



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

POOL SCHEDULE

CAMERON FAMILY YMCA

Effective 9.09.2023-10.15.2023

Lap Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
6:00 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		
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							
9:00AM	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-5:30PM	
10:00AM						Aqua ZUMBA 8:30AM-9:25AM Lanes 8-10 <small>*May enter pool 15 min. prior to start time</small>	
11:00AM							
12:00PM	Family Swim 10:00AM-5:15PM Lanes 8-10	Family Swim 10:00AM-7:00PM Lanes 8-10	Family Swim 10:00AM-5:15PM Lanes 8-10	Family Swim 10:00AM-7:00PM Lanes 8-10	Family Swim 10:00AM-7:00PM Lanes 8-10	Swim Lessons 9:45AM-12:30PM Lanes 8-10	
1:00PM							
2:00PM							
3:00PM						Family Swim 1:00PM-2:00PM	
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		and	
5:00PM						4:00-5:30PM Lanes 8-10	
6:00PM	Aqua Fit 5:30PM-6:25PM Lanes 8-10 <small>*May enter pool 15 min. prior to start time</small>		Aqua Fit 5:30PM-6:25PM Lanes 8-10 <small>*May enter pool 15 min. prior to start time</small>				
7:00PM	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

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

Know Before You Go

- Family Swim Sessions have a limited capacity.
- Swim participants may secure their Family Swim wristbands as early as one hour prior to the start of the session. A new wristband is required per session.
- 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.

Water Slide Height Requirement

- 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.