

East Pool Schedule

Winter 2020

Effective January 6

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 - 8:30 a.m.	Adult Swim 5 - 8 a.m.	Adult Swim 6:30 - 8 a.m.	Adult Swim 6:30 - 8 a.m.
Open Swim 8 - 10 a.m.	Adult Learn-to-Swim* 7 - 8:30 a.m.		Aqua Pilates* 9 - 9:45 a.m.	Aqua Yoga* 8:30 - 9:25 a.m.	Open Swim 8 - 11 a.m.	Aquababies* 8 - 9:30 a.m.
	Open Swim 8:30 - 9 a.m.	Children's Fee Based Programming (1/2 pool) 9 - 11 a.m.		Aquababies* 9:30 - 10:30 a.m.		
AAE* 10 - 10:45 a.m.	Adult Swim 11 a.m. - 1:30 p.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.	Learn-to-Swim* 11:30 a.m. - 12:30 p.m.	Learn-to-Swim (1/2 pool) 10:30 a.m. - noon
Open Swim 11 a.m. - noon		Children's Fee Based Programming* 11 a.m. - noon	Open Swim 11:30 a.m. - 12:30 p.m.	Adult Swim 11:45 a.m. - 1 p.m.		PSL/Open Swim 12:30 - 6 p.m.
Adult Swim Noon - 1:30 p.m.	Open Swim 1:30 - 3:30 p.m.	Adult Swim Noon - 1:30 p.m.	Open Swim 1:30 - 3:30 p.m.	Aqua Pilates* 1 - 1:45 p.m.	Member Family Swim** 4:30 - 5:30 p.m.	
Open Swim 1:30 - 3:30 p.m.	Open Swim 1:30 - 3:30 p.m.	Open Swim 1:30 - 4 p.m.	Open Swim 1:30 - 3:30 p.m.	Open Swim 2 - 4:30 p.m.		
PSL/Open Swim 3:30 - 6 p.m.	PSL/Open Swim 3:30 - 7:15 p.m.	Learn-to-Swim* 4 - 6 p.m.	PSL/Open Swim 3:30 - 6:30 p.m.	Member Family Swim** 4:30 - 5:30 p.m.	Member Family Swim** 6 - 7 p.m.	Adult Swim 6 - 7:45 p.m.
Adult Swim 6 - 6:30 p.m.		Open Swim 6 - 6:30 p.m.	Adult Learn-to-Swim* 6:30 - 7:15 p.m.	Open Swim 5:30 - 7:15 p.m.		
Adult Learn-to-Swim* 6:30 - 8 p.m.	Adult Swim 7:15 - 10:15 p.m.	Aqua Yoga* 6:30 - 7:15 p.m.	Adult Learn-to-Swim* 6:30 - 7:15 p.m.	Adult Swim 7:15 - 8:45 p.m.	Adult Swim 7 - 7:45 p.m.	
Adult Swim 8 - 10:15 p.m.		Adult Swim 7:15 - 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

** = The East Pool is reserved for Adult Swim on Friday and Saturday evenings when no Family Swim is scheduled (see dates below).

Fee Based Programs Session 1 Dates (including make-up week): January 13 - March 22

Family Swim Dates (registration required, dates and times may vary- see flier for details): Fridays- 1/24, 2/21, 3/20 Saturdays- 1/11, 2/8, 3/14

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.**

Please note that private swim lessons and one-on-one services can occur at any time the pool is not reserved for programs or classes. Children under 16 years old are not allowed in the East Pool area during Adult Swim.

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.

East Therapy Pool: The East Therapy Pool is primarily used for physician prescribed physical therapy, swimming lessons and one-on-one services. If you are not participating in the activities listed on the schedule 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. 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.

Fee Based Programs: Full pool is reserved for Fee Based Programs, unless otherwise noted on the schedule. These include: Aquababies, Learn-to-Swim, Adult Learn-to-Swim and Aqua Pilates classes. Most 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. Registration is required. See fliers for details.

Open Swim: 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. Please note that private swim lessons and one-on-one services can occur at any time the pool is not reserved for programs or classes, including open swim. No more than 3 Private Swim Lessons will occur simultaneously.

Private Swim Lessons (PSL)/Open Swim: 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.

Programs/Classes: Full pool is reserved for programs/classes. These include: AAE, Pre/Postnatal, 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.

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.

