Warm Water Pool June, July, & August 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	6-7:45am Lap Swimming 7:45-8:30am Open Pool 8:30-9:15am 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	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		
7:45-10:30am Open Pool & Water Bootcamp (Reg. Req.)	8-9:30am Open Pool & Aqua Cycle (Reg. Req.)	8-10:30am Open Pool	8-9:30am Open Pool & Aqua Cycle (Reg.Req.)	7:45-8:45am Open Pool	9:15-10am Open Pool	9-10:10am Open Pool
	9:30-10:15am Aqua Aerobics		9:30-10:15am Aqua Aerobics	8:45-9:45am Volleyball		10:15-11:00am Aqua Fit
				9:45-10:30am Lap Swim	10am-12pm Closed Rec Center 12-1pm Volleyball	11:15am-1 pm Open Pool 1pm - 2:45pm Pool Shared with Rec Center Time, Children might be present
10:30-11:30am Lap Swim	10:30-11:30am Open Pool	10:30-11:30am Lap Swim	10:30-11:30am Lap Swim	10:30-11:15am Open Pool		
11:35-12:20pm Aqua Aerobics	11:30-12pm Lap Swim	11:30-12:30pm Open Pool	11:30-1pm Open Pool	11:15-12pm Aqua Aerobics		
12:20-1:15pm Lap Swim	12-12:45pm Aqua Stretch	12:30-1:15pm Aqua Fit	11.30-1pm Open Pool	12:15-1pm Lap Swim		
1:15-2:15pm Volleyball	1-2pm Volleyball	1:15-2pm Lap Swim	1-2pm Lap Swim	1-4pm	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	Open Pool	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	Multi-Generation Time	NO lifeguard is present. Swim at your own risk.
				5-6pm Volleyball	Please follow all pool rules	
				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	on back!	

50-Meter Pool- Lap Swimming at the Rec Center *No swimming when a Pool Monitor isn't present

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7-9am Open Swim Shallow End	No Early AM 50-Meter Swimn	PM 50-meter pool time & AM Pickleball in the				
1:15pm-3:15pm Open Swim	11am-1pm Open Swim	Rec Gym may be subject to a \$3 daily fee.				
Event Dates	Warm Water Pool	50-Meter Pool	Rec Gym	Pool Safety Rules		
13-Jun	Closes at 12pm	Closed	Closed	Showers are required before entry into pools.		
14 & 15 June	Closed	Closed	Closed			
18-Jul	Closes at 10am	Closed	Closed	Locker Rooms- Members must exit the facility		
19 & 20 July	Closed	Closed	Closed	before scheduled building closing times.		
31-Jul	Closed	Closed	Closed	Follow all pool rules, safety policies and recognize		
1-Aug	Closed	Closed	Closed	the authority of 125 LIVE and the Rec Center staff		
2-Aug	Closed	Closed	Closed	regarding pool use. Members are not permitted in		
3-Aug	Closed	Closed	Closed	the pool area during the 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.

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.