

125 LIVE May 2017 Swimming Pool Schedule

125
LIVE

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

Current 4/28/2017

| 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 | 8-10am Open Use Time (3 Lanes) | 8:15 - 9 am Open Use Time | POOL UNAVAILABLE 8:30am-1pm | |
| 9 - 9:30 am Fluid Movement | | 9 - 9:30 am Fluid Movement | 10-10:30am AM WET Ballet | 9 - 9:30 am Fluid Movement | | |
| 9:30 - 10:30 am Open Use Time | | 9:30 - 10:30 am Open Use Time | 10:30-12pm Open Use Time (3 Lanes) | 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 Shared Open Use Time</u> *125 LIVE Intergenerational Swim* | 10-1 pm Open Use Time |
| 12-3:15pm Open Use Time | 12:45-3:15pm Open Use Time | 1-3:15pm Open Use Time | 12:45-3:15pm Open Use Time | | 3pm-5:30 pm Open Use Time (Minimum of 2 lanes) | 1-3 pm <u>125 LIVE & Rec Center Shared Open Use Time</u> |
| 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 | 1-3pm <u>125 LIVE & Rec Center Shared Lap Swim lanes 1-8</u> | 1-3pm <u>125 LIVE & Rec Center Shared Lap Swim lanes 1-8</u> |
| 10:30-1:15pm <u>125 LIVE & Rec Center Shared Lap Swim</u> | 11:30-1:15pm <u>125 LIVE & Rec Center Shared Lap Swim</u> | 10:30-1:15pm <u>125 LIVE & Rec Center Shared Lap Swim</u> | 11:30-1:15pm <u>125 LIVE & Rec Center Shared Lap Swim</u> | 10:30-1:15pm <u>125 LIVE & Rec Center Shared Lap Swim</u> | | |

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

AM WET Ballet: A thirty minute structured Ballet class using the pool deck as the barre, you can move artistically in the water as you move through choreographed Ballet positions.

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- 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).