

# Pool Schedule

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

Updated 1/31/2018

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 rooms are locked at 4pm.	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 rooms are locked at 4pm and again at 9pm.	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 rooms are locked at 5:15pm.	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 rooms are locked at 4:15pm and again at 9pm.	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 rooms are locked at 7pm.		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 rooms are locked at 5:30pm.		125 LIVE closes at 4pm, with no exceptions. All members must follow the instructions of 125 LIVE and Rec Center Staff, and follow the pool schedule and rules. Locker rooms are locked at 3pm.					
6:45-7:15am Aerobics 2 Jose		7:30-8am Pool Aerobics Emily		6:45-7:15am Aerobics 2 Jose		7:30-8am Pool Aerobics Jose		7:30-8am Pool Aerobics Emily		7:30-8am Pool Aerobics Jose		7:30-8am Pool Aerobics Emily		7:30-8:15am Pool Aerobics Jose				
7:30-8:15am Pool Aerobics Jose		8-12pm Open Pool		8:15-9am Open Pool		8:15-9am Open Pool		8:15-9am Open Pool		8-12pm Open Pool		8:15-9am Open Pool		8:15-9am Open Pool	8:15-9am Open Pool	6am-1pm Open Pool		
9-9:30am Fluid Movement Jose				9-9:30am Fluid Movement Jose		9-9:30am Fluid Movement Jose		9-9:30am Fluid Movement Jose				9-9:30am Fluid Movement Jose		9-9:30am Fluid Movement Jose	9-9:30am Fluid Movement Jose			
9:30-10:30am Open Pool				10:30-11:30am Open Pool / Rec Shared Tot Swim (Children may be present)		9:30-10:30am Open Pool		10:30-11:30am Open Pool / Rec Shared Tot Swim (Children may be present)				9:30-10:30am Open Pool		10:30-11:30am Open Pool / Rec Shared Tot Swim (Children may be present)	9:30-10:30am Open Pool		10-10:30am Aqua Fit Sylwia	
10:30-11:30am Open Pool / Rec Shared Tot Swim (Children may be present)				11:30-12pm Aqua Zumba Mirna		10:30-11:30am Open Pool / Rec Shared Tot Swim (Children may be present)		11:30-12pm Aqua Zumba Mirna				10:30-11:30am Open Pool / Rec Shared Tot Swim (Children may be present)		11:30-12pm Aqua Zumba Mirna	10:30-11:30am Open Pool / Rec Shared Tot Swim (Children may be present)		**10:30-11am Water Volleyball	
11:30-12pm Aqua Zumba Mirna		12-12:45pm Functional Strength Pool Joette		12-12:45pm Functional Strength Pool Joette		12-5:15pm Open Pool		12-12:45pm Functional Strength Pool Joette		12-5:15pm Open Pool		12-12:45pm Functional Strength Pool Joette		11:30-4:30pm Open Pool	11:30-4:30pm Open Pool	1-3pm Intergenerational Swim/Rec Pool <i>(Supervised children will be permitted to use the Pool and Locker Room) See description on reverse side*</i>		
⊘ 4pm Pool Closed		12-4pm Open Pool		12:45-4pm Open Pool		⊘ 5:15pm Pool Closed		12:45-4pm Open Pool		⊘ 4-8pm Pool Closed		12:45-4pm Open Pool		4:30-6:45pm Intergenerational Swim <i>(125 LIVE Members &amp; Guests Only)</i>	4:30-6:45pm Intergenerational Swim <i>(125 LIVE Members &amp; Guests Only)</i>	3-5:30pm Open Pool		
		⊘ 4pm Pool Closed		8-8:45pm Open Pool				8-8:45pm Open Pool				8-8:45pm Open Pool		8-8:45pm Open Pool	8-8:45pm Open Pool			

**50-Meter Lap Pool: No one may occupy the 50-Meter Pool without a Monitor/Life Guard 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	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-** 125 LIVE Members may use the pool along with Rec Center users as part of a shared pool program. Participants may be a variety of ages.

**Aerobics2-** Full body aerobic workout at a higher intensity than the "original" 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. \*\* Tot Time overlaps Water Volleyball on Fridays. For more information, [Ken Baerg 507-424-6408](mailto:Ken.Baerg@125LIVE.com)

**Shared Open Lap/Use-** Pool is 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 enforce all rules and policies. **Guests 16 years of age and older must pay the \$10 Guest fee, 15 years of age and younger are \$2 with a 125 LIVE Member or Paying Guest.** Members can expect young children to be present during this time in the pool, and that the pool will be busier and louder. Anyone over the age of 4 years is expected to use their appropriate gender identified locker room or bathroom, 125 LIVE has two assisted locker rooms available for anyone that needs assistance.

**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).*

## Pool Rules 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 one 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.

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

Pool users must shower prior to entry into the pool.

Shower on the Pool Deck is for basic rinsing off of pool water, it is not intended for true showering. Shampoo and soap use with the deck shower is prohibited.

Any person (adult/child) that may experience incontinence concerns, are required to wear an incontinence guard underneath their swim suit (disposable swim wear/swim diaper).