



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

# POOL SCHEDULE

## CAMERON FAMILY YMCA

Effective 6.19.2023-08.19.2023

### Lap Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Lap Swim 5:30AM-7:00PM	Lap Swim 5:30AM-7:00PM	Lap Swim 5:30AM-7:00PM	Lap Swim 5:30AM-7:00PM	Lap Swim 5:30AM-7:00PM		
6:00 AM							
7:00AM	Aqua Fit 7:30AM-8:25AM Lanes 8-10	Aqualogix DEEP 7:30AM-8:25AM Lanes 1-3	Aqua Fit DEEP 7:30AM-8:25AM Lanes 1-3	Aqualogix 7:30AM-8:25AM Lanes 8-10	Aqua Fit DEEP 7:30AM-8:25AM Lanes 1-3		
8:00AM	Aqua Fit 9:00AM-9:55AM Lanes 8-10	Aqua Fit DEEP 9:00AM-9:55AM Lanes 1-3	Aqua Fit 9:00AM-9:55AM Lanes 8-10	Aqua Fit DEEP 9:00AM-9:55AM Lanes 1-3	Aqua Fit 9:00AM-9:55AM Lanes 8-10	Lap Swim 8:15AM-6:00PM	
9:00AM	*May enter pool 15 min. prior to start time	*May enter pool 15 min. prior to start time	*May enter pool 15 min. prior to start time	*May enter pool 15 min. prior to start time	*May enter pool 15 min. prior to start time	Aqua ZUMBA 8:30AM-9:25AM Lanes 8-10	
10:00AM						*May enter pool 15 min. prior to start time	
11:00AM							
12:00PM	Family Swim 12:00PM-1:00PM Lanes 8-10	Family Swim 12:00PM-1:00PM Lanes 8-10	Family Swim 12:00PM-1:00PM Lanes 8-10	Family Swim 12:00PM-1:00PM Lanes 8-10	Family Swim 12:00PM-1:00PM Lanes 8-10	Swim Lessons 9:45AM-12:30PM Lanes 8-10	
1:00PM							
2:00PM	Camp Lessons 2:00PM-3:00PM Lanes 8-10	Camp Lessons 2:00PM-3:00PM Lanes 8-10	Camp Lessons 2:00PM-3:00PM Lanes 8-10	Camp Lessons 2:00PM-3:00PM Lanes 8-10	Camp Lessons 2:00PM-3:00PM Lanes 8-10		
3:00PM	Family Swim 3:00PM-4:00PM Lanes 8-10	Family Swim 3:00PM-4:00PM Lanes 8-10	Family Swim 3:00PM-4:00PM Lanes 8-10	Family Swim 3:00PM-4:00PM Lanes 8-10			
4:00PM	Swim Lessons 3:30PM-5:30PM Lanes 8-10	Swim Lessons 3:30PM-7:00PM Lanes 8-10	Swim Lessons 3:30PM-5:30PM Lanes 8-10	Swim Lessons 3:30PM-7:00PM Lanes 8-10	Family Swim 3:00PM-4:00PM Lanes 8-10		
5:00PM							
6:00PM	Aqua Fit 5:30PM-6:25PM Lanes 8-10	Family Swim 6:00PM-7:00PM Lanes 8-10	Aqua Fit 5:30PM-6:25PM Lanes 8-10	Family Swim 6:00PM-7:00PM Lanes 8-10			
7:00PM	*May enter pool 15 min. prior to start time		*May enter pool 15 min. prior to start time		Family Swim 6:00PM-7:00PM Lanes 8-10		
	Youth Swim Program 6:00PM-7:00PM Lanes 1-4	Youth Swim Program 6:00PM-7:00PM Lanes 1-4	Youth Swim Program 6:00PM-7:00PM Lanes 1-4	Youth Swim Program 6:00PM-7:00PM Lanes 1-4			

### Activity/Recreational Pool & Water Slide

\*Water slide available as of July 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00AM	Family Swim Session I 10:00AM-12:00PM	Family Swim Session I 10:00AM-12:00PM	Family Swim Session I 10:00AM-12:00PM	Family Swim Session I 10:00AM-12:00PM	Family Swim Session I 10:00AM-12:00PM	Family Swim Session I 10:00AM-12:00PM	
11:00AM							
12:00PM	Water Slide 10:30AM-11:45AM	Water Slide 10:30AM-11:45AM	Water Slide 10:30AM-11:45AM	Water Slide 10:30AM-11:45AM	Water Slide 10:30AM-11:45AM	Water Slide 10:30AM-11:45AM	
1:00PM	Family Swim Session II 1:00PM-3:00PM	Family Swim Session II 1:00PM-3:00PM	Family Swim Session II 1:00PM-3:00PM	Family Swim Session II 1:00PM-3:00PM	Family Swim Session II 1:00PM-3:00PM	Family Swim Session II 1:00PM-3:00PM	
2:00PM							
3:00PM	Water Slide 1:30PM-2:45PM	Water Slide 1:30PM-2:45PM	Water Slide 1:30PM-2:45PM	Water Slide 1:30PM-2:45PM	Water Slide 1:30PM-2:45PM	Water Slide 1:30PM-2:45PM	
4:00PM	Family Swim Session III 4:00PM-6:00PM	Family Swim Session III 4:00PM-6:00PM	Family Swim Session III 4:00PM-6:00PM	Family Swim Session III 4:00PM-6:00PM			
5:00PM					Family Swim Session III 4:00PM-6:00PM	Family Swim Session III 4:00PM-6:00PM	
6:00PM	Water Slide 4:15PM-5:30PM	Water Slide 4:15PM-5:30PM	Water Slide 4:15PM-5:30PM	Water Slide 4:15PM-5:30PM			
7:00PM	Swim Lessons 5:30PM-7:00PM		Swim Lessons 5:30PM-7:00PM		Water Slide 4:15PM-5:45PM	Water Slide 4:15PM-5:45PM	

### Know Before You Go

- Family Swim Sessions have a limited capacity.
- Swim participants may secure their Family Swim wristbands at any point the same day of. Everyone must clear the pool deck once the session ends.
- Children that are 6-years-old and younger must be accompanied by an adult in the water.
- 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.

### 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 SCHEDULE

## CAMERON FAMILY YMCA

### Lap Pool Rules

- YMCA Lifeguard has final authority.
- If you hear one long whistle blast, you must exit the pool immediately.
- Lap Pool is intended for water exercise and lap swimming only. 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.
- 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.
- Aquatics Programming has priority of shared areas.

### Activity/Recreational Pool Rules

- YMCA Lifeguard has final authority.
- 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.
- No jumping, throwing, twisting or diving.

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

### Swim Test

- 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.