

West Pool Schedule *effective October 1-December 31, 2021*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Access 5:15-7 a.m.	Pool Access 5:15-5:45 a.m.	Pool Access 5:15-9 a.m.	Pool Access 5:15-5:45 a.m.	Pool Access 5:15 a.m.-noon	Masters \$ 6:45-7:45 a.m. Peter	Pool Access 6:45-9 a.m.
SwimFit* 7-8 a.m. Peter	Masters** 5:45-6:45 a.m. Peter	Aqua Blast 9:15-10 a.m. Krista	Masters** 5:45-6:45 a.m. Peter	Aqua Blast 8:30-9:15 a.m. Krista	Pool Access 7:45-9 a.m.	Aqua Blast 9:15-10 a.m. Jandra
Pool Access 8-11:15 a.m.	Pool Access 6:45-10 a.m.	Pool Access 10:15 a.m.- noon	Pool Access 6:45-9 a.m.	Pool Access 9:30-11:45 a.m.	Aqua Blast 9:15-10 a.m. Shannon	Aqua Mix 10:15-11 a.m. Suzanne
AAE 11:30 a.m.- 12:15 p.m. Shannon	Aqua Mix 10:15-11 a.m. Erin	Masters** Noon-1 p.m. Peter	Aqua Zumba 9:15-10 a.m. Martha	Masters** Noon-1 p.m. Peter	Pool Access 10:15 a.m.- 4 p.m.	Pool Access 11:15 a.m.- 4:15 p.m.
Pool Access 12:30-6 p.m.	Pool Access 11:15 a.m.- 5:45 p.m.	Pool Access 1-6:15 p.m.	Pool Access 10:15-10:45 a.m.	Pool Access 1-7:15 p.m.		
Masters** 6-7 p.m. Peter	Aqua Zumba 6-6:45 p.m. Jandra	Aqua Blast 6:30-7:15 p.m. Shannon	AAE 11-11:45 a.m. Erin			
Pool Access 7-9:15 p.m.	Pool Access 7-9:15 p.m.	Pool Access 7:30-9:15 p.m.	SwimFit* Noon-1 p.m. Peter			
			Pool Access 1:15-5:45 p.m.			
			Aqua Blast 6-6:45 p.m. Shannon			
			Pool Access 7-9:15 p.m.			

* SwimFit Classes are part of the Focused Fitness Program. Payment and registration are required. See flier for details.

** Registration and payment are required to participate in Masters Swim Practices. See flier for details.

Please note: Group Fitness classes are free to attend with a facility access membership.

Weekly reservations are required for all classes and pool access. Online reservations are available up to 72 hours in advance.

For more information or to sign up for a class, visit galterlifecenter.org

SEE REVERSE SIDE FOR THE EAST POOL SCHEDULE



Galter LifeCenter

Part of  **NorthShore**

East Pool Schedule *effective October 1-December 31, 2021*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Access 5:30-10 a.m.	Pool Access 5:30 a.m.- 12:15 p.m.	Pool Access 5:30-10 a.m.	Pool Access 5:30 a.m.- 9:15 p.m.	Pool Access 5:30-10 a.m.	Pool Access 6:45-8 a.m.	Pool Access 7 a.m.-4:30 p.m.
AAE 10:15-11 a.m. Suzanne	AAE 12:30-1:15 p.m. Suzanne	AAE 10:15-11 a.m. Krista		Aqua Yoga 10:15-11 a.m. Shannon	Aqua Yoga 8:15-9 a.m. Shannon	
Pool Access 11:15 a.m.- 12:15 p.m.	Pool Access 1:30-9:15 p.m.	Pool Access 11:15 a.m.- 5:15 p.m.		Break 11-11:30 a.m.	Pool Access 9:15 a.m.- 4:30 p.m.	
Aqua Pilates* 12:30-1:20 p.m.		Aqua Yoga 5:30-6:15 p.m. Shannon		AAE 11:30 a.m.- 12:15 p.m. Leslie		
Pool Access 1:30-9:15 p.m.		Pool Access 6:30-9:15 p.m.		Pool Access 12:30-1 p.m.		
				Aqua Pilates* 1-1:50 p.m.		
				Pool Access 2-7:15 p.m.		

* Aqua Pilates Classes are part of the Focused Fitness Program. Payment and registration are required. See flier for details.

Please note: All Group Fitness classes are free to attend with a facility access membership.

Weekly reservations are required for all classes and pool access. Online reservations are available up to 72 hours in advance.

For more information or to sign up for a class, visit galterlifecenter.org

SEE REVERSE SIDE FOR THE WEST POOL SCHEDULE

