

# 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 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 & <b>Water Bootcamp (Reg. Req.)</b>	8-9:30am Open Pool & <b>Aqua Cycle (Reg. Req.)</b>	8-10:30am Open Pool	8-9:30am Open Pool & <b>Aqua Cycle (Reg.Req.)</b>	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	10am-12pm Closed Rec Center	10:15-11:00am Aqua Fit
				9:45-10:30am Lap Swim		11:15am-1 pm Open Pool 1pm - 2:45pm Pool <b>Shared</b> with Rec Center Time, Children might be present
10:30-11:30am Lap Swim	10:30-11:30am Open Pool	10:30-11:15am Open Pool				
11:35-12:20pm Aqua Strength	11:30-12pm Lap Swim	11:30-12:30pm Open Pool	11:15-12pm Aqua Aerobics			
12:25-1:15pm Lap Swim	12-12:45pm Aqua Stretch	12:30-1:15pm Aqua Fit	11:30-1pm Open Pool	12:15-1pm Lap Swim	12-1pm Volleyball	
1:15-2:15pm Volleyball	1-2pm Volleyball	1:15-2pm Lap Swim		1-2pm Lap Swim	1-3pm   Rec Center <b>Shared</b> 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			
3-8pm 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 Aqua Zumba	8-8:45pm Open Pool	7:45-8:45pm Lap Swimming		

See other side for 50-Meter Lap Pool Schedule

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

[illegible]

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 -Jul	Closed	Closed	Closed	before scheduled building closing times.  Follow all pool rules, safety policies and recognize the authority of 125 LIVE and the Rec Center staff regarding pool use. Members are not permitted in the pool area during the closed Rec Center times.
31-Jul	Closed	Closed	Closed	
1-Aug	Closed	Closed	Closed	
2-Aug	Closed	Closed	Closed	
3-Aug	Closed	Closed	Closed	

**NOTE: Schedule is subject to change. Classes and programs are priority. Any activity can be overridden by 125 LIVE staff.**

**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. 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.