



KEY:  
LAP SWIM &  
SWIM LESSONS  
AQUA FIT  
FAMILY SWIM

# CAMERON FAMILY YMCA LAP POOL SCHEDULE

Effective February 2024—March 2024

Lap swim is available 5:30am — 7pm Monday through Friday, and 8:15am — 4:00pm on Saturdays. Select lanes will be reserved due to programming .					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am—7:00pm	5:30am—7:00pm	5:30am—7:00pm	5:30am—7:00pm	5:30am—7:00pm	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 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
Aqua Fit 5:20pm—6:35pm Lanes 8—10		Aqua Fit 5:20pm—6:35pm 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.

Please see reverse for additional pool rules and information.  
\*Lap pool lane schedule and availability are subject to change at anytime.

### Activity / Recreational Pool:

Our Activity Pool is currently closed through till end of April. Please check back in closer to April 20th for information regarding our Activity Pool sessions and availability. Thank you!

### 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:** Closed

### 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

## Pool Rules & Information

### Lap Pool Rules:

- YMCA Lifeguards have the final authority.
- 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.

### Activity/Recreational Pool Rules:

- 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 Pools:

- 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.