


| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|-------------------------------------|------------------------------------|-----------------------------------|------------------------------------|---|---|
| 5:30-6:15am Swimming Laps Only | 5:30-6:15am Swimming Laps Only | 5:30-6:15am Swimming Laps Only | 5:30-6:15am Walking Laps Only | 5:30-6:15am Swimming Laps Only | 7-7:45am Swimming Laps Only | <p>Updated 4/1/2021 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.</p> |
| 6:15-7am Swimming Laps Only | 6:15-7am Swimming Laps Only | 6:15-7am Walking Laps Only | 6:15-7am Swimming Laps Only | 6:15-7am Walking Laps Only | 7:45-8:30am Walking Laps Only | |
| 7-8am Aqua Strength* | 7-8am Aqua Zumba* | 7-8am Aqua Aerobics* | 7-8am Aqua Zumba* | 7-7:45am Walking Laps Only | 8:30-9:15am Volleyball | |
| 8-8:30am Swimming Laps Only | 8-8:45am Walking Laps Only | 8-8:30am Swimming Laps Only | 8-8:45am Walking Laps Only | 7:45-8:15am Swimming Laps Only | 9:15-10am Swimming Laps only | |
| 8:30-9:15am Walking Laps Only | 8:45-9:15am Swimming Laps Only | 8:30-9:15am Walking Laps Only | 8:45-9:15am Swimming Laps Only | 8:15-8:45am Swimming Laps Only | 10-11am Aqua Fit* | |
| 9:15-9:45am Swimming Laps Only | 9:15-9:45am Swimming Laps Only | 9:15-9:45am Swimming Laps Only | 9:15-10am Walking Laps Only | 8:45-9:30am Walking Laps Only | 11-11:30am Swimming Laps Only | |
| 9:45-10:15am Swimming Laps Only | 9:45-10:45am Closed Rec Center | 9:45-10:15am Walking Laps Only | 10-10:30am Swimming Laps Only | 9:30-10am Swimming Laps Only | 11:30-12:15pm Walking Laps Only | |
| 10:15-11am Walking Laps Only | 10:45-11:30am Walking Laps Only | 10:15-11:45am Closed Rec Center | 10:30-11am Walking Laps Only | 10-10:30am Walking Laps Only | 12:15-12:45pm Swimming Laps Only | |
| 11-12pm Aqua Zumba* | 11:30-12:15pm Swimming Laps Only | | 11-12pm Functional Strength* | 10:30-11:30am Closed Rec Center | 12:45-1:15pm Swimming Laps Only | |
| 12-12:45pm Swimming Laps Only | 12:15-1pm Walking Laps Only | 12-1pm Aqua Fit* | 12-12:45pm Swimming Laps Only | 11:45-12:45pm Aqua Zumba* | 1:15-2pm Walking Laps Only | |
| 12:45-1:30pm Walking Laps Only | 1-1:45pm Swimming Laps Only | 1:15-2:15pm Walking Laps Only | 12:45-1:30pm Walking Laps Only | 12:45-1:30pm Swimming Laps Only | 2-2:45pm Walking Laps Only | |
| 1:30-2:15pm Walking Laps Only | 1:45-2:30pm Walking Laps Only | 2:15-2:45pm Swimming Laps Only | 1:30-2:15pm Swimming Laps Only | 1:30-2:15pm Walking Laps Only | 2:45-3:30pm Walking Laps Only | <p>The Executive Order Maximum Swimming Laps Only Sessions is 8 Swimmers</p> |
| 2:15-3pm Swimming Laps Only | 2:30-3pm Swimming Laps Only | 2:45-3:15pm Swimming Laps Only | 2:15-2:45pm Swimming Laps Only | 2:15-3pm Walking Laps Only | 3:30-4:15pm Walking Laps Only | |
| 3-3:45pm Walking Laps Only | 3-3:45pm Walking Laps Only | 3:15-3:45pm Swimming Laps Only | 3-8pm Closed Rec Center | 3-3:45pm Swimming Laps Only | 4:15-5pm Swimming Laps Only | <p>The Executive Order Maximum Fitness Class Occupancy is 25 Participants</p> |
| 3:45-8pm Closed Rec Center | 3:45-8pm Closed Rec Center | 3:45-8pm Closed Rec Center | | 3:45-4:30pm Volleyball | 5-5:45pm Swimming Laps Only | |
| | | | | 4:30-5:15pm Swimming Laps Only | 50-Meter Lap Pool Swim Occupancy is 17 Swimmers (8 lanes + open end) | |
| | | | | 5:15-6pm Swimming Laps Only | | |
| | | | | 6-7pm Aqua Hiit* | | |
| | | | 7-7:45pm 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 | 7:45-8:45pm Swimming Laps Only | | |
| *Pool Classes are 45-minutes in length, and allow class participants 15-minutes to cool-down via Walking Laps ONLY while safely socially distancing themselves. | | | | | |  <p>CENTER FOR ACTIVE ADULTS</p> |

50-Meter Pool Schedule Updated 4/12021

| Monday | Tuesday | Wednesday | Thursday | Friday | |
|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|---|
| 7-7:45am Lap Swim | 7-7:45am Lap Swim | 7-7:45am Lap Swim | 7-7:45am Lap Swim | 7-7:45am Lap Swim | <p>A pool monitor or life guard is required for 50-meter pool access, 125 LIVE is providing a Monitor to be onsite, please refrain from entering the water if the Monitor isn't present. Reservations are required to access the pool. Pool schedule subject to change, shallow lanes only.</p> |
| 7:45-8:30am Lap Swim | 7:45-8:30am Lap Swim | 7:45-8:30am Lap Swim | 7:45-8:30am Lap Swim | 7:45-8:30am Lap Swim | |
| 8:30-9:15am Lap Swim | 8:30-9:15am Lap Swim | 8:30-9:15am Lap Swim | 8:30-9:15am Lap Swim | 8:30-9:15am Lap Swim | |
| 9:15-10am Lap Swim | 9:15-10am Lap Swim | 9:15-10am Lap Swim | 9:15-10am Lap Swim | 9:15-10am Lap Swim | |

Pool Safety Guidelines

Reserve your spot daily in the pools 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.

Clock in the Warm Water Pool is the official Clock for all pool scheduling. Do not enter pool until it is your time, please be ready to leave the pool at the end of your scheduled time.

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 encouraged for anyone engaging vigorous physical activity in the pool if possible (if an individual is able to maintain a dry mask in the pool)

If you feel unwell stay home, do not enter 125 LIVE

Wash hands frequently

Maintain a minimum of 6 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