

Warm Water Pool September, October & November 2024

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	5:30-6:55am Open Pool	6-7:45am Lap Swimming	Closed until 9am
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	8-9:30am Open Pool & Aqua Cycle	8-10:30am Open Pool	8-9:30am Open Pool & Aqua Cycle	7:45-8:45am Open Pool	9:15-10am Open Pool	9-10:30am Open Pool
	9:30-10:15am Aqua Aerobics		9:30-10:15am 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	9:45-10:30am Lap Swim		11:15am-1pm Open Pool
11:35-12:20pm Aqua Aerobics	11:30-12pm Lap Swim	11:30-12:30pm Open Pool	11:30-1pm Open Pool	11:35-12:20pm Aqua Aerobics		12-1pm Vollyball
12:20-1:15pm Lap Swim	12-12:45pm Aqua Stretch	12:30-1:15pm Aqua Fit	1-2pm Lap Swim	12:25-1pm Lap Swimming		
1:15-2:15pm Volleyball	1-2pm Volleyball	1:15-2pm 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	NO lifeguard is present. Swim at your own risk.
4-8pm Closed Rec Center	4-8pm Closed Rec Center	4-8pm Closed Rec Center	2:45-3:45pm Volleyball			
			4-5pm Lap Swimming			
			5-6pm Volleyball			
8-8:45pm Aqua Zumba	8-8:45pm Open Pool	8-8:45pm Aqua Zumba	8-8:45pm Open Pool	6:15-7:45pm Open Pool	Please follow all pool rules on back!	
			7:45-8:45pm Lap Swimming			

See other side for 50-Meter Lap Pool Schedule

50-Meter Pool- Lap Swimming at the Rec Center

Monday	Tuesday	Wednesday	Thursday	Friday	
7-9am Open Swim Shallow End	7-9am Open Swim Shallow End	7-9am Open Swim Shallow End	7-9am Open Swim Shallow End	7-9am Open Swim Shallow End	No swimming when a pool monitor isn't present. Pool monitor is not a lifeguard. No 125 LIVE lap swimming on Saturday and Sunday at the Recreation Center

Pool Safety Rules

- **Showers** are required before entry into pools.
- **Locker Rooms-** 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. Members are not permitted in the pool area during closed Rec Center times.
- **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.
- **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
- **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-** 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.
- **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
- If you feel unwell stay home, do not enter 125 LIVE. Maintain safe social distancing when possible.



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