



CAMERON FAMILY YMCA LAP POOL SCHEDULE

Effective September 6th—September 30th, 2025

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					
MONDAY <i>5:30am—7:00pm</i>	TUESDAY <i>5:30am—7:00pm</i>	WEDNESDAY <i>5:30am—7:00pm</i>	THURSDAY <i>5:30am—7:00pm</i>	FRIDAY <i>5:30am—7:00pm</i>	SATURDAY <i>8:15am—6:00pm</i>
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 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 (No Family Swim or Water Walking)
Aqua Fit 5:50pm—6:55pm Lanes 8—10 (Activity Pool)		Aqua Fit 5:50pm—6:55pm Lanes 8—10 (Activity Pool)			Water Walking & Lap Swim 12:35pm—6:00pm
Swim Lessons 3:30pm—6pm Lanes 1, 5, & 8-10	Swim Lessons 3:30pm—6pm Lanes 1 , 5, & 8-10	Swim Lessons 3:30pm—6pm Lanes 1 , 5, & 8-10	Swim Lessons 3:30pm—6pm Lanes 1, 5, & 8-10	Water Walking & Lap Swim available	
Limited water walking 3:30pm—5:15pm	Limited water walking & family swim	Limited water walking 3:30pm—5:15pm	Limited water walking & family swim		
Tiger Sharks Swim Team Lanes 1—4 5pm-7pm	Tiger Sharks Swim Team Lanes 1—4 5pm-7pm	Tiger Sharks Swim Team Lanes 1—4 5pm-7pm	Tiger Sharks Swim Team Lanes 1—4 5pm-7pm	Tiger Sharks Swim Team Lanes 1—4 5pm-7pm	
					SUNDAY <i>9:15am—12:30pm</i>
					Water Walking & Lap Swim 9:15am—12:30pm

Know Before You Go Swimming in the Lap Pool:

- Swimmers will be asked 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.
- Limited free swim for our members may take place in the lap pool when no Activity Session is being offered. Families are required to follow the pool rules specific for the lap pool: children must pass a swim test (1 lap of continuous swimming & 1min of treading water) to swim by themselves or be in the water with their parent in a 1:1 ratio and stay within arm's reach of their child at all times. If there is a second child, the second child must wear a lifejacket and both kids must stay within arms reach or, be tall enough to stand chest deep in the deepest part of the pool (over 4"6).
- *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
**Please sign up for our text alerts
for closures, special
reservations, and updates!**



CAMERON FAMILY YMCA ACTIVITY POOL

Effective September 6th— September 30th, 2025

Activity Pool Sessions effective September 6th—September 30th, 2025					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00pm—6:00pm Activity Session	No Activity Sessions	4:00pm—6:00pm Activity Session	No Activity Sessions	4:00pm—6:00pm Activity Session	10:00am-12:00pm Activity Session 1:00pm—3:00pm 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:

No Activity Sessions on Labor Day, September 1st, 2026. Limited pool hours.