



125 LIVE POOL SCHEDULES for July



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	<p>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> <p>Executive Orders have been lifted, please continue to follow 125 LIVE and Rec Center policies and rules. Pool users must follow the written and verbal policies of both the Recreation Center and 125 LIVE.</p> <p>Olmsted Medical Center Rehab 125 LIVE is proud to be partnering with Olmsted Medical Center to provide therapy services onsite at 125 LIVE.</p>
5:30-6:15am Open Pool	5:30-6:15am Lap Swimming	5:30-6:15am Open Pool	5:30-6:15am Lap Swimming	5:30-6:15am Open Pool	7-7:45am Lap Swimming		
6:15-7am Lap Swimming	6:15-7am Open Pool	6:15-7am Lap Swimming	6:15-7am Open Pool	6:15-7am Lap Swimming	7:45-8:30am Open Pool		
7-7:45am Aqua Strength	7-7:45am Aqua Zumba	7-7:45am Aqua Aerobics	7-7:45am Aqua Zumba		8:30-9:15am Volleyball		
8-10:30am Open Pool	8-10am Open Pool	8-10:30am Open Pool	8-10am Open Pool	7-9:30am Open Pool	9:15-10am Open Pool	10-10:30am Open Pool	
					10-10:45am Aqua Fit	10:30-11:15am Aqua Fit	
10:30-11:30am Closed Rec Center	10-10:45am Aqua Aerobics	10:30-11:30am Closed Rec Center	10-10:45am Aqua Aerobics	9:30-10:30am Volleyball	10:45-1pm Open Pool	11:15-1pm Open Pool	
11:30-12:15pm Aqua Zumba	10:45-1pm Open Pool	11:30-12:30pm Open Pool + (OMC Rehab)	11-11:45am Functional Strength	10:30-11:30am Closed Rec Center			
12:15-2:15pm Open Pool		1-2pm Volleyball	12:30-1:15pm Aqua Fit	11:45-12:45pm Lap Swimming	11:30-12:15pm Aqua Zumba	1-2:45pm Shared Rec Time **Kids may be present**	
	1:15-2:15pm Lap Swimming		12:45-3pm Open Pool	12:15-1pm Lap Swimming			
2:15-3pm Lap Swimming	2-3pm Open Pool	2:15-3:45pm Open Pool		3-3:45pm Volleyball	1-3:45pm Open Pool + (OMC Rehab)	3-5:45pm Open Pool	
3-3:45pm Open Pool	3-3:45pm Lap Swimming						
4-7:30pm Closed Rec Center	4-7:30pm Closed Rec Center	4-7:30pm Closed Rec Center	4-7:30pm Closed Rec Center	3:45-4:30pm Volleyball			
				7:35-8pm Open Pool			
7:35-8pm Open Pool	7:35-8:45pm Open Pool	7:35-8:45pm Open Pool	7:35-8pm Open Pool				
8-8:45pm Aqua Zumba			8-8:45pm Aqua Zumba				

50-Meter Pool Schedule Updated 5/26/2021

Monday	Tuesday	Wednesday	Thursday	Friday	<p>A Pool Monitor or Life Guard is required for 50-meter pool access, please refrain from entering the water if the Monitor isn't present. The 50-meter shared time has a participant restriction of a maximum of twelve (12) 125 LIVE members at one time.</p>
10:30am-11:45pm Lap Swim Shared Rec Time	11:30am-12:15pm Lap Swim Shared Rec Time	10:30am-11:45pm Lap Swim Shared Rec Time	11:30am-12:15pm Lap Swim Shared Rec Time	10:30am-11:45pm Lap Swim Shared Rec Time	
12-1:15pm Lap Swim Shared Rec Time	12:30-1:15pm Lap Swim Shared Rec Time	12-1:15pm Lap Swim Shared Rec Time	12:30-1:15pm Lap Swim Shared Rec Time	12-1:15pm Lap Swim Shared Rec Time	

Pool Safety Guidelines

Facility staff have been trained to maintain a safe aquatic environment, and will enforce pool rules. Their authority must be respected at all times.
Please review all posted signs routinely as rules are subject to change.

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.

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

Wash hands frequently

Maintain safe social distancing

Cover all coughs and sneezes

50-Meter & Warm Water Pool Closures

Both pools will be closed July 16,17,18, 23,24, and 25

Free admission to all Rochester City Pools with your 125 LIVE Membership Card
during these pool closure dates