

# Galter Life Center

## West Pool Schedule

effective October 7, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Access 5:15-7 a.m.	Pool Access 5:15-5:45 a.m.	Pool Access 5:15-8:45 a.m.	Pool Access 5:15-5:45 a.m.	Pool Access 5:15-8 a.m.	Masters* 6:45-7:45 a.m. Peter	Pool Access 6:45-9 a.m.
SwimFit* 7-7:50 a.m. Peter	Masters* 5:45-6:45 a.m. Peter		Masters* 5:45-6:45 a.m. Peter			
Aqua Mix 8:30-9:25 a.m. Shannon	Pool Access 6:45-10 a.m.	Aqua Blast 9:05-10 a.m. Suzanne	Pool Access 6:45-8:45 a.m.	Aqua Blast 8:15-9:10 a.m. Shannon	Aqua Blast 8:15-9:10 a.m. Erin/Krista	Aqua Blast 9:15-10:10 a.m. Jandra
Pool Access 9:45-11:15 a.m.	Aqua Mix 10:15-11:10 a.m. Shannon	Pool Access 10:15 a.m.-noon	Latin Splash 9:05-10:10 a.m. Suzanne	Pool Access 9:45 a.m.-noon	Aqua Blast 9:30-10:25 a.m. Shannon	Aqua Mix 10:15-11:10 a.m. Suzanne
AAE 11:30 a.m.- 12:15 p.m. Shannon	Pool Access 11:15 a.m.-2 p.m.		Pool Access 10:15-10:45 a.m.		Pool Access 10:30 a.m.-noon	Pool Access 11:30 a.m.-noon
Pool Access 12:30-1:15 p.m.		Masters* Noon-1 p.m. Peter	AAE 11-11:45 a.m. Shannon	Masters* Noon-1 p.m. Peter	Pool Access / Private Swim Lessons* Noon-12:45 p.m.	
Pool Access 1:15-2:15 p.m.			SwimFit* Noon-12:50 p.m. Peter	Pool Access 1-2:15 p.m.	AAE+ 1-1:45 p.m. Shannon	
Pool Access / Private Swim Lessons* 2:15-4:45 p.m.	Pool Access ♪ / Private Swim Lessons* 2-3 p.m.	Pool Access ♪ 1-2:15 p.m.	Pool Access 1-2:15 p.m.	Pool Access / Private Swim Lessons* 2:15-3:45 p.m.		
	Pool Access / Private Swim Lessons* 3-5:45 p.m.	Pool Access / Private Swim Lessons* 2:15-6:15 p.m.	Pool Access / Private Swim Lessons* 2:15-4:15 p.m.			
Aqua Mix 4:55-5:50 p.m. Shannon			Pool Access ♪ / Private Swim Lessons* 4:45-5:45 p.m.	Swim Club 1* 4-4:45 p.m.	Pool Access / Private Swim Lessons* 2-3:30 p.m.	Pool Access / Private Swim Lessons* Noon-3:30 p.m.
Masters* 6-7 p.m. Peter	Aqua Zumba 6-6:55 p.m. Jandra	Aqua Blast 6:30-7:25 p.m. Shannon	Aqua Blast 6-6:55 p.m. Shannon	Swim Club 2* 5-6 p.m.	Pool Access 3:30-5 p.m.	Pool Access 3:30-5 p.m.
Adult Learn-to-Swim 2* 7-7:45 p.m.			Adult Learn-to-Swim 2* 7-7:45 p.m.	Pool Access 6:15-7:45 p.m.	Pool Access 5-6:15 p.m.	Pool Access ♪ 5-6:15 p.m.
Pool Access 8-9:15 p.m.	Pool Access 7:15-9:15 p.m.	Pool Access ♪ 7:30-9:15 p.m.	Pool Access 8-9:15 p.m.			

\* Payment and registration required. See reverse side for details.

+ One lane will remain open for Private Swim Lessons.

♪ Pool attendants are permitted to play appropriate music at certain times of pool access.

Weekly reservations are required for all classes and pool access. Private swim lessons and one-on-one services can occur at any time the pool is not reserved for classes.

**SEE REVERSE SIDE FOR MORE INFORMATION**

# Galter Life Center

## West Pool

### GENERAL INFORMATION

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) vary between 83 and 104 degrees. We require that all persons take a soap shower before entering any of the pools.

**Pool Access:** Weekly reservations are required for all classes and pool access. Reservations can be made online on the *My Wellness* portal 72 hours in advance or at the Courtesy Desk 48 hours in advance. Pool attendants are permitted to play appropriate music at certain times of the day. Times are marked with a 🎵 symbol on the schedule.

**Private Swim Lessons:** Galter LifeCenter offers adult and child private swim lessons and one-on-one services. These appointments may occur at any time the pool is not reserved for other classes and will take up lane space. Private swim lessons are currently most likely to occur in the afternoon from 2 to 6 p.m. during the week and noon to 3:30 p.m. on the weekends.

**Programs/Classes:** Programs/classes take priority over the pool. Pool access may not be available at these times.

**Sauna/Spa/Therapy Pool Usage:** These pools are open to all members during pool hours. Appropriate swimwear is required. These environments are 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, request assistance from a Pool Attendant. Do not spend more than 15 minutes in the Spa/Sauna/Therapy Pool.

### CLASS DESCRIPTIONS

**Adult Learn-to-Swim** – This program is designed for the adult who wants to learn how to swim or refine their skills. Registration and payment are required to participate in Adult Learn-to-Swim. See flier for details.

**AAE: Aqua Arthritis Exercise** - This program includes a 45-minute water exercise routine geared specifically to those with arthritis. Improve joint flexibility and coordination, reduce muscle weakness and decrease pain and stiffness.

**Aqua Blast** - Add a little challenge with this fun, high-intensity water workout. This class includes explosive cardiovascular conditioning, upper and lower body toning along with some soothing stretches. Moderate to high intensity without the joint impact.

**Aqua Mix** - Increase your cardio fitness, improve your strength, and develop better balance and flexibility while performing exercises using noodles or buoys for a total exercise experience. All levels welcome!

**Aqua Zumba** - Add high energy Latin music and movement to the basic water workout and you get Aqua Zumba. This class is appropriate for all fitness levels and requires no swimming or dancing skills. Join the party without the impact!

**Aqua Yoga** - Relaxing aquatic exercise that allows focus on balance and strength using traditional yoga poses in the water.

**Latin Splash** - A cardio workout in the water set to high energy Latin music - caliente! No swimming or dance skills required. This class is good for all levels of exercisers.

**Masters Practice** - Swimming is one of the most popular forms of aerobic exercise and a great workout for everyone from fitness enthusiast and tri-athletes to non-competitive swimmers. Structured workouts with a coach offer an individualized training experience to help swimmers improve general fitness or train for specific goals. Registration and payment are required to participate in Masters Swim Practices. See flier for details.

**Swim Club** – Swim Club 1 is for any child who passed Learn-to-Swim and can swim multiple lengths in the pool. Registration and payment are required to participate in Swim Club. See flier for details.

**SwimFit** - This interval-based swimming workout is for anyone who has a basic understanding of swimming and is looking to increase endurance, improve stroke control and build on current abilities. SwimFit classes are part of the Focused Fitness Program. Payment and registration are required. See flier for details.

**SEE REVERSE SIDE FOR WEST POOL SCHEDULE**