



## Pool Schedule Nov-Jan

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:45 Open Pool	5:30-6:45 Open Swim	5:30-6:45am Open Pool	5:30-6:45am Open Pool	5:30-8:45am Open Pool	7-9:45am Open Pool	10AM-2:45PM Open Pool  All Members and Guests must exit the pool and be out of the locker rooms prior to the scheduled building closing time <b>(9pm            Monday-Friday,            6pm Saturday,            and 4pm            Sunday)</b> . Please follow all pool rules, safety policies, and recognize the authority of 125 LIVE and Rec Center staff regarding pool use.
7-7:45am Aqua Strength Jose	7-7:45am Aqua Zumba Jess	7-7:45am Aqua Aerobics Jose	7-7:45am Aqua Zumba Jess			
8-8:45am Open Pool	8-9:45 Open Pool	8-10:15 Open Pool	8-11am Open Pool	9-9:45am Volleyball		
9-9:45am Aqua Yoga				10-10:30 Open Pool	10-10:45am Aqua Fit Brent	
10-10:45 Open Pool	9:45-10:45am Pool Closed Rec Center	10:15-11:45am Pool Closed Rec Center	11-11:45am Functional Strength Mirna	10:30-11:30am Pool Closed Rec Center	11-12pm Volleyball	
11-11:45am Aqua Zumba Mirna	11-11:45am Volleyball					
11:45-3:45pm Open Pool	11:45-3:45pm Open Pool	12-12:45pm Aqua Fit Avin	12-3pm Open Pool	11:45-12:30pm Aqua Zumba Mirna	12-5:45pm Open Pool	
		1-3:45pm Open Pool		12:30-5:45pm Open Pool		
3:45-8pm Pool Closed Rec Center	3:45-8pm Pool Closed Rec Center	3:45-8pm Pool Closed Rec Center	3-4pm Pool Maintenance & Rec Center	6-6:45pm Aqua HiiT Brent		
				7-8pm Pool Party		
8-8:45pm Aqua Zumba	8-8:45pm Open Pool	8-8:45pm Open Pool	8-8:45pm Aqua Zumba	8-8:45pm Open Pool		

The Rochester Recreation Center part of the Rochester Department of Parks and Recreation supervises all scheduling and maintenance in the pools.

Pool Schedule is subject to change. <b>50-Meter Pool Schedule: Pool Monitor REQUIRED for Pool Access</b>					
Monday	Tuesday	Wednesday	Thursday	Friday	A pool monitor or life guard is required for 50-meter pool access, 125 LIVE is providing a Montior to be onsite, please refrain from entering the water if the Monitor isn't present.
7-10am 50-Meter Pool Lap Swim	7-10am 50-Meter Pool Lap Swim	7-10am 50-Meter Pool Lap Swim	7-10am 50-Meter Pool Lap Swim	7-10am 50-Meter Pool Lap Swim	
Members are encouraged to reserve their spot daily in the pool by calling 507-287-1404, drop-ins are welcome in the pool only if the pool is under the maximum capacity of 30 people. <i>(The Stay Safe MN Executive Order maximum pool capacity for the warm water pool is approximately 84 people, 50% the</i>					
Please review posted signs for any changes in access to the pool areas. Friday November 20 is the only scheduled weekday planned 50-meter pool closure.					

Pool Rules & Safety Guidelines 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.
Showers are required before entry into pools
No food, gum, candy, or pop on the pool deck. Water bottles must be made of a shatterproof material.
No running on the deck, excessive (purposefully disruptive) splashing, or excessive rough play in the pool or locker room areas
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 lap swimming are encouraged to share 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.
Masks must be worn at all times that you are NOT IN THE POOL, masks are prohibited in the pool (simulated drowning risk)
If you feel unwell stay home, do not enter 125 LIVE
Wash hands frequently
Maintain 6 feet of distance between yourself and others (even friends)
Cover all coughs and sneezes
Remember to wear your mask, when you are not in the pool or showers, but throughout the locker room and everywhere else

Call to reserve a spot in the pool, current 125 LIVE restrictions are 30 people in the pool at once. Reservations are not required, but are encouraged, as once the pool reaches maximum occupancy only members that reserved their spot may stay in the pool. Call Membership Services at 507-287-1404 to reserve you spot.