



POOL SCHEDULES - June 2022 (5/17/2022)



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 (9pm Monday-Friday, 6pm Saturday, and 4pm Sunday).</p> <p>Follow all pool rules, safety policies, and recognize the authority of 125 LIVE and Rec Center staff regarding pool use. <u>Members are not permitted in the pool area during closed Rec Center times.</u></p> <p>Open Pool: Activities including, but not limited to: swimming, floating, standing, dancing or exercise. Priority is given to activities that permit greater attendance in the pool. Fins, flippers discouraged.</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		
6:15-6:55am Lap Swimming	6:15-6:55am Open Pool	6:15-6:55am Lap Swimming	6:15-6:55am Open Pool	6:15-6:55am 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	8-9:40am Open Pool	8-10:30am Open Pool	8-9:40am Open Pool	7:45-8:45am Open Pool	9:15-10:15am Volleyball	10-10:30am Open Pool	
	9:45-10:30am Aqua Aerobics		9:45-10:30am Aqua Aerobics	8:45-9:45am Volleyball	10:15-11am Open Pool	10:30-11:15am Aqua Fit	
10:30-11:30am Closed Rec Center	10:30-1pm Open Pool	10:30-11:30am Closed Rec Center	10:30-1pm Open Pool	10:30-11:30am Closed Rec Center	11:30am-2:45pm Shared Rec Time <small>**Kids might be present**</small>	11:30am-2:45pm Shared Rec Time <small>**Kids might be present**</small>	
11:30-12:15pm Aqua Zumba		11:30-12:30pm Open Pool		11:30-12:15pm Aqua Zumba			
12:15-1pm Lap Swim		12:30-1:15pm Aqua Fit		12:15-1pm Lap Swimming			
1-4pm Open Pool (+OMC Rehab)	1-2pm Volleyball	1:15-2pm Lap Swim	1-2pm Lap Swim	1-4pm Open Pool (+ OMC Rehab)	2:45-5pm Open Pool		
	2-3:45pm Open Pool	2-3:45pm Open Pool	2-2:45pm Open Pool				2:45-3:45pm 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			
8-8:45pm Aqua Zumba	8-8:45pm Open Pool	8-8:45pm Open Pool	8-8:45pm Aqua Zumba	5-6:15pm Volleyball			
				6:15-7:45pm Open Pool			
				7:45-8:45pm Lap Swimming			

50-Meter Pool

Monday	Tuesday	Wednesday	Thursday	Friday	<p>No swimming when a monitor isn't present. Swim Monitor is NOT a life guard.</p> <p>No life guard present, swim at your own risk.</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

Lap Swimming: Activities in straight lines that correspond to the lane lines. 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.

Open Pool: Activities including, but not limited to: Swimming, floating, standing, dancing or exercise. Priority is given to activities that permit greater attendance in the pool. Fins, flippers and excess splashing are discouraged.

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