CAMERON FAMILY YMCA

LAP POOL SCHEDULE

Effective October 3rd — November 8, 2026

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

Limited family swim is offered in the lap pool throughout our facility hours. See our family swim rules below.

Lanes 1—6 are seven feet deep and closest to the Sports Plex; 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—6:00pm*
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—12:35pm Lanes 1 & 8-10 (*Limited Water Walking* and Family Swim *)*
Family Swim Lap Pool Lanes 8-10 10am-5:00pm	Family Swim Lap Pool Lanes 9-10	Family Swim Lap Pool Lanes 8-10 10am-5:00pm	Family Swim Lap Pool Lanes 9-10		Water Walking **and** Family Swim 12:35pm—6:00pm
Adult Group X: *Aqua Fit* *5:20pm—6:30pm* *Activity Pool* *Lanes 8—10*		*Adult Group X:* *Aqua Fit* *5:20pm—6:30pm* *Activity Pool* *Lanes 8—10*			**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 Family Swim Lap Pool Lanes 8-10	Water Walking & Limited Family Swim 9:15am—12:30pm
Tiger Sharks Swim Team Lanes 1—5 5pm-7pm	Tiger Sharks Swim Team 5pm-6pm: Lanes 1—6 6pm-7pm: Lanes 1—5	Tiger Sharks Swim Team Lanes 1—5 5pm-7pm	Tiger Sharks Swim Team 5pm-6pm: Lanes 1—6 6pm-7pm: Lanes 1—5	Tiger Sharks Swim Team Lanes 1—5 5pm-7pm	

Know Before You Go Swimming in the Lap Pool:

- YMCA Lifeguard has final authority.
- Swimmers are expected to share lanes if the pool is busy and circle swim with up to four swimmers per lane. Before sharing a lane, we ask that all patrons grab the attention of any swimmer in the lane to confirm they prepared for another swimmer to join them and avoid any collisions.
- 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.
- Families utilizing Family Swim in the Lap Pool 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.
- Our shallow lanes, lanes 8-10, and the first deep end lane, Lane 1, may be used for swim lessons at any given time. 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.

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
(pool hours will return to closing at 4pm in the Fall).
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