



CAMERON FAMILY YMCA

LAP POOL SCHEDULE

Effective November 7th, 2025—March 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

Limited family swim is offered in the lap pool throughout our facility hours,
please see lane reservations and our family swim rules listed 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—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—12:35pm Lanes 1 & 8-10 (<i>Limited Family Swim and Water Walking</i>)
Family Swim available 10:15am-5:15pm	Family Swim available 10:15am-7:00pm	Family Swim available 10:15am-5:15pm	Family Swim available 10:15am-7:00pm	Family Swim available 10:15am-7:00pm	Water Walking & Lap & Family Swim 12:35pm—4:00pm
<i>Aqua Fit 5:20pm—6:35pm Lanes 8—10 (Lap Pool, lanes 8-10)</i>		<i>Aqua Fit 5:20pm—6:35pm Lanes 8—10 (Lap Pool, lanes 8-10)</i>			SUNDAY 9:15am—12:30pm
Swim Lessons 3:30pm—6pm Lanes 1 & Shallow end lanes 8-10 and Activity Pool	Swim Lessons 3:30pm—6pm Lanes 1 & Shallow end lanes 8-10 and Activity Pool	Swim Lessons 3:30pm—6pm Lanes 1 & Shallow end lanes 8-10 and Activity Pool	Swim Lessons 3:30pm—6pm Lanes 1 & Shallow end lanes 8-10 and Activity Pool	Water Walking & Lap Swim available	Water Walking & Lap & Family Swim 9:15am—12:30pm
Tiger Sharks Swim Team Lanes 1—4 5pm-7pm	Tiger Sharks Swim Team Lanes 1—4 5pm-7pm				

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 Lanes 8-10 will be used for swim lessons. Limited family swim is available for our members, please see the swim rules listed below.

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.
- 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!

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

*Lap pool lane schedule and availability are subject to change at anytime.