

Pools January -March 2025

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		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	10:15-11:00am Aqua Fit
	10:30-11:30am Lap Swim		10:30-11:30am Lap Swim	9:45-10:30am Lap Swim		11:15am-1 pm Open Pool 1pm - 2:45pm Pool Shared with Rec Center Time, Children might be present
11:35-12:20pm Aqua Aerobics	11:30-12pm Lap Swim	11:30-12:30pm Open Pool	11:30-12:15pm Aqua Aerobics			
12:20-1:15pm Lap Swim	12-12:45pm Aqua Stretch	12:30-1:15pm Aqua Fit	11:30-1pm Open Pool	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	Closed at 2:45pm
2:15-2:55pm Open Pool	2-2:55pm Open Pool	2-2:55pm Open Pool	2-2:55pm Volleyball		3-5pm 125 LIVE Member Multi-Generation Time	
3-8pm Closed Rec Center	3-8pm Closed Rec Center	3-8pm Closed Rec Center	3-8pm Closed Rec Center	4-5pm Lap Swimming	Please follow all pool rules on back!	NO lifeguard is present. Swim at your own risk.
				5-6pm Volleyball		
				6:15-7:45pm Open Pool		
8-8:45pm Aqua Zumba	8-8:45pm Open Pool	8-8:45pm Open Pool	8-8:45pm Aqua Zumba	7:45-8:45pm Lap Swimming		

See other side for 50-Meter Lap Pool Schedule

50-Meter Pool- Lap Swimming at the Rec Center

swimming when a Pool Monitor isn't present

*No

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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 Early AM 50-Meter Swimm	PM 50-meter pool time & AM Pickleball in the Rec Gym may be subject to a \$3 daily fee.
1:15pm-3:15pm Open Swim	1:15pm-3:15pm Open Swim	1:15pm-3:15pm Open Swim	1:15pm-3:15pm Open Swim	1:15pm-3:15pm Open Swim	11am-1pm Open Swim	
Event Dates	Warm Water Pool	50-Meter Pool	Gym	Pool Safety Rules		
14-Feb	Closes at 10am	Closed	Closed	Showers are required before entry into pools.		
15-Feb	Closed	Closed	Closed	Locker Rooms- Members must exit the facility before scheduled building closing times. 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.		
16-Feb	Closed	Closed	Closed			
26-Feb	Open	Closed	Closed			
28-Feb	Open	Closed	Closed			
7-Mar	Open	Closed	Closed	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.		
8-Mar	Open	Closed	Closed			
9-Mar	Open	Closed	Closed	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.		
12-Mar	Open	No Afternoon	Open			
13-Mar	Closes at 12	Closed	Closed			
14-Mar	Closed	Closed	Closed			
15-Mar	Closed	Closed	Closed			
16-Mar	Closed	Closed	Closed			

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.