

BEGINS SEPT. 5 POOL SCHEDULE Sept-Nov 2023 (9/01/23)

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	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). 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>			
5:30-6:15am Open Pool	5:30-6:15am Lap Swimming	5:30-6:15am Open Pool	5:30-6:15am Lap Swimming	5:30-6:55am Open Pool	6-7:45am Lap Swimming					
6:15-6:45am Lap Swimming	6:15-6:55am Open Pool	6:15-6:55am Lap Swimming	6:15-6:55am Open Pool		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					
7:45-10:30am Open Pool	8-9:35am Open Pool	8-10:30am Open Pool	8-9:35am Open Pool	7:45-8:45am Open Pool	9:15-10am Open Pool					
	9:35-10:20am Aqua Aerobics		9:35-10:25am Aqua Aerobics	8:45-9:45am Volleyball	10am-12pm Closed Rec Center			10:30-11:15am Aqua Fit		
	10:30-11:30am Closed Rec Center		10:30-11:30am Closed Rec Center	10:30-11:30am Closed Rec Center				10:30-11:30am Closed Rec Center	11:15am-1pm Open Pool	
11:35-12:20pm Aqua Aerobics	11:30-12:15pm Lap Swim	11:30-12:30pm Open Pool	11:30-1pm Open Pool	11:35-12:20pm Aqua Aerobics						
12:20-1:15pm Lap Swim	12:15-1pm Aqua Stretch	12:30-1:15pm Aqua Fit	1-2pm Lap Swim	12:25-1pm Lap Swimming	12-1pm Volleyball					
1:15-2:15pm Volleyball	1-2pm Volleyball	1:15-2pm Lap Swim	1-2pm Lap Swim	1-4pm Open Pool	1-3pm Rec Center Shared Multi-Generation					
2:15-4pm Open Pool	2-4pm Open Pool	2-4pm Open Pool	2-2:45pm Open Pool		3-5pm 125 LIVE Member Multi-Generation Time		Multi-Generational Swim: 125 LIVE members and the community are invited to bridge generations and share the 125 LIVE aquatic experience with children and grandchildren from 1-5pm Saturdays. Non-members are encouraged to register in advance. <i>Admission fee for non-Members (limiting 2 children per adult)</i>			
4-8pm Closed Rec Center	4-8pm Closed Rec Center	4-8pm Closed Rec Center	4-8pm Closed Rec Center	2:45-3:45pm Volleyball	4-5pm Lap Swimming					
				4-8pm Closed Rec Center	4-8pm Closed Rec Center	4-8pm Closed Rec Center		4-8pm Closed Rec Center	5-6pm Volleyball	Pool users must be participating in the scheduled activity to use the pool. Open swimming during scheduled activities is not allowed.
									6:15-7:45pm Open Pool	
8-8:45pm Aqua Zumba	8-8:45pm Open Pool	8-8:45pm Aqua Zumba	8-8:45pm Open Pool	7:45-8:45pm Lap Swimming						

50-Meter Pool

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

Pool Safety Guidelines

Lap Swimming: Actions that correspond along 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.

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. Splashing is strongly discouraged.

Assisted private locker rooms are available in the pool deck and Fitness Center for anyone requiring, preferring, or benefiting from additional privacy or assistance.

Facility staff have been trained to maintain a safe aquatic environment, and will enforce pool rules. Their authority must be respected at all times.

Guests aged five (5) years and older are required to use gender identified locker rooms, if this isn't preferred they are encouraged to use one of the two private locker rooms in 125 LIVE (Assisted Private Locker Rooms from above)

Showers are required before entry into pools

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

In an emergency please use the wall phone to contact 911 or the Membership Services Desk.

If you feel unwell stay home, do not enter 125 LIVE. Maintain safe social distancing when possible

Planned Pool Events that will impact aquatic services

10/6-7/2023

10/14/2023

10/28/2023

11/30, 12/1 & 12/2

