



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HATTIESBURG POOL SCHEDULE

August to November 2019

Schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 to 7 am Lap Swim						
7 to 8 am Lap Swim	7 to 9 am Open Swim	7 to 8 am Lap Swim	7 to 9 am Open Swim	7 to 8 am Lap Swim	8 am to 4:45 pm Open Swim	1 to 4:45 pm Open Swim
8 to 9 am Deep H2O & Aquafit classes Lap Swim	9 to 10 am Water Aerobics Lap Swim	8 to 9 am Deep H2O & Aquafit classes Lap Swim	9 to 10 am Water Aerobics Lap Swim	8 to 9 am Deep H2O & Aquafit classes Lap Swim		
9 am to 3:30 pm Open Swim	10 am to 3:30 pm Open Swim	9 am to 3:30 pm Open Swim	10 am to 3:30 pm Open Swim	9 am to 3:30 pm Open Swim		
3:30 to 7 pm YHF Swim Practice	3:30 to 6 pm YHF Swim Practice	3:30 to 7 pm YHF Swim Practice	3:30 to 6 pm YHF Swim Practice	3:30 to 7 pm YHF Swim Practice		
	6 to 7 pm DeepH2O		6 to 7 pm DeepH2O	7 to 7:45 pm Open Swim		
7 to 8:45 pm Oak Grove High School Swim Practice (4 lanes) Open Swim	7 to 8:45 pm Oak Grove High School Swim Practice (4 lanes) Open Swim	7 to 8:45 pm Open Swim	7 to 8:45 pm Oak Grove High School Swim Practice (4 lanes) Open Swim	Important Notes YHF = Y Hub Fins Swim Team. Depending on attendance, a lane may be available for lap swimming. Please see the lifeguard staff. Open Swim = times available for play w/ at least 1 lane available for lap swimming Swim School classes will be not reflected on this schedule. Please see the Aquatics Programs Poster for those times.		

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 Y-USA adopted code to take a 10 minute break each hour 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, during the school year.

Periodically, only one lifeguard may be scheduled at times outside of 9 am to 3 pm.



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