



CAMERON FAMILY YMCA LAP POOL SCHEDULE

Effective June 2026—August 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

No Family Swim is offered in the Lap Pool. See Activity Pool Schedule for Family Swim Offerings.

Lanes 1—6 are seven feet deep; Lanes 8—10 are considered the shallow end

| 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—1pm Lanes 1 & 8-10 <i>(Limited Water Walking)</i> |
| Tiger Sharks Swim Team Lanes 1—3 9am—10am | | Tiger Sharks Swim Team Lanes 1—3 9am—10am | | Tiger Sharks Swim Team Lanes 1—3 9am—10am | |
| Aqua Fit 6:00pm—7:00pm Activity Pool | | Aqua Fit 6:00pm—7:00pm Activity Pool | | | SUNDAY 9:15am—12:30pm |
| Swim Lessons 3:30pm—7pm Lanes 1 & 8-10 and Activity Pool *Private Lesson times may vary* | Swim Lessons 3:30pm—7pm Lanes 1 & 8-10 and Activity Pool *Private Lesson times may vary* | Swim Lessons 3:30pm—7pm Lanes 1 & 8-10 and Activity Pool *Private Lesson times may vary* | Swim Lessons 3:30pm—7pm Lanes 1 & 8-10 and Activity Pool *Private Lesson times may vary* | Water Walking & Lap Swim available | |
| Tiger Sharks Swim Team Lanes 1—5 5pm-7pm | Tiger Sharks Swim Team Lanes 1—5 5pm-7pm | Tiger Sharks Swim Team Lanes 1—5 5pm-7pm | Tiger Sharks Swim Team Lanes 1—5 5pm-7pm | Tiger Sharks Swim Team Lanes 1—5 5pm-7pm | Water Walking & Limited Family Swim 9:15am—12:30pm |

Please Note: 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 may be used for swim lessons. Private swim lessons may reserve lanes outside of listed times above.

Know Before You Go Swimming in the Lap Pool:

- YMCA Lifeguard has final authority.
- 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. Classes are scheduled 5mins after the class end time to allow Lifeguards to move lane lines for lap swim.
- 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! See front desk for information.

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—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 SCHEDULE

Effective June 15th – August 2026

Activity Pool Sessions Effective June 15th – August 14th

| 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. Activity session wrist bands are available for guests at the front desk up to 2 hours before the 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.

To ensure safety, **all guests under 18 must receive a height wrist band to enter the water.** Height wrist bands are available on the pool deck at the lifeguard station. Those seeking to swim in deeper areas can take a swim test (rules below). **Swim tests will be held for the first 30 minutes of each session** after which the Lifeguards may be unavailable to conduct further swim tests due to patron capacity. Swimmers will need to remain in the zones they are tall enough to swim in at this point.

The Water Slide will open for use 15 minutes after the start of each Activity Session and will close 15 minutes before the end of the session; however, this time is subject to vary due to staff and demand.

After the first hour of every session, there will be a 5 minute bathroom break. Guests are encouraged to use the restroom and change swim diapers to avoid closures due to accidents. During the bathroom break, guests are not able to use the Lap Pool.

***Schedule and reservations subject to change.**

Know Before You Go Swimming in the Activity Pool:

- All persons must receive the appropriate colored wrist band for their 2-hour session.
- Height checks and swim tests will be conducted for those who wish to access deeper areas of the pool.
- Children who do pass the swim test must still remain under the care and watch of their guardian at all times.
- Children under the age of 6yrs old must remain within arm's reach and under the supervision of their guardian at all times. The lifeguards will enforce this rule in order to ensure the safety of all patrons.
- Only United States Coast Guard approved life jackets/flotation devices are accepted.
- Waterproof swim diapers are required to minimize pool closures.
- 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.
- No jumping, throwing, grabbing onto other swimmers, twisting or diving.
- No outside toys.
- YMCA kickboards and pool noodles are for lap pool use only.
- All swimmers must exit the pool during the bathroom break and at the conclusion of the session.

*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. Swim Tests do not supplement the height requirement.
- Only 1 rider at a time, feet first only, on their bottom/back.

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!