

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.

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)

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.

***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 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 of 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, 125 LIVE has for sale swim diapers for children up to 33lbs available at the desk).

Warm Water Pool Event Dates: Dates/Times that the pool is unavailable

Monday	May	28	Holiday/Closed for
Friday	June	15	Swim Event
Saturday	June	16	Swim Event
Wednesday	July	4	Holiday/Closed for
Friday	July	6	Swim Event
Saturday	July	7	Swim Event
Friday	July	20	Swim Event
Saturday	July	21	Swim Event
Sunday	July	22	Swim Event
Thursday	August	2	Swim Event
Friday	August	3	Swim Event
Saturday	August	4	Swim Event
Sunday	August	5	Swim Event

Pool availability is subject to change, many variables including routine/emergency maintenance and programs affect the pool availability.

50-Meter Pool Event Dates: Dates/Times that the pool is unavailable

Monday	May	28	Holiday/Closed for maintenance
Friday	June	15	Swim Event
Saturday	June	16	Swim Event
Wednesday	June	20	Swim Event
Wednesday	July	4	Holiday/Closed for maintenance
Friday	July	6	Swim Event
Saturday	July	7	Swim Event
Friday	July	20	Swim Event
Saturday	July	21	Swim Event
Sunday	July	22	Swim Event
Tuesday	July	31	Swim Event
Wednesday	August	1	Swim Event
Thursday	August	2	Swim Event
Friday	August	3	Swim Event
Saturday	August	4	Swim Event
Sunday	August	5	Swim Event
Monday - Monday	August	6th-13th	Drained for Maintenance