

West Pool Schedule effective January 9, 2023

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 7:45-9 a.m.	Aqua Blast 9:15-10:10 a.m. Jandra
Aqua Mix 8:30-9:25 a.m. Shannon	Pool Access 6:45-10 a.m.	Pool Access 10:15 a.m.- noon	Pool Access 6:45-9 a.m.	Pool Access 9:45 a.m.- noon	Aqua Blast 9:15-10:10 a.m. Shannon	Aqua Mix 10:15-11:10 a.m. Suzanne
Pool Access 9:45-11:15 a.m.	Aqua Mix 10:15-11:10 a.m. Shannon	Masters* Noon-1 p.m. Peter	Aqua Zumba 9:05-10:10 a.m. Martha	Masters* Noon-1 p.m. Peter	Pool Access 10:30 a.m.- 4:30 p.m.	Pool Access 11:30 a.m.- 4:15 p.m.
AAE 11:30 a.m.- 12:15 p.m. Shannon	Pool Access 11:30 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.		
Pool Access 12:30-6 p.m.	Aqua Zumba 6-6:55 p.m. Jandra	Aqua Blast 6:30-7:25 p.m. Shannon	AAE 11-11:45 a.m. Shannon			
Masters* 6-7 p.m. Peter	Pool Access 7:15-9:15 p.m.	Pool Access 7:45-9:15 p.m.	SwimFit* Noon-1 p.m. Peter			
Pool Access 7-9:15 p.m.			Pool Access 1:15-5:45 p.m.			
			Aqua Blast 6-6:55 p.m. Shannon			
			Adult Learn-to-Swim 2* 7-7:45 p.m.			
			Pool Access 7-9:15 p.m.			

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

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



Galton 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.

West 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.

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 classes.

Programs/Classes: Programs/classes take priority over the pool. Pool access may not be available at this time.

Sauna/Spa/Therapy Pool Usage: These pools are open to all members during pool hours. Please wear appropriate swimwear. 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, please 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.

Adult Learn-to-Swim – Galter LifeCenter's Adult Learn-to-Swim program is designed for adults who want to learn how to swim or refine their skills. Classes are taught by an experienced, certified swim instructor dedicated to improving students' overall confidence in the water and increasing their understanding of the fundamentals of swimming. Payment and registration are required. See flier for details.

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!

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.

SEE REVERSE SIDE FOR WEST POOL SCHEDULE



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