

# Warm Water Pool June, July, & August 2026

| Monday   | Tuesday  | Wednesday   | Thursday                                       | Friday  | Saturday   | Sunday   |
|--|--|---|--|---|--|--|
| 5:30-6:15am<br>Open Pool                                     | 5:30-6:15am<br>Lap Swimming                    | 5:30-6:15am<br>Open Pool                                  | 5:30-6:15am<br>Lap Swimming                    | 5:30-6:55am<br>Open Pool                      | 6-7:45am Lap Swimming                              | Closed until 9am   |
| 6:15-6:45am<br>Lap Swimming                                  | 6:15-6:55am<br>Open Pool                       | 6:15-6:55am<br>Lap Swimming                               | 6:15-6:55am<br>Open Pool                       |   | 7:45-8:30am Open Pool &<br><b>Specialty</b>        |  |
| 7-7:45am<br>Aqua Fit   | 7-7:45am<br>Aqua Fit                           | 7-7:45am<br>Aqua Fit                                      | 7-7:45am<br>Aqua Fit                           | 7-7:45am<br>Aqua Fit                          | 8:30-9:15am Lap<br>Swimming & <b>Specialty</b>     |  |
| 7:45-10:30am<br>Open Pool & <b>Specialty</b><br><b>Class</b> | 8-9:30am Open Pool &<br><b>Specialty Class</b> | 8-10:30am Open<br>Pool & <b>Specialty</b><br><b>Class</b> | 8-9:30am Open Pool &<br><b>Specialty Class</b> | 7:45-8:45am<br>Open Pool                      | 9:15-10am Open Pool                                | 9:15-10am Aqua<br>Zumba / Fit  |
|  | 9:30-10:15am<br>Aqua Aerobics                  |   | 9:30-10:15am<br>Aqua Aerobics                  | 8:45-9:45am<br>Volleyball                     | 10am-12pm<br>Closed Rec Center                     | 10:15-11:00am<br>Open Pool   |
| 10:30-11:30am Lap<br>Swim & <b>Specialty</b>                 | 10:30-11:30am<br>Open Pool                     | 10:30-11:30am Lap<br>Swim & <b>Specialty</b>              | 10:30-11:30am<br>Lap Swim                      | 10:30-11:15am Open<br>Pool & <b>Specialty</b> |  | 11:15am-1 pm<br>Open Pool<br>1pm - 2:45pm Pool<br><b>Shared</b> with Rec<br>Center Time,<br>Children might be<br>present |
| 11:35-12:20pm<br>Aqua Strength                               | 11:30-12pm<br>Lap Swim                         | 11:30-12:30pm<br>Open Pool                                | 11:30-1pm<br>Open Pool                         | 11:15-12pm<br>Aqua Aerobics                   |  |  |
| 12:25-1:15pm<br>Lap Swim                                     | 12-12:45pm<br>Aqua Stretch                     | 12:30-1:15pm<br>Aqua Aerobics                             | 1-2pm<br>Lap Swim                              | 12:15-1pm<br>Lap Swim                         | 12-1pm Volleyball                                  |  |
| 1:15-2:15pm<br>Volleyball                                    | 1-2pm<br>Volleyball                            | 1:15-2pm<br>Lap Swim                                      | 1-2pm<br>Lap Swim                              | 1-4pm<br>Open Pool                            | 1-3pm Rec Center<br><b>Shared</b> Multi-Generation | Closed at 2:45pm   |
| 2:15-2:55pm<br>Open Pool                                     | 2-2:55pm<br>Open Pool                          | 2-2:55pm<br>Open Pool                                     | 2-2:55pm<br>Volleyball                         |   | 3-5pm 125 LIVE Member<br>Multi-Generation Time     | Please follow<br>all pool rules<br>on back!  |
| 3-8pm<br>Closed Rec Center                                   | 3-8pm<br>Closed Rec Center                     | 3-8pm<br>Closed Rec Center                                | 3-8pm<br>Closed Rec Center                     | 4-5pm<br>Lap Swimming                         |  |  |
|  |  |   |  | 5-6pm<br>Volleyball                           |  |  |
| 8-8:45pm<br>Aqua Zumba                                       | 8-8:45pm<br>Open Pool & <b>Specialty</b>       | 8-8:45pm<br>Aqua Zumba                                    | 8-8:45pm Open Pool &<br><b>Specialty</b>       | 6:15-7:45pm<br>Open Pool                      | 7:45-8:45pm<br>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<br>Open Swim<br>Shallow End | 7-9am<br>Open Swim<br>Shallow End | 7-9am<br>Open Swim<br>Shallow End | 7-9am<br>Open Swim<br>Shallow End | 7-9am<br>Open Swim<br>Shallow End | No Early AM<br>50-Meter Swim |   |
| 1:15pm-3:15pm<br>Open Swim        | 1:15pm-3:15pm<br>Open Swim        | 1:15pm-3:15pm<br>Open Swim        | 1:15pm-3:15pm<br>Open Swim        | 1:15pm-3:15pm<br>Open Swim        | 11am-1pm<br>Open Swim        |   |

## Pool Safety Rules

**Showers** are required before entry into pools.

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

**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.

**Specialty Classes:** Registration is required to participate.

If Open Pool or Lap Swimming is scheduled, members can be in pool during these times, unless otherwise stated.

**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.