

125 LIVE POOL SCHEDULES MAY

Governor's ORDER: Reservations are required for ALL Pool Activities, no one may enter the pool without a reservation for that specific time and date. No one may perform any activities outside of the specific scheduled activity, and masks are mandatory everywhere except when in the pool or in the shower. Reservations may be made online, in-person and over the phone 507-287-1404.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	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) . Follow all rules, safety policies, and recognize the authority of 125 LIVE and Rec Center staff.
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		
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	10-10:30am 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	10:30-11:30am Aqua Fit*	
8-8:30am Swimming Laps Only	8-9am Independent Exercise	8-8:30am Swimming Laps Only	8-8:30am Walking Laps Only	7:45-8:15am Swimming Laps Only	9:15-10am Swimming Laps only	11:30-12pm Swimming Laps Only	
8:30-9:15am Walking Laps Only	9-9:45am Aqua Aerobics	8:30-9:15am Independent Exercise	8:30-9:00am Swimming Laps Only	8:15-8:45am Swimming Laps Only	10-11am Aqua Fit*	12-12:45pm Walking Laps Only	
9:15-9:45am Swimming Laps Only	9:45-10:45am Closed Rec Center	9:15-9:45am Swimming Laps Only	9-10am Aqua Aerobics*	8:45-9:30am Walking Laps Only	11-11:30am Swimming Laps Only	12:45-1:15pm Swimming Laps Only	
9:45-10:15am Swimming Laps Only	10:45-11:30am Walking Laps Only	9:45-10:15am Walking Laps Only	10-10:30am Swimming Laps Only	9:30-10:30am Volleyball	11:30-12:15pm Walking Laps Only	1:15-2pm Walking Laps Only	
10:15-11am Walking Laps Only	11:30-12:15pm Swimming Laps Only	10:15-11:45am Closed Rec Center	10:30-11am Walking Laps Only	10:30-11:30am Closed Rec Center	12:15-12:45pm Swimming Laps Only	2-2:30pm Swimming Laps Only	
11-12pm Aqua Zumba*	12:15-1pm Walking Laps Only	12-1pm Aqua Fit*	11-12pm Functional Strength*	11:45-12:45pm Aqua Zumba*	12:45-1:15pm Independent Exercise		
12-12:45pm Swimming Laps Only	1-1:45pm Swimming Laps Only	1:15-2:15pm Walking Laps Only	12-12:45pm Swimming Laps Only	12:45-1:30pm Swimming Laps Only	2-2:45pm Walking Laps Only	Governor Ordered Maximum Walking Laps Only is 25 individuals.	
12:45-1:30pm Independent Exercise	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		Governor Ordered Maximum Swimming Laps Only is 8 Swimmers
1:30-2:15pm Walking 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 Independent Exercise	3:30-4:15pm Walking Laps Only		
2:15-3pm Swimming Laps Only	3-3:45pm Independent Exercise	3:15-3:45pm Swimming Laps Only	3-8pm Closed Rec Center	3-3:45pm Swimming Laps Only	4:15-5pm Swimming Laps Only	Governor Ordered Maximum Fitness Class Occupancy is 25 Participants	
3-3:45pm Walking Laps Only				3:45-4:30pm Volleyball	5-5:45pm Swimming Laps Only		Governor Ordered 50-Meter Lap Pool Swim Occupancy is 17 Swimmers (8 lanes + open end)
				4:30-5:15pm Swimming Laps Only			
				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.

50-Meter Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	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.
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	
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

Call to reserve a spot in the pool, reservations ARE REQUIRED. Call Membership Services at 507-287-1404 to reserve you spot.

**Please review the 125 LIVE COVID Preparedness Plan for more rules and details about pool safety
(page 23/subject to change regularly)**