



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE – Summer

Santee Aquatics Center at the Cameron Family YMCA

June 13th, 2018 – August 24th, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	5:30a-8:00p	5:30a-8:00p	5:30a-8:00p	5:30a-8:00p	5:30a-7:00p	7:30a-5:00p	7:30a-4:00p
WATER AEROBICS	7:45a-8:45a Aqua Interval (Lisa) 9:00a-10:00a Hydro Healing (Lisa) 5:30p-6:30p Aqua Interval (Sheryl)	7:45a-8:45a Aqua Interval/ Deep (Cathy) 9:00a-10:00a Aqua Interval (Cathy)	7:45a-8:45a Aqua Fit (Kari)	7:45a-8:45a Aqualogix Bootcamp (Peggy) (\$) 9:00a-10:00a Aqua Fit (Peggy) 5:30p-6:30p Aqua Fit (Elena)	7:45a-8:45a Aqua Fit/Deep (Peggy)	8:00a-9:00a Aqua Fit (Amber)	NONE
FAMILY SWIM (3 SHALLOW LANES IN LAP POOL)	6:30p-7:30p	6:30p-7:30p	6:30p-7:30p	6:30p-7:30p	6:30p-7:00p	NONE	NONE
ACTIVITY POOL	10:00a-12:00p 12:30p-2:30p 3:00p-5:00p	10:00a-12:00p 12:30p-2:30p 3:00p-5:00p	10:00a-12:00p 12:30p-2:30p 3:00p-5:00p	10:00a-12:00p 12:30p-2:30p 3:00p-5:00p	10:00a-12:00p 12:30p-2:30p 3:00p-5:00p	10:00a-12:00p 12:30p-2:30p 3:00p-5:00p	9:00a-11:00a 11:30a-1:30p 2:00p-4:00p

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.

WATER AEROBICS CLASS DESCRIPTIONS:

Aqua Fit: Low impact water exercise in shallow water, non-swimmers welcome

Aqua Interval: A tough workout that utilizes intervals and high intensity activity

Hydro Healing: Gentle exercise designed to enhance joint mobility beneficial for participants with chronic health conditions.

LIMITED LAP LANES AVAILABLE:

- **Group Swim Lessons**
Weekdays from 9:00a—12:00p
4:00p-7:15p
Saturdays from 9:00a-1:00p
Sundays from 9:00a-12:00p
- **Youth Swim Team (4 lanes)**
Monday thru Friday from 4:00p-7:00p
- **Youth Water Polo (3 lanes)**
Saturdays from 10:00a-12:00p

PRICES

Lap Swim/Activity
Pool/Family Swim

MEMBER

FREE

PARTICIPANT

Santee Resident - \$3 CREDIT CARD ONLY
Non-Santee Resident - \$8 CREDIT CARD ONLY

*ID required to show proof of Santee residency.

Water Aerobics

FREE

\$20/drop in

Aqualogix (\$)

\$33/month or \$15/drop in

\$50/month or \$20/drop in

OUR MISSION: The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God, through the development of the spirit, mind and body.

SAFETY FIRST



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

General Aquatics Guidelines

CAMERON FAMILY YMCA

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 day, the family will be asked to leave the pool facilities.

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 zone.



GREEN ZONE:

- Children 60"+ and 7 years and older.
- Children under 60" must pass swim test.
- Any child who passes the swim test or meets the height requirement

