

125 LIVE April 2017 Schedule



Warm Pool Schedule (NO LIFEGUARD ON DUTY SWIM AT YOUR OWN RISK)

Current 4/01/2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 7:30 am Open Use Time	5:30 - 7:30 am Open Use Time	5:30 - 7:30 am Open Use Time	5:30 - 7:30 am Open Use Time	5:30 - 7:30 am Open Use Time		
7:30 - 8:15 am Pool Aerobics	7:30 - 8 am Pool Aerobics	7:30 - 8:15 am Pool Aerobics	7:30 - 8 am Pool Aerobics	7:30 - 8:15 am Pool Aerobics	6 - 8:30 am Open Use Time	
8:15 - 9 am Open Use Time	8-12pm Open Use Time (3 Lanes)	8:15 - 9 am Open Use Time	8-12pm Open Use Time (3 Lanes)	8:15 - 9 am Open Use Time	POOL UNAVAILABLE 8:30am-1pm	10-1 pm Open Use Time
9 - 9:30 am Fluid Movement		9 - 9:30 am Fluid Movement		9 - 9:30 am Fluid Movement		
9:30 - 10:30 am Open Use Time		9:30 - 10:30 am Open Use Time		9:30 - 10:30 am Open Use Time		
10:30-11:30 am Open Use Time (Plus Rec Center Tot Swim) 3 Lanes		10:30-11:30 am Open Use Time (Plus Rec Center Tot Swim) 3 Lanes		10:30-11:30 am Open Use Time (Plus Rec Center Tot Swim) 3 Lanes		
11:30 am - 12 pm Aqua Zumba	12-12:45pm Functional Strength Pool	11:30 am - 12 pm Aqua Zumba	12-12:45pm Functional Strength Pool	11:30-3:15pm Open Use Time	1-3 pm <u>125 LIVE & Rec Center</u> Shared Open Use Time *125 LIVE <i>Intergenerational Swim*</i>	1-3 pm <u>125 LIVE & Rec Center</u> Shared Open Use Time
12-3:15pm Open Use Time	12:45-3:15pm Open Use Time	12-3:15pm Open Use Time	12:45-3:15pm Open Use Time		3pm-5:30 pm Open Use Time (Minimum of 2 lanes)	
2-3pm Level 1 Lessons*		2-3pm Level 1				

Monday Pool Available 5:30am-3:15pm

Tuesday Pool Available 5:30am-3:15pm

Wednesday Pool Available 5:30am-3:15pm

Thursday Pool Available 5:30am-3:15pm

Friday Pool Available 5:30am-3:15pm

Saturday 125 LIVE Facility & Locker Room CLOSSES at 6pm

Sunday 125 LIVE Facility & Locker Room CLOSSES at 4pm

50 Meter Competition Pool Schedule (LIFEGUARD/POOL MONITOR MUST BE PRESENT AT ALL TIMES)

Dates and time may change, due to large events or activities. Lifeguard or Pool Monitor is required to be onsite during open swim times.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-9:30am Open Swim	7-9:30am Open Swim	7-9:30am Open Swim	7-9:30am Open Swim	7-9:30am Open Swim		
	8-9:00am		8-9:00am			
10:30-1:15pm <u>125 LIVE & Rec Center</u> Shared Lap Swim	11:30-1:15pm <u>125 LIVE & Rec Center</u> Shared Lap Swim	10:30-1:15pm <u>125 LIVE & Rec Center</u> Shared Lap Swim	11:30-1:15pm <u>125 LIVE & Rec Center</u> Shared Lap Swim	10:30-1:15pm <u>125 LIVE & Rec Center</u> Shared Lap Swim	1-3pm <u>125 LIVE & Rec Center</u> Shared Lap Swim lanes 1-8	1-3pm <u>125 LIVE & Rec Center</u> Shared Lap Swim lanes 1-8

Program Descriptions: Pools

Open Use Time- Swim/walk/or exercise any way you want, so long as it doesn't prevent other members and guests from practical use of the pool.

Pool Aerobics- A very popular morning exercise class, using water weights and aerobic body movement to create a low impact and fun exercise session. 45 minutes

Fluid Movement- Move your body through a full range of motion, class may include some dance or lighter aerobic exercise movement. 30 minutes

Aqua Zumba- Aerobic dance class that uses key components of latin dance into a high intensity aerobic workout. 30 minutes

Functional Strength Pool- Use the water for balance support as you are coached through functional exercises that are designed to improve acts of daily living. 45 minutes

Open Use Time Plus Rec Center Tot Time- Pool is open for 125 LIVE members, Rec Center participants, and supervised "tots" (young children). Children are permitted to use the Rec Center locker rooms, or the assisted locker room in the pool area, but may not use 125 LIVE locker rooms. For more information, contact [Ken Baerg 507-424-6408](mailto:Ken.Baerg@125LIVE.com)

Shared Open Lap/Use- Pool os open to 125 LIVE Members and Rec Center users. Expect noise and people of all ages. Rec Center and 125 LIVE staff will be monitoring the pool.

By Appointment Only- Private Swim Lessons, must be pre-registered for class.

Intergenerational Swim- During scheduled "Intergenerational Activities" are the only time that minors are permitted to use the locker rooms within 125 LIVE. All minors must be under constant supervision of his or her parent or guardian, that is a member or paying guest of 125 LIVE. All individuals that use the pool and spaces within 125 LIVE will act in accordance to 125 LIVE Membership Policies, 125 LIVE staff have the authority to inforce all rules and policies.

"Open Use/Swim" may be used in a variety of ways, so long as the activity doesn't prevent the practical use of the pool by other members. This may include but is not limited to: swimming, walking, general fitness activities, or small group activities.

**Individuals may use the pool during scheduled classes, but must be aware of changes in environment (additional waves and music).