



# POOL SCHEDULES - April & May Updated (3/30/2022)



Lap Swimming is defined as activity done in straight lines that correspond to the lane lines in the pool. Based on the volume of users, lap swimmers may be required to share lanes. During Lap Swimming, activities that are perpendicular to the lane lines are prohibited, as well as blocking lanes. Please do your best not to splash each other.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	<p>Members must exit pool and be out of the locker rooms prior to the scheduled building closing times (<b>9pm Monday-Friday, 6pm Saturday, and 4pm Sunday</b>).</p> <p>Follow all pool rules, safety policies, and recognize the authority of 125 LIVE and Rec Center staff regarding pool use.</p> <p><b><u>Members are not permitted in the pool area during closed Rec Center times.</u></b></p> <p><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 OMC Rehabilitation Services 507-292-7222</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 Aerobics	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	7:45-8:45am Open Pool	9:15-10:15am Volleyball	10-10:30am Open Pool	
	10-10:45am Aqua Aerobics		10-11am Lap Swim	8:45-9:45am Volleyball	10:15-11am Open Pool	10:30-11:15am Aqua Fit	
10:30-11:30am Closed Rec Center		10:30-11:30am Closed Rec Center		9:45-10:30am Lap Swim	11-11:30am Lap Swim	<b>11:30am-2:45pm Shared Rec Time</b> <small>**Kids might be present**</small>	
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 Zumba	11:30am-2:45pm Shared Rec Time <small>**Kids might be present**</small>		
12:15-1pm Lap Swim		12:30-1:15pm Aqua Fit	11:45-1:15pm Open Pool	12:15-1pm Lap Swimming			
1-4pm Open Pool (+OMC Rehab)	1-2pm Volleyball	1:15-2pm Lap Swim	1:15-2pm Lap Swim	1-4pm Open Pool (+ OMC Rehab)	2:45-5pm Open Pool		
	2-3:45pm Open Pool	2-3:45pm Open Pool	2-3pm Open Pool				
4-8pm Closed Rec Center	4-8pm Closed Rec Center	4-8pm Closed Rec Center	4-8pm Closed Rec Center	4-5pm Lap Swimming			
				5-6:15pm Volleyball			
8-8:45pm Aqua Zumba	8-8:45pm Open Pool	8-8:45pm Aqua Aerobics	8-8:45pm Aqua Zumba	6:15-7:45pm Open Pool			
				7:45-8:45pm Lap Swimming			

## 50-Meter Pool (50-Meter Pool closed April 1 for long course changes aka 50-meter lengths)

Monday	Tuesday	Wednesday	Thursday	Friday	<p><b>No swimming when a monitor isn't present. Swim Monitor is NOT a life guard.</b></p> <p><b>No life guard present, swim at your own risk.</b></p>
7:30-9:30am Open Swim	7:30-9:30am Open Swim	7:30-9:30am Open Swim	7:30-9:30am Open Swim	7:30-9:30am Open Swim	
2:30-3:30pm Open Swim 3-LANES	2:30-3:30pm Open Swim 3-LANES	2:30-3:30pm Open Swim 3-LANES	2:30-3:30pm Open Swim 3-LANES		

# 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