

# Fall Pool Schedule Sept-November



Pool schedule subject to change. Warm Water Pool Swim at your own risk.

Updated 10/31/2017

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday				
5:30-6:45am Open Pool	125 LIVE closes at 9pm, with no exceptions. All members must follow the instructions of 125 LIVE and Rec Center Staff, and follow the pool schedule and rules. Locker room doors to pool will be locked at 4:30pm.	5:30-7:30am Open Pool	125 LIVE closes at 9pm, with no exceptions. All members must follow the instructions of 125 LIVE and Rec Center Staff, and follow the pool schedule and rules. Locker room doors to pool will be locked at 8:45pm.	5:30-6:45am Open Pool	125 LIVE closes at 9pm, with no exceptions. All members must follow the instructions of 125 LIVE and Rec Center Staff, and follow the pool schedule and rules. Locker room doors to pool will be locked at 7pm.	5:30-7:30am Open Pool	125 LIVE closes at 9pm, with no exceptions. All members must follow the instructions of 125 LIVE and Rec Center Staff, and follow the pool schedule and rules. Locker room doors to pool will be locked at 8:45pm.	5:30-7:30am Open Pool	125 LIVE closes at 7pm, with no exceptions. All members must follow the instructions of 125 LIVE and Rec Center Staff, and follow the pool schedule and rules. Locker room doors to pool will be locked at 6:45pm.		125 LIVE closes at 6pm, with no exceptions. All members must follow the instructions of 125 LIVE and Rec Center Staff, and follow the pool schedule and rules. Locker room doors to pool will be locked at 5:45pm.					
6:45-7:15am Level 2 Aerobics Jose		7:30-8am Pool Aerobics Emily		6:45-7:15am Level 2 Aerobics Jose		7:30-8am Pool Aerobics Jose		7:30-8am Pool Aerobics Emily		7:30-8:15am Pool Aerobics Jose		8:15-9am Open Pool	9-9:30am Fluid Movement Jose	6am-10:30am Open Pool		
7:30-8:15am Pool Aerobics Jose		8-12pm Open Pool		8:15-9am Open Pool		9-9:30am Fluid Movement Jose		8-12 Open Pool		9:30-10:30am Open Pool		10-10:30am Aqua Fit ( & Open Pool) Sylwia	10:30-11:30am Am Water Volleyball & Rec Shared Tot Swim	10:30-11:30am <b>POOL CLOSED</b>	10-1pm Open Pool	
8:15-9am Open Pool				12-12:45pm Functional Strength Pool Joette		10:30-11:30am Open Pool Rec Shared Tot Swim		11:30-12pm Aqua Zumba Kaethe		12-12:45pm Functional Strength Pool Joette		12:45-4:30pm Open Pool	11:30-6pm Open Pool	11:30-1pm Open Pool	1-3pm Intergenerational Swim (Supervised children under the age of 15, 16 and over must purchase day pass)	1-3pm Rec Center Shared Pool (Children may be present from the Rec Center Locker rooms)
9-9:30am Fluid Movement Jose				12:45-4pm Open Pool		9:30-10:30am Open Pool		12-7pm Open Pool		12:45-4:30pm Open Pool		4:30-8pm <b>POOL CLOSED</b>	6-6:45pm Water Volleyball (court uses 1/3 of pool, Open Use still available)	3-5:45pm Open Pool	3-3:45pm Open Pool	
9:30-10:30am Open Pool				4:30-8pm <b>POOL CLOSED</b>		10:30-11:30am Open Pool Rec Shared Tot Swim		7pm <b>POOL CLOSED</b>		8-8:45pm Open Pool						
10:30-11:30am Open Pool Rec Shared Tot Swim		8-8:45pm Open Pool		11:30-12pm Aqua Zumba Kaethe												
11:30-12pm Aqua Zumba Kaethe																
12-4:15pm Open Pool																
4:15pm <b>POOL CLOSED</b>																

## 50-Meter Lap Pool

7-9am Open Pool	Pool Monitor must be present	7-9am Open Pool	Pool Monitor must be present	7-9am Open Pool	Pool Monitor must be present	7-9am Open Pool	Pool Monitor must be present	7-9am Open Pool	Pool Monitor must be present	1-3pm Rec Center Open Swim	Pool Monitor must be present	1-3pm Rec Center Open Swim	Pool Monitor must be present
10:30-1pm Adult Open Swim		11:30-1pm Adult Open Swim		10:30-1pm Adult Open Swim		11:30-1pm Adult Open Swim		10:30-1pm Adult Open Swim					

## Program Descriptions: Pools

**Rec Center Swim or Adult Open Swim-** 125 LIVE Members may use the pool along with Rec Center users as part of a shared pool program.

**Level 2 Aerobics-** Full body aerobic workout at a higher intensity than the 7:30 Pool Aerobics.

**Pool Aerobics-** A very popular morning exercise class, using water weights and aerobic body movement to create a low impact and fun exercise session. 30-45 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, [Ken Baerg 507-424-6408](tel:507-424-6408)

**Aqua Fit-** choreographed cardio dance and strength training combined into one fun experience.

**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. Guests 16 years of age and older must pay the \$10 Guest fee, 15 years of age and younger are free with a 125 LIVE Member or Paying Guest.

**Open Pool-** 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).

## Warm Water Pool Policies for 125 LIVE

Facility staff have been trained to maintain a safe aquatic environment, and will enforce pool rules. **Their authority is must be respected at all times.**

No food, gum, candy, or pop on the pool deck. Water bottles must be made of a shatterproof material.

Children the age 7 years and younger must be accompanied by an adult in the pool, when in the water.

Children the age of 12 and younger must have an adult in attendance, able to supervise the child at all times.

Non-Coast Guard approved devices (rings, water wings, and rafts) are prohibited during public open swims.

No running on the deck, excessive (purposefully disruptive) splashing, or excessive rough play in the pool or locker room areas during open swim times.

Spitting water from the mouth and blowing the nose is prohibited in the pool.

Water squirting toys and devices (water guns) are prohibited in the pool during open swim.

Equipment will be returned to the designated area, immediately following its use.

Individuals doing lap swimming are encouraged to use the deeper side of the pool and stay within their lane, but the pool is to be equally shared by all users.

Pool deck must be completely clear of equipment (dumbbells, noodle, and lane ropes) to avoid falls or injuries.

Pool users must shower prior to entry into the pool.

In an emergency please use the wall phone to contact 911 or the Fitness Desk.