



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HATTIESBURG POOL SCHEDULE

November '17 to April '18

Schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 to 7 am Masters Practice & Lap Swim					8 to 10 am Masters Practice & Lap Swim	1 to 4:45 pm Open Swim
7 to 8 am	7 am to 3:30 pm Open Swim	7 to 8 am	7 am to 3:30 pm Open Swim	7 to 8 am Lap Swim		
8 to 9 am Deep H2O & Aquafit classes		8 to 9 am Deep H2O & Aquafit classes		8 to 9 am Deep H2O & Aquafit classes		
9 am to 3:30 pm		9 am to 3:30 pm		9 am to 3:30 pm		
3:30 to 4 pm YHF Swim Practice & Open Swim					10 am to 4:45 pm Open Swim	
4 to 6 pm YHF Swim Practice						
<i>Laps lanes will be unavailable or limited during this time.</i>						
6 to 8:45 pm Open Swim	6 to 6:30 pm Lap Swim	6 to 8:45 pm Open Swim	6 to 3:30 pm Lap Swim	6 to 7:45 pm Open Swim	Important Notes YHF = Y Hub Fins Swim Team Open Swim = times available for play w/ at least 1 lane available for lap swimming. Y Swim School sessions will be held during this time (see Aquatics Program Guide for details). Lap Lanes and Open Swim will be limited or unavailable during Swim School times.	
	<p>Classes and trainings will offered during Open Swim times. See the Aquatics Program Guide at Member Service or www.ymcasems.org for a listing of all class offerings.</p>					

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 10 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 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 other times.



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