



# CAMERON FAMILY YMCA LAP POOL SCHEDULE

Effective June 2nd 2025—August 16th

Select lanes will be reserved due to programming. Lap swim is available:  
**Monday—Friday:** 5:30am — 7pm | **Saturdays:** 8:15am — 6:00pm | **Sundays:** 9:15pm—12:30pm

No family swim will be available in the lap pool during our summer season.  
All family swim will take place in the Interactive Activity Pool, please see the schedule 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—6:00pm
Aqua Fit—YAA 7:20AM-8:35AM Lanes 8-10  Aqua Fit—YAA 8:50AM—10:05AM Lanes 8 –10  Aqua Fit 5:50pm—6:55pm Lanes 8—10 (Activity Pool)  Swim Lessons 3:30pm—6pm Lanes 1 & 8-10  Limited water walking 3:30pm—5:15pm  Tiger Sharks Swim Team Lanes 1—4 5pm-7pm	Aqua Fit 8:50AM—10:05AM Lanes 1—3    Swim Lessons 3:30pm—6pm Lanes 1 & 8-10  Limited water walking	Aqua Fit—DEEP 7:20AM-8:35AM Lanes 1-3  Aqua Fit—YAA 8:50AM—10:05AM Lanes 8-10  Aqua Fit 5:50pm—6:55pm Lanes 8—10 (Activity Pool)  Swim Lessons 3:30pm—6pm Lanes 1 & 8-10  Limited water walking 3:30pm—5:15pm  Tiger Sharks Swim Team Lanes 1—4 5pm-7pm	Aqua Fit—DEEP 7:20AM-8:35AM Lanes 1-3  Aqua Fit—DEEP 8:50AM—10:05AM Lanes 1-3    Swim Lessons 3:30pm—6pm Lanes 1 & 8-10  Limited water walking	Aqua Fit—DEEP 7:20AM-8:35AM Lanes 1-3  Aqua Fit 8:50AM—10:05AM Lanes 8-10    Water Walking & Lap Swim available    Tiger Sharks Swim Team Lanes 1—4 5pm-7pm	Aqua Zumba 8:20AM—9:35AM Lanes 8-10  Swim Lessons 9:00am—12:35pm Lanes 1 & 8-10 (No Family Swim or Water Walking )  Water Walking & Lap Swim 12:35pm—6:00pm  SUNDAY 9:15am—12:30pm  Water Walking & Lap Swim 9:15am—12:30pm

Please note that due to programming select lanes are reserved. Our Tiger Sharks swim team uses Lanes 1—4 from 5:00pm to 7:00pm Monday—Friday, while Lanes 4 and 5 will be used for swim lessons. Family Swim will only be available in our Activity Pool during our Activity Sessions throughout the summer season.

### 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 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 sign up for our text alerts for closures, special reservations, and updates!
- No Family Swim will be offered in the lap pool during the summer. All family swim will take place in the Interactive Activity Pool..

\*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—6:00pm.  
**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 June 10th—August 16th

Activity Pool Sessions					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00am—12:00pm Activity Session	10:00am—12:00pm Activity Session	10:00am—12:00pm Activity Session	10:00am—12:00pm Activity Session	10:00am—12:00pm Activity Session	10:00am-12:00pm Activity Session
1:00pm—3:00pm Activity Session	1:00pm—3:00pm Activity Session	1:00pm—3:00pm Activity Session	1:00pm—3:00pm Activity Session	1:00pm—3:00pm Activity Session	1:00pm—3:00pm Activity Session
4:00pm—6:00pm Activity Session	4:00pm—6:00pm Activity Session	4:00pm—6:00pm Activity Session	4:00pm—6:00pm Activity Session	4:00pm—6:00pm Activity Session	4:00pm—6:00pm 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 back 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 30mins or more after the start of each Activity Session for about an hour.** 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 will not be able to conduct further swim tests. Swimmers will need to remain in the zones they are tall enough to swim in at this point.  
**\*Schedule and reservations subject to change.**

## 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 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 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 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:

**6/2-6/9:** No 10am-12pm Activity Session available to the public or members.

**6/1:** Lap pool closed for the Spring Championship Swim Meet.