

East Pool Schedule

Winter 2017

Effective January 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 5 - 8 a.m.	Adult Swim 5 - 7 a.m.	Adult Swim 5 - 9 a.m.	Adult Swim 5 - 8 a.m.	Adult Swim 5 - 8 a.m.	Adult Swim 6:30 - 7:45 a.m.	Adult Swim 6:30 - 8 a.m.
Open Swim/PSL 8 - 10 a.m.	Adult Learn-to-Swim* 7 - 8:30 a.m.		Aqua Pilates* 9 - 10 a.m.	Aqua Yoga* 8 - 9 a.m.	Open Swim/PSL 8 - 11 a.m.	Aquababies* 7:45 - 9:15 a.m.
	Open Swim/PSL 8:30 - 9 a.m.	Open Swim/PSL 9 - 9:30 a.m.		Aquababies* 9:30 - 10:30 a.m.		
AAE* 10 - 10:45 a.m.	Children's Fee Based Programming (1/2 pool) 9 - 11:30 a.m.	AAE* 10 - 10:45 a.m.	Learn-to-Swim (1/2 pool) 10:30 - 11:30 a.m.	AAE* 11 - 11:45 a.m.	PSL/Open Swim 9:15 - 11:30 a.m.	Aquababies* 9 a.m. - noon
Aquababies (1/2 pool) 11 a.m. - noon		Aquababies* 11 a.m. - noon	Open Swim/PSL 11:30 a.m. - 12:30 p.m.	Adult Swim 11:45 a.m. - 1 p.m.		
Adult Swim Noon - 1:30 p.m.	Adult Swim 11:30 a.m. - 1:30 p.m.	Adult Swim Noon - 1:30 p.m.	Adult Swim 12:30 - 1:30 p.m.	Aqua Pilates* 1 - 2 p.m.	PSL/Open Swim 12:30 - 4 p.m.	PSL/Open Swim Noon - 4 p.m.
Open Swim/PSL 1:30 - 3 p.m.	Open Swim/PSL 1:30 - 3:30 p.m.	Open Swim/PSL 1:30 - 4 p.m.	Open Swim/PSL 1:30 - 3 p.m.	Open Swim/PSL 2 - 4 p.m.		
PSL/Open Swim 3 - 6 p.m.	PSL/Open Swim 3:30 - 6:45 p.m.	Learn-to-Swim* 4 - 6 p.m.	PSL/Open Swim 3 - 6:30 p.m.	Learn-to-Swim (1/2 pool) 4 - 6 p.m.	Learn-to-Swim* 4 - 6 p.m.	Learn-to-Swim* 4 - 6 p.m.
Adult Swim 6 - 6:30 p.m.		Open Swim/PSL 6 - 6:30 p.m.		Open Swim/PSL 6 - 6:30 p.m.	Open Swim/PSL 6 - 6:30 p.m.	Open Swim 6 - 6:30 p.m.
Adult Learn-to-Swim* 6:30 - 8 p.m.	Pre/Postnatal (1/2 pool) 6:45 - 7:30 p.m.	Aqua Yoga* 6:30 - 7:15 p.m.	Adult Learn-to-Swim* 6:30 - 7:15 p.m.	Galter LifeCenter Member Family Swim** 6:30 - 8 p.m.	Galter LifeCenter Member Family Swim** 6:30 - 7:30 p.m.	Adult Swim 6 - 7:45 p.m.
Adult Swim 8 - 10:15 p.m.	Adult Swim 7:30 - 10:15 p.m.	Adult Swim 7:15 - 10:15 p.m.	Adult Swim 7:15 - 10:15 p.m.			

NOTES:
 Pool users must exit the building within 15 minutes of the pool closing times.
 * = Entire pool RESERVED for Galter LifeCenter programs/classes
 Fee Based Programs Session 1 Dates: January 9 - March 19. Break Weeks (no fee based classes): March 20 - April 2.
 ** = The East Pool is reserved for Adult Swim on Friday and Saturday evenings when no Family Swim is scheduled (see dates below).
 Family Swim Dates (registration required): Fridays- 1/13, 1/20, 2/3, 2/10, 3/3, 3/10 Saturdays- 1/14, 2/11, 3/11 Special Date: Sunday- 1/8, 10-11:30 a.m.

Adult Swim= No Children's Lessons	Member Family Swim (FREE)	Open Swim	Children's Fee Based Programs	Adult Fee Based Programs	Private Swim Lessons (PSL)	Group Fitness Classes
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East Pool

Galter LifeCenter is Illinois' first Certified Medical Fitness facility. We have several warm water pools for member and guest usage. The pool(s) temperature(s) at Galter LifeCenter will vary between 83 to 104 degrees.

EAST POOL HOURS:

- **Monday - Thursday: 5 a.m. - 10:15 p.m.**
- **Friday: 5 a.m. - 8:45 p.m.**
- **Saturday: 6:30 a.m. - 7:30 p.m.**
- **Sunday: 6:30 a.m. - 7:45 p.m.**

Open Swim: We expect all pool users to get to know and communicate with the Pool Attendant to identify the most appropriate area of usage based upon each pool user's activity and current capacity of the pool. In order to ensure a positive experience for all users, we ask that each member applies the general Galter LifeCenter "Pool Etiquette Guidelines" (see brochure in the Membership Office and on each pool deck). Any user may be asked by the Pool Attendant to switch lanes or pools if necessary based on usage or swimming ability.

Programs/Classes: Full pool is reserved for programs/classes. These include: AAE, Pre/Postnatal, Aqua Lite, Aquababies, Learn-to-Swim and other aquatic exercise classes. General usage is very limited and will be determined based on the number of participants in the program. These programs utilize the entire pool; therefore we cannot guarantee open pool space during these times. The Pool Attendant and class instructor will support lane allocation as needed.

Adult Swim: During this time the East Pool is reserved for adult usage only. There will be no regularly scheduled children's swim lessons during Adult Swim.

Private Swim Lessons (PSL): During these times Private Swim Lessons will have the majority of pool space. There will be at least one lane available for members to use in the East Pool, unless otherwise stated. The stairs will be fully accessible. The number of instructors in the water will determine the amount of open swim space, by lanes.

Spa Usage: This pool is open to all members during pool hours. Please wear appropriate swimwear in good condition. This environment is extremely warm and you may overheat if posted guidelines are not followed. Please monitor any changes in how you feel while in these environments. If you begin to feel overheated, please request assistance from a Pool Attendant. Do not spend more than 15 minutes in the Spa.

East Therapy Pool: This is a fee based pool. It is used for physician prescribed physical therapy, swimming lessons, personal training, Water Movement and You sessions and Watsu therapy. If you are not participating in one of the programs listed you are not permitted to use the East Therapy Pool.

Family Swim: This is a great opportunity for Galter LifeCenter members and their children to swim together in a fun and safe environment. Noodles, balls, sinking toys, floating toys and a basketball hoop are available exclusively for Family Swim participants. Family Swim is usually held on Friday and Saturday nights (unless otherwise noted). Children must be 13 years or younger, and adults must be 18 years or older. Up to two children per adult member are permitted to swim. All participants will be required to wear wristbands, and adults must sign a Family Swim liability waiver. Registration for Family Swim opens two weeks in advance of the date. A 24-hour cancellation notice is expected. If you cannot attend, please contact the Courtesy Desk at **773-878-9936, ext. 5660**. If you sign up and fail to attend a total of three times, your reservation privileges will be suspended. Family swim is open to Galter LifeCenter members only. If you have any questions regarding your eligibility for Family Swim, please email glcaquaticsinfo@SwedishCovenant.org.