

West Pool Schedule

Winter 2017

Effective January 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lap Swim 5 - 5:45 a.m.	Adult Lap Swim 5 - 8:30 a.m.	Adult Lap Swim 5 - 5:45 a.m.	Adult Lap Swim 5 - 10 a.m.	Adult Lap Swim 5 - 5:45 a.m.	Masters Practice* 6:40 - 8:05 a.m.	Adult Lap Swim 6:30 - 9 a.m.
Masters Practice* 5:45 - 7 a.m.		Masters Practice* 5:45 - 7 a.m.		Masters Practice* 5:45 - 7 a.m.		
SwimFit* 7:10 - 7:55 a.m.		Adult Lap Swim 7 - 8 a.m.		Swim Fit* 7:10 - 7:55 a.m.		
Aqua Zumba* 8 - 8:55 a.m.	Aqua Mix* 8:30 - 9:25 a.m.	Aqua Mix* 8 - 8:55 a.m.	Open Swim 10 - 11 a.m.	Aqua Zumba* 8 - 8:55 a.m.	Aqua Mix* 8:15 - 9:10 a.m.	Aqua Blast* 9 - 10 a.m.
Aqua Blast* 9 - 9:55 a.m.		Aqua Blast* 9 - 9:55 a.m.		Aqua Blast* 9 - 9:55 a.m.		
Open Swim 10 a.m. - Noon	Open Swim 9:30 - 11 a.m.	Open Swim 10 a.m. - Noon	AAE* 11 - 11:45 a.m.	Open Swim 10 a.m. - Noon	Aqua Blast* 9:15 - 10:10 a.m.	Open Swim 10 a.m. - Noon
	AAE* 11 - 11:45 a.m.					
Adult Lap Swim Noon - 1 p.m.	Masters Practice* Noon - 1 p.m.	Adult Lap Swim Noon - 1 p.m.	Masters Practice* Noon - 1 p.m.	Adult Lap Swim Noon - 1 p.m.	Lap Swim Noon - 1 p.m.	Lap Swim Noon - 3 p.m.
Open Swim 1 - 4 p.m.	Aqua FunkTional Barre (1/2 pool) 1 - 1:50 p.m.	Open Swim 1 - 4 p.m.	Aqua FunkTional Barre (1/2 pool) 1 - 1:50 p.m.	Open Swim 1 - 4 p.m.	PSL/Open Swim 1 - 2:30 p.m.	
	Open Swim 2 - 4 p.m.		Open Swim 2 - 4 p.m.		Open Swim 2 - 4 p.m.	
Swim Club & Lap Swim (2 lanes each) 4 - 5:30 p.m.	Lap Swim 4 - 5:30 p.m.	Lap Swim 4 - 5:30 p.m.	Lap Swim 4 - 5:30 p.m.	Swim Club & Lap Swim (2 lanes each) 4 - 5:30 p.m.	Open Swim 3:15 - 4 p.m.	Masters Practice* 3 - 4 p.m.
Aqua Mix* 5:30 - 6:30 p.m.	Masters Practice* 5:30 - 6:30 p.m.	Aqua Mix* 5:30 - 6:30 p.m.	Masters Practice* 5:30 - 6:30 p.m.	Adult Lap Swim 5:30 - 8:45 p.m.	Swim Club (up to 3 lanes) & Lap Swim (1 lane) 4 - 6 p.m.	Adult Lap Swim 5:30 - 7:45 p.m.
Masters Practice* 6:45 - 8 p.m.	Aqua Blast* 6:35 - 7:30 p.m.	SwimFit* 6:30 - 7:15 p.m.	Aqua Zumba* 6:35 - 7:30 p.m.			
Adult Lap Swim 8 - 10:15 p.m.	Adult Lap Swim 7:30 - 10:15 p.m.	Adult Lap Swim 7:15 - 10:15 p.m.	Adult Learn-to- Swim & Lap Swim (2 lanes each) 7:30 - 8:15 p.m.			
			Adult Lap Swim 8:15 - 10:15 p.m.			

NOTES:
 Pool users must exit the building within 15 minutes of the pool closing times.
 * = Entire pool RESERVED for programs/classes
 Adult private swim lessons can occur ANY time the pool is not reserved for a program.
 Fee Based Programs Session 1 Dates: January 9 - March 20. Break Weeks (no fee based classes): March 20 - April 2.

Adult Lap Swim= No Children's Lessons	Lap Swim	Open Swim	Children's Fee Based Programs	Adult Fee Based Programs	Group Fitness Classes	Unlimited Membership Classes (\$)
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West 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.

WEST POOL HOURS:

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

POOL ETTIQUETTE:

1. In order to ensure a positive experience for all users, we expect that each user applies the general Galter LifeCenter "Pool Etiquette Guidelines" (for more details see brochure in the Membership Offices and on each pool deck). Each lane has a specific "lane usage sign" designed to assist in this process.
2. We expect all pool users to get to know and communicate with the Pool Attendant to identify the most appropriate lane usage based upon each swimmers ability and current usage of the pool. Any user may be asked by the Pool Attendant to switch lanes or pools if necessary, based on scheduled usage or swimming ability.
3. Do not enter the pool in the center of the lane. It is each member's responsibility to inform the current pool users in the lane he/she is entering of his/her desire to share or change swim format. Enter the pool at either end of the lane.

Open Swim: Open Swim is for general pool usage. You may swim laps, water walk, or exercise. Please work with the Pool Attendant and observe the "lane line message boards" to ensure the pool is being shared in an efficient manner.

Lap Swim: During Lap Swim the pool usage is prioritized for those actively swimming laps. You may water walk/ general exercise during Lap Swim times in specified lanes, however during high volume usage anyone not swimming laps may be asked to use the other pools.

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

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

Masters Practice: The Masters Swim team is a year-round competitive swim team for adults who enjoy a strong team atmosphere. Each practice session is led by Certified United States Masters Swimming (USMS) coaches and is specifically designed for Masters athletes, tri-athletes and former competitive swimmers. Minimum requirements for participation include: ability to swim 50 yards of both freestyle and backstroke, and ability to swim at least 60 minutes consecutively. During the scheduled Masters times, the entire West Pool is reserved for the Masters Swim practice. Masters Swim is part of the Unlimited Membership. Please contact membership for information on the Unlimited Membership. Prior to your first practice please contact Head Masters Coach, Billy Cordero bcordero@SwedishCovenant.org.

Private Swim Lessons: If a student can swim across the West Pool (25 yards) and displays a mature demeanor, the student may have lessons in the West Pool. These students will share the lane with other swimmers and follow all West Pool guidelines. Please see the Pool Attendant if you have questions regarding private swim lessons in the West Pool.

Sauna/Spa/Therapy Pool Usage: These pools are open to all members during pool hours. Do not spend more than 15 minutes in the Spa/Sauna/Therapy Pool/Steam Room. Please wear appropriate swim wear that is in good condition. Monitor the amount of time you spend in the Sauna or Spas: These environments are extremely warm and you may overheat if posted guidelines are not followed. If you begin to feel overheated, please request assistance from a Pool Attendant.