



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HATTIESBURG POOL SCHEDULE

Spring Semester 2019

*Schedule subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:30 - 8 am</b> Masters & Lap Swim						
<b>8 to 9 am</b> Deep H2O & Aquafit classes	<b>8 to 9 am</b> Lap Swim	<b>8 to 9 am</b> Deep H2O & Aquafit classes	<b>8 to 9 am</b> Lap Swim	<b>8 to 9 am</b> Deep H2O & Aquafit classes	<b>8 to 10 am</b> Masters & Lap Swim	<b>1 to 4:45 pm</b> Open Swim
<b>9 am to 3:30 pm</b>	<b>9 to 10 am</b> Lap Swim	<b>9 am to 3:30 pm</b> Open Swim	<b>9 to 10 am</b> Lap Swim	<b>9 am to 3:30 pm</b> Open Swim		
<b>3:30 to 7 pm</b> YHF Swim Practice <i>Limited Lap Lanes</i>	<b>10 am to 3:30 pm</b>	<b>3:30 to 7 pm</b> YHF Swim Practice <i>Limited Lap Lanes Available</i>	<b>10 am to 3:30 pm</b>	<b>3:30 to 6 pm</b> YHF Swim Practice Y Afterschool Swim <i>Limited Lap Lanes</i>	<b>10 am to 4:45 pm</b> Open Swim	
	<b>3:30 to 6 pm</b> YHF Swim Practice		<b>3:30 to 6 pm</b> YHF Swim Practice <i>Limited Lap Lanes Available</i>	<b>6 to 7:45 pm</b> Open Swim		
<b>7 to 8:45 pm</b> Open Swim	<b>6 to 7 pm</b> DeepH2O YHF Swim Practice	<b>7 to 8:45 pm</b> Open Swim	<b>6 to 7 pm</b> DeepH2O YHF Swim Practice	<b>Important Notes</b> <b>YHF</b> = Y Hub Fins Swim Team. Depending on attendance, a lane may be available for lap swimming. Please see the lifeguard staff. <b>Open Swim</b> = times available for play w/ at least 1 lane available for lap swimming <b>Swim School classes are not reflected on this schedule. Please see the Aquatics</b>		
	<b>7 to 8:45 pm</b> Open Swim		<b>7 to 8:45 pm</b> Open Swim			

## Pool Rules

- Children must be 10 to be in the pool alone.
- Children in lifejackets must have a parent in the water and within arms reach at all times.
- Diving allowed from deep end wall only.

## Using the Spa

You must be 18 years old or older to use the spa.

For your health, please limit the use of the spa to 15 minutes or less. Consult your physician before using the spa if:

- you are pregnant
- you have high blood pressure
- you have a history of heart problems

## Required Lifeguard Breaks

**When only 1 lifeguard is on duty, the lifeguard is required by Y-USA adopted code to take a 10 minute break each hour. This break will be taken at the :50 minute mark.**

During this break, all swimmers may be asked to clear the pool and exit the pool deck.

Our single lifeguard shifts are traditionally scheduled between the hours of 9 am and 3 pm, Monday through Friday.

Periodically, please note that only 1 lifeguard may be on duty during other times of the day



Financial assistance for all programs is available through funding from The YMCA Campaign for Youth & Families and The United Way of Southeast MS.