

East Pool Schedule

Summer 2017

Effective August 14

This schedule will be effective for the duration of the West Pool Area closure.

We anticipate the closure will last approximately 4 weeks.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 5 - 8 a.m.	Adult Swim 5 - 7 a.m.	Adult Swim 5 - 8 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 8 - 8:55 a.m.	Adult Learn-to-Swim* (1/2 pool) 7 - 8:30 a.m.	Open Swim/PSL 8 - 8:55 a.m.	Aqua Yoga* 8 - 9 a.m.	Aqua Zumba* 8 - 8:55 a.m.	Open Swim/PSL 7:45 - 9 a.m.	Aqua Yoga* 8 - 8:45 a.m.
Aqua Blast* 9 - 9:55 a.m.	Aqua Mix* 8:30 - 9:25 a.m.	Aqua Blast* 9 - 9:55 a.m.	Open Swim/PSL 9 - 9:30 a.m.	Aqua Blast* 9 - 9:55 a.m.	Aqua Mix* 9 - 10 a.m.	Aqua Blast* 9 - 10 a.m.
AAE* 10 - 10:45 a.m.	Open Swim/PSL 9:30 - 11 a.m.	AAE* 10 - 10:45 a.m.	Aquababies* 9:30 - 10:30 a.m.	Open Swim/PSL 10 - 11 a.m.	Open Swim/PSL 10 - 11:30 a.m.	Open Swim/PSL 10 - 11 a.m.
Open Swim/PSL 11 a.m.-noon	AAE* 11-11:45 a.m.	Open Swim/PSL 11 a.m. - noon	Open Swim/PSL 10:30 - 11 a.m.	Open Swim/PSL 10 - 11 a.m.	Open Swim/PSL 10 - 11:30 a.m.	Open Swim/PSL 10 - 11 a.m.
Adult Swim Noon - 1:30 p.m.	Adult Swim Noon - 1:30 p.m.	Adult Swim Noon - 1:30 p.m.	Adult Swim Noon - 1:30 p.m.	Adult Swim 11:45 a.m. - 1 p.m.	Aquababies* 11:30 a.m. - 12:30 p.m.	Aquababies* 11 a.m. - noon
Open Swim/PSL 1:30 - 3 p.m.	Open Swim/PSL 1:30 - 3:30 p.m.	Open Swim/PSL 1:30 - 5:30 p.m.	Open Swim/PSL 1:30 - 3 p.m.	Open Swim/PSL 1 - 4 p.m.	PSL/Open Swim 12:30 - 4 p.m.	PSL/Open Swim Noon - 4 p.m.
PSL/Open Swim 3 - 5:30 p.m.	PSL/Open Swim 3:30 - 6:30 p.m.	Open Swim/PSL 1:30 - 5:30 p.m.	PSL/Open Swim 3 - 6:30 p.m.	Learn-to-Swim (1/2 pool) 4 - 6 p.m.	Learn-to-Swim (1/2 pool) 4 - 6 p.m.	Learn-to-Swim* 4 - 6 p.m.
Aqua Mix* 5:30 - 6:30 p.m.	Open Swim/PSL 6:30 - 7:30 p.m.	Aqua Mix* 5:45 - 6:30 p.m.	Open Swim/PSL 6 - 7 p.m.	Open Swim/PSL 6 - 7 p.m.	Adult Swim 6 - 7:45 p.m.	Adult Swim 6 - 7:45 p.m.
Open Swim/PSL 6:30 - 7:30 p.m.	Aqua Blast* 6:35 - 7:30 p.m.	Aqua Yoga* 6:30 - 7:15 p.m.	Aqua Zumba* 6:35 - 7:30 p.m.	Adult Swim 7 - 8:45 p.m.	Adult Swim 6 - 7:45 p.m.	Adult Swim 6 - 7:45 p.m.
Adult Swim 7:30 - 10:15 p.m.	Adult Swim 7:30 - 10:15 p.m.	Adult Swim 7:15 - 10:15 p.m.	Adult Swim 7:30 - 10:15 p.m.	Adult Swim 7 - 8:45 p.m.	Adult Swim 6 - 7:45 p.m.	Adult Swim 6 - 7:45 p.m.

NOTES:

Pool users must exit the building within 15 minutes of the pool closing times.

* = Entire pool RESERVED for Galter LifeCenter programs and classes. Reservation required. See reverse side for details.

Fee Based Programs Session 4 Dates: August 14 - September 24 (includes make-up week)

Session Break (no fee based classes): August 31 - September 6

Family Swim will be back when the West Pool reopens.

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 88 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 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: During the West Pool Area closure only, this pool will have some time slots available for water walking/exercising with a lifeguard on duty. 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: Family Swim will resume when the West Pool reopens. See flier for full schedule and details.

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.

Group Fitness Classes: Full pool is reserved for Group Fitness classes. These include: AAE, Aqua Blast, Aqua Mix, Aqua Yoga and Aqua Zumba. These classes utilize the entire pool; therefore we cannot guarantee open pool space during these times. All aquatic group exercise classes are limited to 25 participants and reservations are required. You can make a reservation online or at the Courtesy Desk up to 30 days in advance. Reservations are closed one hour prior to the start of class. Five minutes after the class start time the pool attendant will allow waitlist participants to take any vacant spots. If you are five or more minutes late to class (you must be in the pool - not the locker room, etc.) you may lose your spot if the class is full.

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.

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.