



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HATTIESBURG POOL SCHEDULE

Winter 2019 to 2020

Schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 8 am Adult Use & Lap Swim						
8 to 9 am Deep H2O & Aquafit classes Lap Swim	8 to 9 am Lap Swim	8 to 9 am Deep H2O & Aquafit classes Lap Swim	8 to 9 am Lap Swim	8 to 9 am Deep H2O & Aquafit classes	8 to 10 am Lap Swim	1 to 4:45 pm Open Swim
9 am to 3:30 pm Open Swim	9 to 10 am Lap Swim Water Aerobics	9 am to 3:30 pm Open Swim	9 to 10 am Lap Swim Water Aerobics	9 am to 3:30 pm Open Swim		
3:30 to 7 pm YHF Swim Practice <i>Limited Lap Lanes Available</i>	10 am to 3:30 pm Open Swim	3:30 to 7 pm YHF Swim Practice <i>Limited Lap Lanes Available</i>	10 am to 3:30 pm Open Swim	3:30 to 7 pm YHF Swim Practice Y Afterschool Swim <i>Limited Lap Lanes Available</i>	10 am to 4:45 pm Open Swim	
7 to 8:45 pm Open Swim	3:30 to 7 pm YHF Swim Practice	7 to 8:45 pm Open Swim	3:30 to 7 pm YHF Swim Practice <i>Limited Lap Lanes Available</i>	6 to 7:45 pm Open Swim		
	6 to 7 pm DeepH2O YHF Swim Practice		6 to 7 pm DeepH2O YHF Swim Practice	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 are not reflected on this schedule. Please see the Aquatics Programs poster for those times.		
	7 to 8:45 pm Open Swim		7 to 8:45 pm 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 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 and week.



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