each guest attending an Activity Session must be wearing the appropriate session wristband to enter the water. Wrist bands are limited due to Lifeguard ratios and so guests are encouraged to pick up their Activity Session band from the front desk prior to the session starting. Guests are able to pick up their wrist bands up to two (2) hours before their session begins. If a guest is not wearing the right wristband they will be asked to exit the water and check in at the front desk. We kindly asks guests to return their wristbands to the front desk if they leave early so we are able to accommodate new guests.

There will be a 5min bathroom break during every session.

The Water Slide will open for use 15mins or more after the start of each Activity Session and will close 15mins before the end of the session. This time is subject to vary, however, due to staff and demand. **Swim tests will be held for the first 30mins of each sessions** after which the Lifeguards will need to rotate and may not be able to conduct further swim tests. Swimmers will need to remain in the zones they are tall enough to swim

Know Before You Go Swimming in the Activity Pool:

- In the Activity Pool, children under the age of 6yrs old must remain within arm's reach and under the supervision of their guardian at all times. This is especially important for any child in the Red Zone who is under the age of 6yrs old and has not passed the swim test. The lifeguards will enforce this rule in order to ensure the safety of all patrons.
- In the Lap Pool, children 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.
- 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. Children who do pass the swim test must still remain under the care and watch of their guardian at all times.
- 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 during the bathroom break and at the conclusion of the session.
- No jumping, throwing, grabbing onto other swimmers, 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 1 rider at a time, feet first only.
- Only one patron may ride the slide at a time. Swim Tests do no 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

Pool Reservations:

Birthday party reservations are now available online or at the front desk!