East Pool Schedule

Galter Life Center – effective October 5, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim 5:15-10 a.m.	Open Swim 5:15-11 a.m.	Open Swim 5:15-8 a.m.	Open Swim 5:15-6:45 a.m.	Open Swim 5:15-10:15 a.m.	Open Swim 6:45-8 a.m.	Open Swim 6:45 a.m.- Noon
		AAE* 8:15-9 a.m. Suzanne	Adult Learn-to-Swim 1** 7-7:45 a.m.		Aqua Yoga* 8:15-9 a.m. Shannon	
AAE* 10:15-11 a.m. Suzanne		Open Swim 9:15 a.m.-1:45 p.m.	Open Swim 8 a.m.-3:30 p.m.	Aqua Yoga* 10:25-11:10 a.m. Shannon	Open Swim 9:15-10:45 a.m.	
Open Swim 11:15 a.m.- 12:45 p.m.	AAE* 11:15 a.m.-noon Shannon			AAE* 11:15 a.m.-noon Shannon	Learn-to-Swim** 11 a.m.-noon	
	Open Swim 12:15-3 p.m.	AAE* 2-2:45 p.m. Suzanne		Open Swim 12:15-12:45 p.m.	Private Swim Lessons** Noon-1:30 p.m.	Private Swim Lessons** Noon-1:30 p.m.
Aqua Pilates** 1-1:50 p.m. Tonna		Private Swim Lessons** / Open Swim 3-5:15 p.m.		Aqua Pilates** 1-1:50 p.m. Autumn	Private Swim Lessons** / Open Swim 1:30-3:30 p.m.	Private Swim Lessons** / Open Swim 1:30-3:30 p.m.
Private Swim Lessons** / Open Swim 2-5:45 p.m.	Private Swim Lessons** / Open Swim 3-5 p.m.	Aqua Yoga* 5:30-6:15 p.m. Shannon	Private Swim Lessons** / Open Swim 3:30-5:45 p.m.	Private Swim Lessons** / Open Swim 2-3:45 p.m.	Open Swim 3:30-6:15 p.m.	Open Swim 3:30-6:15 p.m.
Adult Learn-to-Swim 1** 6-6:45 p.m.	Open Swim 5-9:15 p.m.	Aqua Pilates** 6:15-7 p.m. Erin	Adult Learn-to-Swim 1** 6-6:45 p.m.	Learn-to-Swim** 4-6 p.m.		
Open Swim 7-9:15 p.m.		Open Swim 7:15-9:15 p.m.	Open Swim 7-9:15 p.m.	Open Swim 6:15-7:45 p.m.		

NOTES:
Pool users must exit the building within 15 minutes of the pool closing times.
* = ENTIRE pool is reserved for group fitness classes.
** = Fee-based program.

	Open Swim = No reservation required. Please check-in with a Pool Attendant for guidance on proper lane use.
	Private Swim Lesson/Open Swim = Private swim lessons take priority. You may be asked to switch lanes or pools.
	Private Swim Lesson only = No space available for Open Swim.
	Group Fitness class = Reservation required.
	Fee-based program = Reservation and payment required to participate.

Reservations are required for all group fitness classes. Instructor substitutions may be made without notice. Private swim lessons and one-on-one services can occur at any time the pool is not reserved for classes. You may be asked to move to another lane by staff in order to accommodate other users/programs. Please comply to this and any other staff requests.

SEE REVERSE SIDE FOR EAST POOL SCHEDULE

Endeavor Health
Fitness & Wellness Center

Galter Life Center
East Pool

GENERAL INFORMATION

Galter Life Center is a proud member of the Medical Fitness Association. 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.

Open Swim: We ask that each member applies the general Galter Life Center "Pool Etiquette Guidelines" (see brochure in the Membership Office or on each pool deck). Signage will be posted for each lane to help guide members and guests to the proper lane. Please check-in with a Pool Attendant on guidance for proper lane use, if necessary, based on 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 time.

East Therapy Pool: The East Therapy Pool is not available for use without a service appointment with a provider.

Private Swim Lessons: Galter Life Center 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 and will take up lane space. Proper signage will be posted in advance to notify members of upcoming private swim lessons.

Programs/Classes: Programs/classes take priority over pool. Reservations are required for all classes. Pool access may not be available at these times. If you are not present on the pool deck 10 minutes after class start start time, your spot may be forfeited to a waitlist participant.

Spa Usage: This pool is open to all members during pool hours. Appropriate swimwear is required. 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, request assistance from a Pool Attendant. Do not spend more than 15 minutes in the Spa.

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 – Our 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.

Aquababies - The award-winning Galter Life Center Aquababies program is a parent-child swim class dedicated to educating parents on water safety while acclimating their child to water in a safe setting. Payment and registration are required. See flier for details.

Aqua Pilates - The Aqua Pilates workout facilitates increased flexibility while challenging the individual to maintain core stabilization, balance and postural alignment in the healing environment of warm water. All levels of fitness can benefit from this class. Aqua Pilates classes are part of the Focused Fitness Program. Payment and registration are required. See flier for details.

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

Learn-to-Swim - The award-winning Learn-to-Swim program is designed for children who have advanced through our Aquababies program and/or are ready to learn to swim independently in a group setting. Payment and registration are required. See flier for details.

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