



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HATTIESBURG POOL SCHEDULE

Summer 2018

Schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:30 to 7 am Lap Swim				5:30 to 8 am Lap Swim 8 to 9 am Deep H2O & Aquafit classes Lap Swim 9 to 11 am YHF Swim Practice Lap Swim 11 am to 7:45 pm Open Swim <i>Y Summer Camp Swim Time will be from 1 to 3 pm</i>	8 to 10 am Lap Swim 10 am to 4:45 pm Open Swim	1 to 4:45 pm Open Swim			
7 to 8 am Lap Swim	7 to 8 am YHF Swim Practice	7 to 8 am Lap Swim	7 to 8 am YHF Swim Practice						
8 to 9 am Deep H2O & Aquafit classes Adult Summer Swim School Lap Swim	Lap Swim	8 to 9 am Deep H2O & Aquafit classes Adult Summer Swim School Lap Swim	Lap Swim						
	8 to 9 am YHF Swim Practice		8 to 9 am YHF Swim Practice						
9 to 10 am Summer Swim School Lap Swim	9 to 10 am Summer Swim School	9 to 10 am Summer Swim School Lap Swim	9 to 10 am Summer Swim School						
	WaterFit Lap Swim		WaterFit Lap Swim						
10 am to Noon Summer Swim School and Limited Lap Swim and Adult Fitness							Important Notes YHF = Y Hub Fins Swim Team Open Swim = times available for play w/ at least 1 lane available for lap swimming Lap Lanes and Open Swim will be limited or not available during swim lessons. Check with the lifeguards for availability		
Noon to 1 pm Open Swim									
1 to 3 pm Y Summer Camp Swim Time & Open Swim									
3 to 5 pm YHF Swim Practice & Open Swim									
5 to 6 pm YHF Swim Practice & Summer Swim School <i>Lap Lane availability will be limited or unavailable</i>									
6 to 7 pm Summer Swim School Lap Swim	6 to 7 pm Summer Swim School Waterfit	6 to 7 pm Summer Swim School Lap Swim	6 to 7 pm Summer Swim School Waterfit						
7 to 8:45 pm Adult Summer Swim School & 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
- Prolonged breath holding is not allowed

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
- you have any other medical condition

Required Lifeguard Breaks

When only 1 lifeguard is on duty, the lifeguard is required by code to take a 10 minute break after providing 60 minutes of active supervision. During this break, all swimmers will 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, during the school year.

Periodically, only one lifeguard may be scheduled during non-peak times during summer.



Financial assistance is available through funding from the United Way of Southeast Mississippi.