

Warm Water Pool April & May 2026

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 & Specialty	
7-7:45am Aqua Fit	7-7:45am Aqua Fit	7-7:45am Aqua Fit	7-7:45am Aqua Fit	7-7:45am Aqua Fit	8:30-9:15am Lap Swimming & Specialty	
7:45-10:30am Open Pool & Specialty Class	8-9:30am Open Pool & Specialty Class	8-10:30am Open Pool & Specialty Class	8-9:30am Open Pool & Specialty Class	7:45-8:45am Open Pool	9:15-10am Open Pool	9:15-10am Aqua Zumba / Fit
	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 Open Pool
10:30-11:30am Lap Swim & Specialty	10:30-11:30am Open Pool	10:30-11:30am Lap Swim & Specialty	10:30-11:30am Lap Swim	10:30-11:15am Open Pool & Specialty		11:15am-1 pm Open Pool 1pm - 2:45pm Pool Shared with Rec Center Time, Children might be present
11:35-12:20pm Aqua Strength	11:30-12pm Lap Swim	11:30-12:30pm Open Pool	11:30-1pm Open Pool	11:15-12pm Aqua Aerobics		
12:25-1:15pm Lap Swim	12-12:45pm Aqua Stretch	12:30-1:15pm Aqua Aerobics	1-2pm Lap Swim	12:15-1pm Lap Swim	12-1pm Volleyball	
1:15-2:15pm Volleyball	1-2pm Volleyball	1:15-2pm 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	NO lifeguard is present. Swim at your own risk.
3-8pm Closed Rec Center	3-8pm Closed Rec Center	3-8pm Closed Rec Center	3-8pm Closed Rec Center	4-5pm Lap Swimming		
				5-6pm Volleyball	Please follow all pool rules on back!	
8-8:45pm Aqua Zumba	8-8:45pm Open Pool & Specialty	8-8:45pm Aqua Zumba	8-8:45pm Open Pool & Specialty	6:15-7:45pm 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**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	PM 50-meter pool time & AM Pickleball in the Rec Gym may be subject to a \$3 daily fee.
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 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	1:15pm-3:15pm Open Swim	11am-1pm Open Swim	

Pool Safety Rules

Showers are required before entry into pools.

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 the Rec Center staff regarding pool use.

Members are not permitted in the pool area during the closed Rec Center times.

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.