

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Updated 2/1/2021 All Members must exit the pool and be out of the locker rooms prior to the scheduled building closing time (9pm Monday-Friday, 6pm Saturday, and 4pm Sunday) . Please follow all pool rules, safety policies, and recognize the authority of 125 LIVE and Rec Center staff regarding pool use.	
5:30-6am Swimming Laps Only	5:30-6am Walking Laps Only	5:30-6am Swimming Laps Only	5:30-6am Walking Laps Only	5:30-6am Swimming Laps only	7-7:30am Swimming Laps Only			
6-6:30am Walking Laps Only	6-6:30am Swimming Laps Only	6-6:30am Walking Laps Only	6-6:30am Swimming Laps Only	6-6:30am Walking Laps Only	7:30-8am Walking Laps Only	10-10:30am Walking Laps Only		
6:30-7am Walking Laps Only	6:30-7am Walking Laps Only	6:30-7am Walking Laps Only	6:30-7am Walking Laps Only	6:30-7am Walking Laps Only	8-9am Walking Laps Only	10:30-11am Walking Laps Only		
7-7:30am Aqua Strength	7-7:30am Aqua Zumba	7-7:30am Aqua Aerobics	7-7:30am Aqua Zumba	7-7:30am Walking Laps Only		11-11:30am Swimming Laps Only		
7:40-8:10am Aqua Strength	7:40-8:10am Aqua Zumba	7:40-8:10am Aqua Aerobics	7:40-8:10am Aqua Zumba	7:30-8am Swimming Laps Only	9-9:30am Swimming Laps only	11:30-12pm Walking Laps Only		
8:15-8:45am Swimming Laps Only	8:15-8:45am Walking Laps Only	8:15-8:45am Swimming Laps Only	8:15-8:45am Walking Laps Only	8-8:30am Swimming Laps Only	9:30-10am Walking Laps Only	12-12:30pm Swimming Laps Only		
8:45-9:15am Walking Laps Only	8:45-9:15am Swimming Laps Only	8:45-9:15am Walking Laps Only	8:45-9:15am Swimming Laps Only	8:30-9am Walking Laps Only	10-10:30am Aqua Fit	12:30-1pm Swimming Laps Only		
9:15-9:45am Swimming Laps Only	9:15-9:45am Walking Laps Only	9:15-9:45am Walking Laps Only	9:15-9:45am Walking Laps Only	9-9:30am Walking Laps only	10:40-11:10am Aqua Fit	1-2pm Walking Laps Only		
9:45-10:15am Walking Laps Only	9:45-10:45am Closed Rec Center	9:45-10:15am Swimming Laps Only	9:45-10:15am Walking Laps Only	9:30-10am Swimming Laps Only	11:15-11:45am Swimming Laps Only			
10:15-10:50am Swimming Laps Only	10:45-11:15am Walking Laps Only	10:15-11:45am Closed Rec Center	10:15-11am Swimming Laps Only	10-10:30am Swimming Laps Only	11:45-12:15pm Walking Laps Only	2-2:30pm Swimming Laps Only		
11-11:30am Aqua Zumba	11:15-11:45am Swimming Laps Only		11-11:30am Functional Strength	10:30-11:30am Closed Rec Center	12:15-12:45pm Swimming Laps Only	The Executive Order Maximum Walking Laps Only Sessions is 23 individuals.		
11:40-12:10pm Aqua Zumba	11:45-12:15pm Walking Laps Only		11:40-12:10pm Functional Strength	11:45-12:15pm Aqua Zumba	12:45-1:15pm Walking Laps Only			
12:15-12:45pm Swimming Laps Only	12:15-12:45pm Swimming Laps Only	12-12:30pm Aqua Fit	12:15-12:45pm Swimming Laps Only	12:15-12:45pm Swimming Laps Only	1:15-2:15pm Walking Laps Only	The Executive Order Maximum Swimming Laps Only Sessions is 3 individuals		
12:45-1:15pm Walking Laps Only	12:45-1:15pm Walking Laps Only	12:40-1:10pm Aqua Fit	12:45-1:15pm Walking Laps Only	12:45-1:15pm Walking Laps Only				
1:15-2:15pm Walking Laps Only	1:15-1:45pm Swimming Laps Only	1:15-2:15pm Walking Laps Only	1:15-1:45pm Swimming Laps Only	1:15-2:15pm Walking Laps Only	2:15-2:45pm Walking Laps Only	The Executive Order Maximum Fitness Class Occupancy is 10 individuals		
	1:45-2:15pm Walking Laps Only		1:45-2:45pm Walking Laps Only		2:45-3:15pm Swimming Laps Only			
2:15-2:45pm Swimming Laps Only	2:15-2:45pm Swimming Laps Only	2:15-2:45pm Swimming Laps Only	2:15-2:45pm Swimming Laps Only	2:15-2:45pm Swimming Laps Only	3:15-3:45pm Walking Laps Only		The Executive Order Maximum 50-Meter Lap Pool Swim Occupancy is 4 individuals (every other lane)	
2:45-3:15pm Walking Laps Only	2:45-3:45pm Walking Laps Only	2:45-3:15pm Walking Laps Only	2:45-3:15pm Walking Laps Only	2:45-3:15pm Walking Laps Only	3:45-4:15pm Swimming Laps Only			
3:15-3:45pm Swimming Laps Only		3:45-8pm Closed Rec Center	3:15-3:45pm Swimming Laps Only	3-8pm Closed Rec Center	3:15-3:45pm Swimming Laps Only	4:15-4:45pm Walking Laps Only	Anyone using the pool must register to reserve their time in the pool. No one is allowed in the pool without first reserving their time, this is a Department of Health Requirement.	
3:45-8pm Closed Rec Center	3:45-8pm Closed Rec Center		3:45-8pm Closed Rec Center		3:45-8pm Closed Rec Center	3:45-4:15pm Swimming Laps Only		4:45-5:15pm Walking Laps Only
						4:15-5:15pm Walking Laps Only		5:15-5:45pm Swimming Laps Only
						5:15-5:45pm Swimming Laps Only		Reservations may be made online, in person, or via phone by calling the Membership services Desk at 507-287-1404. Please be alert for new signs and notifications, as short notice changes based on Executive Orders or other mandates may affect the pool availability.
						6-6:30pm Aqua Hiit		
6:45-7:15pm Aqua Hiit								
7:15-8pm Walking Laps Only				7:15-8pm Walking Laps Only				
8-8:45pm Aqua Zumba	8-8:45pm Swimming Laps Only	8-8:45pm Walking Laps Only	8-8:45pm Aqua Zumba	8-8:45pm Swimming Laps Only				

50-Meter Pool Schedule Updated 2/1/2021

Pool Schedule is subject to change, shallow lanes ONLY. **50-Meter Pool Schedule: Pool Monitor REQUIRED for Pool Access & Reservations required too.**

Monday	Tuesday	Wednesday	Thursday	Friday	
7-7:30am Lap Swim	7-7:30am Lap Swim	7-7:30am Lap Swim	7-7:30am Lap Swim	7-7:30am Lap Swim	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. Reservations are required to access the pool.
7:30-8am Lap Swim	7:30-8am Lap Swim	7:30-8am Lap Swim	7:30-8am Lap Swim	7:30-8am Lap Swim	
8-8:30am Lap Swim	8-8:30am Lap Swim	8-8:30am Lap Swim	8-8:30am Lap Swim	8-8:30am Lap Swim	
8:30-9am Lap Swim	8:30-9am Lap Swim	8:30-9am Lap Swim	8:30-9am Lap Swim	8:30-9am Lap Swim	
9-9:30am Lap Swim	9-9:30am Lap Swim	9-9:30am Lap Swim	9-9:30am Lap Swim	9-9:30am Lap Swim	
9:30-10am Lap Swim	9:30-10am Lap Swim	9:30-10am Lap Swim	9:30-10am Lap Swim	9:30-10am Lap Swim	

Members are required to reserve their spot daily in the pool by calling 507-287-1404. Anyone reserving time during classes or events MUST be participating in the event (example lap walking in the pool during a class is prohibited).

Please review all posted signs routinely as rules are subject to change. Masks are required at all times, unless in the shower or pool. Swim at your own risk.

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/12 feet of distance between yourself and others at all times (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