

Warm Water Pool September-December 20, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15 AM Open Pool	5:30-6:15 AM Lap Swimming	5:30-6:15 AM Open Pool	5:30-6:15 AM Lap Swimming	5:30-6:55 AM Open Pool	6:00-7:00 AM Lap Swimming	Closed until 9:00 AM
6:15-6:55 AM Lap Swimming	6:15-6:55 AM Open Pool	6:15-6:55 AM Lap Swimming	6:15-6:55 AM Open Pool		7:00-8:00 AM Open Pool & Specialty	
7:00-7:45 AM Aqua Fit	7:00-7:45 AM Aqua Fit	7:00-7:45 AM Aqua Fit	7:00-7:45 AM Aqua Fit	7:00-7:45 AM Aqua Fit	8:00-8:45 Aqua Mix	
7:45-10:30 AM Open Pool & Specialty Class	8:00-9:30 AM Open Pool & Specialty Class	8:00-10:30 AM Open Pool & Specialty Class	8:00-9:30 AM Open Pool & Specialty Class	7:45-8:45 AM Open Pool	8:45-9:45 AM Open Pool	9:15-10:00 AM Aqua Zumba/Fit
	9:30-10:15 AM Aqua Aerobics		9:30-10:15 AM Aqua Aerobics	8:45-9:45 AM Volleyball	10:00 AM-12:00 PM Closed Rec Center	10:15 AM-1:00 PM Open Pool
				9:45-10:30 AM Lap Swim & Specialty		1:00-2:45 PM SHARED USE w/ Rec Center It is possible that children might be present
10:30-11:30 AM Lap Swim & Specialty	10:30-11:30 AM Open Pool	10:30-11:30 AM Lap Swim & Specialty	10:30-11:30 AM Lap Swim	10:30-11:30 AM Open Pool & Specialty		
11:35 AM-12:20 PM Aqua Strength	11:30 AM-12:00 PM Lap Swim	11:30 AM-12:30 PM Open Pool	11:30 AM-1:00 PM Open Pool	11:30 AM-12:15 PM Aqua Aerobics		
12:25-1:15 PM Lap Swim	12:00-12:45 PM Aqua Stretch	12:30-1:15 PM Aqua Aerobics		12:15-1:15 PM Lap Swim		
1:15-2:15 PM Volleyball	1:00-2:00 PM Volleyball	1:15-2:00 PM Lap Swim	1:00-2:00 PM Lap Swim	1:15-4:00 PM Open Pool	1:00-3:00 PM Rec Center Shared Multi-Generational Swim	Closed at 2:45 PM
2:15-2:55 PM Open Pool	2:00-2:55 PM Open Pool	2:00-2:55 PM Open Pool	2:00-2:55 PM Volleyball		3:00-5:00 PM 125 LIVE Member Multi-Generational Swim	Please follow all pool rules on back!
3:00-8:00 PM Closed Rec Center	3:00-8:00 PM Closed Rec Center	3:00-8:00 PM Closed Rec Center	3:00-8:00 PM Closed Rec Center	4:00-5:00 PM Lap Swimming		
				5:00-6:00 PM Volleyball		
8:00-8:45 PM Aqua Zumba	8:00-8:45 PM Open Pool & Specialty	8:00-8:45 PM Aqua Zumba	8:00-8:45 PM Open Pool & Specialty	6:15-7:45 PM Open Pool		
				7:45-8:45 PM 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	\$3 Session Fee may apply based on membership type: Mon-Fri afternoons and Saturday mornings only
7:00-9:00 AM Open Swim	7:00-9:00 AM Open Swim	7:00-9:00 AM Open Swim	7:00-9:00 AM Open Swim	7:00-9:00 AM Open Swim	No Early AM 50-Meter Swim	
1:15-3:15 PM Open Swim	1:15-3:15 PM Open Swim	1:15-3:15 PM Open Swim	1:15-3:15 PM Open Swim	1:15-3:15 PM Open Swim	11:00 AM-1:00 PM 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.