### POOL SCHEDULES - September, October, & November

#### Monday
- **5:30-6:15am**
  - Open Pool
- **6:15-7am**
  - Lap Swimming
- **7-7:45am**
  - Aqua Strength
- **8-10:30am**
  - Open Pool
- **10-10:45am**
  - Aqua Aerobics
- **11:30-12:15pm**
  - Aqua Zumba
- **12:30-1:15pm**
  - Volleyball
- **2-3pm**
  - Open Pool
- **3-3:45pm**
  - Lap Swimming
- **4-8pm**
  - Closed Rec Center
- **8-8:45pm**
  - Aqua Zumba

#### Tuesday
- **5:30-6:15am**
  - Open Pool
- **6:15-7am**
  - Lap Swimming
- **7-7:45am**
  - Aqua Zumba
- **8-10:30am**
  - Open Pool
- **10-10:45am**
  - Aqua Aerobics
- **11:30-12:15pm**
  - Open Pool
- **12:30-1:15pm**
  - Open Pool
- **2-3pm**
  - Open Pool
- **3-3:45pm**
  - Lap Swimming
- **4-8pm**
  - Closed Rec Center
- **8-8:45pm**
  - Open Pool

#### Wednesday
- **5:30-6:15am**
  - Open Pool
- **6:15-7am**
  - Lap Swimming
- **7-7:45am**
  - Aqua Zumba
- **8-10:30am**
  - Open Pool
- **10-10:45am**
  - Aqua Aerobics
- **11:30-12:15pm**
  - Open Pool
- **12:30-1:15pm**
  - Lap Swimming
- **2-3pm**
  - Open Pool
- **3-3:45pm**
  - Lap Swimming
- **4-8pm**
  - Closed Rec Center
- **8-8:45pm**
  - Open Pool

#### Thursday
- **5:30-6:15am**
  - Open Pool
- **6:15-7am**
  - Lap Swimming
- **7-7:45am**
  - Aqua Zumba
- **8-10:30am**
  - Open Pool
- **10-10:45am**
  - Aqua Aerobics
- **11:30-12:15pm**
  - Open Pool
- **12:30-1:15pm**
  - Lap Swimming
- **2-3pm**
  - Open Pool
- **3-3:45pm**
  - Lap Swimming
- **4-8pm**
  - Closed Rec Center
- **8-8:45pm**
  - Open Pool

#### Friday
- **5:30-6:15am**
  - Open Pool
- **6:15-7am**
  - Lap Swimming
- **7-7:45am**
  - Aqua Zumba
- **8-10:30am**
  - Open Pool
- **10-10:45am**
  - Aqua Aerobics
- **11:30-12:15pm**
  - Open Pool
- **12:30-1:15pm**
  - Lap Swimming
- **2-3pm**
  - Open Pool
- **3-3:45pm**
  - Lap Swimming
- **4-8pm**
  - Closed Rec Center
- **8-8:45pm**
  - Open Pool

#### Saturday
- **7-7:45am**
  - Lap Swimming
- **8:30-9:15am**
  - Volleyball
- **9:15-10am**
  - Open Pool
- **10:45-11:30am**
  - Open Pool
- **11:30am-2:45pm**
  - Shared Rec Time
  - **Kids might be present**
- **10:30-11:15am**
  - Aqua Fit
- **11:30-12:15pm**
  - Aqua Zumba
- **12:15-1pm**
  - Lap Swimming
- **2:15-3:45pm**
  - Open Pool
- **5:30-6:15am**
  - Aqua Zumba
- **6:15-8:45pm**
  - Open Pool

#### Sunday
- **7-7:45am**
  - Lap Swimming
- **8:30-9:15am**
  - Volleyball
- **9:15-10am**
  - Open Pool
- **10:45-11:30am**
  - Open Pool
- **11:30am-2:45pm**
  - Shared Rec Time
  - **Kids might be present**
- **10:30-11:15am**
  - Aqua Fit
- **11:30-12:15pm**
  - Aqua Zumba
- **12:15-1pm**
  - Lap Swimming
- **2:15-3:45pm**
  - Open Pool
- **5:30-6:15am**
  - Aqua Zumba
- **6:15-8:45pm**
  - Open Pool

#### 50-Meter Pool
- Effective upon pool reopening
- 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.

**Olmsted Medical Center Rehab**
125 LIVE is proud to be partnering with Olmsted Medical Center to provide therapy services onsite at 125 LIVE. For more information contact OMC Rehabilitation Services 507-292-7222
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 when possible |
| Cover all coughs and sneezes |