



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CAMERON FAMILY YMCA Santee Aquatics Center POOL SCHEDULE | MARCH

MONDAY	Lap Swim 5:30a-7:00p
	Aqua Interval 7:45a-8:45a Hettie
	Hydro Healing 9:00a-10:00a Amelia
	Aqua Interval 5:30p-6:30p Sheryl
	*Family Swim 10:00a-4:00p 6:30p-7:00p
Activity Pool CLOSED	

TUESDAY	Lap Swim 5:30a-7:00p
	7:45a-8:45a Aqua Interval/Deep Peggy
	Aqua Interval 9:00a-10:00a Peggy
	*Family Swim 10:00a-4:00p 6:00p-7:00p
Activity Pool CLOSED	

WEDNESDAY	Lap Swim 5:30a-7:00p
	Aqua Fit 7:45a-8:45a Hettie
	Aqua Fit 5:30p-6:30p Elena
	*Family Swim 10:00a-4:00p 6:30p-7:00p
Activity Pool CLOSED	

THURSDAY	Lap Swim 5:30a-7:00p
	Aqualogix Bootcamp (\$) 7:45a-8:45a Peggy
	Aqua Fit 9:00a-10:00a Peggy
	*Family Swim 10:00a-4:00p 6:00p-7:00p
Activity Pool CLOSED	

FRIDAY	Lap Swim 5:30a-7:00p
	Aqua Fit/Deep 7:45a-8:45a Peggy
	Aqua Strength Team Training (\$) 9:00a-9:55a <i>NEW DATES TBD</i>
	*Family Swim 10:00a-7:00p
Activity Pool CLOSED	

SATURDAY	Lap Swim 7:30a-4:00p
	Aqua Fit 8:00a-9:00a Amber
	*Family Swim 12:00p-4:00p
Activity Pool CLOSED	

SUNDAY	Lap Swim 7:30a-4:00p
	*Family Swim 12:00p-4:00p
Activity Pool CLOSED	

*Family Swim: 3 shallow lanes in lap pool

LAP LANE AVAILABILITY

Availability of lap lanes is limited during the following days/times due to YMCA programming:

- Monday thru Friday from 4:00p-7:00p
- Mondays and Wednesdays from 5:30a-6:30a
- Tuesdays and Fridays from 7:45a-8:45a
- Saturdays from 9:00a-12:00p



KNOW BEFORE YOU GO

Subscribe to get text updates regarding unscheduled events that could affect your visit to the Y.

- Text "CMYPOOLS" to 84483 for updates on Santee Aquatics Center including Lap Pool, Activity and Recreational Pool.
- Text "CMYWATEREX" to 84483 for water exercise class schedule changes and cancellations.

DESCRIPTIONS & PRICING

ALL LEVELS:

- Aqua Fit:** Low impact water exercise in shallow water, non-swimmers welcome.
- Hydro Healing:** Gentle exercise designed to enhance joint mobility beneficial for participants with chronic health conditions.

INTERMEDIATE/ADVANCED:

- Aqualogix®:** A full body blast that creates the highest level of water fitness imaginable (\$).
- Aqua Interval:** A tough workout that utilizes intervals and high intensity activity.
- Aqua Strength:** Strength training exercises with the goal of increasing muscular strength and endurance. Incorporates resistance equipment (\$).

	Member Pricing	Participant Pricing
Lap Swim, Family Swim, Activity Pool	FREE	\$3 Santee Resident \$8 Non-Santee Resident

*ID required to show proof of Santee residency

*Credit/debit card only

Water Aerobics	FREE	\$20/drop in
Aqualogix®	\$35/mo or \$15/drop in	\$53/month or \$20/drop in
Aqua Strength	\$55-\$69 mo	Members Only (NEW DATES TBD)

SAFETY FIRST



General Aquatics Guidelines CAMERON FAMILY YMCA

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SWIM TEST REQUIREMENTS:

Jump in deep end, recover comfortably, tread water for 1 minute, and immediately swim 25 yards front crawl.

Ages 0-6: must be accompanied by a guardian (age 18+) at all times.

Ages 7-12: may use the aquatics facility with guardian, or if the guardian is located in the facility. Guardian must check the child in to the pool.

Ages 13-17: May use the aquatics facility without a guardian.

Ages 18+: May use the aquatics facility without a guardian and may supervise children ages 6 and under.

Adults with multiple children age 0-6 years must stay together in the water within arm's reach of the children.

Youth ages 0-6 years found in the water without adult supervision within arm's reach will be reunited with their responsible adult one (1) time per day. If a child is reunited with his/her responsible adult for a second (2nd) time in one

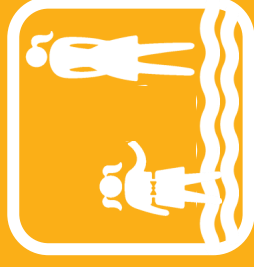
RED ZONE:

- Children under 48" and/or 6 years and younger.
- Must have an adult in the water within arm's reach



YELLOW ZONE:

- Children 48" -60" and 7 years and older.
- May only swim in yellow and red zones.
- Swimmers without a green or yellow wristband and accompanied by an adult in the water within arm's reach, may enter yellow



GREEN ZONE:

- Children 60"+ and 7 years and older.
- Children under 60" must pass swim test.

