

# West Pool Schedule

*effective September 5, 2023 due to the East Pool closure*

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 5:15-8:15 a.m.	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 9:05-10 a.m. Krista	Masters* 5:45-6:45 a.m. Peter	Aqua Blast 8:30-9:25 a.m. Krista	Pool Access 7:45-8 a.m.	
Aqua Mix 8:30-9:25 a.m. Shannon	Pool Access 6:45-10 a.m.	AAE** 10:15-11 a.m. Krista	Pool Access 6:45-8:45 a.m.	Pool Access 9:30-10 a.m.	Aqua Yoga** 8:15-9 a.m. Shannon	Aqua Blast 9:15-10:10 a.m. Jandra
Pool Access 9:30-10 a.m.	Aqua Mix 10:15-11:10 a.m. Shannon	Pool Access 11:15 a.m.-noon	Latin Splash 9:05-10:10 a.m. Suzanne	Aqua Yoga** 10:15-11 a.m. Shannon	Aqua Blast 9:15-10:10 a.m. Shannon	Aqua Mix 10:15-11:10 a.m. Suzanne
AAE** 10:15-11 a.m. Suzanne	Pool Access 11:15 a.m.- 12:15 p.m.	Masters* Noon-1 p.m. Peter	Pool Access 10:15-10:45 a.m.	Pool Access 11:15 a.m.-noon		
Pool Access 11:15 a.m.- 4:15 p.m.		Pool Access 1-1:45 p.m.	AAE 11-11:45 a.m. Shannon		Pool Access 10:20 a.m.- 4:30 p.m.	Pool Access 11:20 a.m.- 4:30 p.m.
Stretch & Tone+ 11:45 a.m.- 12:30 p.m. Shannon	AAE** 12:30-1:15 p.m. Suzanne	AAE** 2-2:45 p.m. Shannon	SwimFit* Noon-1 p.m. Peter	Masters* Noon-1 p.m. Peter		
Aqua Mix 4:30-5:25 p.m. Shannon	Pool Access 1:30-5:45 p.m.	Pool Access 3-5:15 p.m.				
Pool Access 5:30-6 p.m.		Aqua Yoga** 5:30-6:15 p.m. Shannon	Pool Access 1-5:45 p.m.	Pool Access 1-7:15 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			
Pool Access 7-9:15 p.m.	Pool Access 7-9:15 p.m.	Pool Access 7:30-9:15 p.m.	Pool Access 7-9:15 p.m.			

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

\*\* Moved from the East Pool. Capacity is 40 people per class.

+ This class is offered in place of the cancelled AAE class with Shannon. Stretch & Tone is be held in Studio 1.

Reservations are required for all classes.

SEE REVERSE SIDE FOR MORE INFORMATION



**Galter LifeCenter**

Part of  NorthShore

**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.

**Pool Access:** During the East Pool closure, there we will temporarily pause the requirement for pool lane reservations. Pool lanes will be available on a first come, first served basis. Class reservations will still be required.

**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

**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.

**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.

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