



# POOL SCHEDULES - January - March Updated (12/23/2021)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	<p>All Members must exit the pool and be out of the locker rooms prior to the scheduled building closing time (<b>9pm Monday-Friday, 6pm Saturday, and 4pm Sunday</b>).</p> <p>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 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	7-7:45am Aqua Strength	8:30-9:15am Lap Swimming	
8-10:30am Open Pool	8-10am Open Pool	8-10:30am Open Pool	8-10am Open Pool	7:45-9:30am Open Pool	9:15-10:15am Volleyball	
					10:15-11am Lap Swim	
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	11-11:30am Open Pool	
					10:30-11:30am Closed Rec Center	
11:30-12:15pm Aqua Zumba	10:45-1pm Open Pool	11:30-12:30pm Open Pool	11-11:45am Functional Strength	11:30-12:15pm Aqua Dance	<b>11:30am-2:45pm Shared Rec Time</b> **Kids might be present**	
12:15-1pm Lap Swim		12:30-1:15pm Aqua Fit	11:45-12:45pm Lap Swimming	12:15-1pm Lap Swimming		
1-4pm Open Pool +(OMC Rehab)	1-2pm Volleyball	1:15-2:15pm Lap Swimming	12:45-3pm Open Pool	1-4pm Open Pool + (OMC Rehab)	2:45-5pm Open Pool	
	2-3pm Open Pool	2:15-3:45pm Open Pool				3-3:45pm Volleyball
4-8pm Closed Rec Center	4-8pm Closed Rec Center		4-8pm Closed Rec Center	4-8pm Closed Rec Center	4-5pm Lap Swimming	<b>Olmsted Medical Center Rehab</b> 125 LIVE is proud to be partnering with Olmsted Medical Center to provide therapy services onsite at 125 LIVE. For more information contact <b>OMC Rehabilitation Services</b> 507-292-7222
		5-6:15pm Volleyball				
8-8:45pm Aqua Zumba	8-8:45pm Open Pool	8-8:45pm Open Pool	8-8:45pm Aqua Zumba	6:15-7:45pm Open Pool		
				7:45-8:45pm Lap Swimming		

## 50-Meter Pool

Monday	Tuesday	Wednesday	Thursday	Friday	
7-9am Shallow Lanes Open Swim	7-9am Shallow Lanes Open Swim	7-9am Shallow Lanes Open Swim	7-9am Shallow Lanes Open Swim	7-9am Shallow Lanes Open Swim	No swimming when a monitor isn't present. Shallow lanes are reserved for 125 LIVE swimmers.

# 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