West Pool Schedule

Galter Life Center – effective October 5, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim 5:15-6 a.m.	Open Swim 5:15-5:45 a.m.	Open Swim 5:15-6 a.m.	Open Swim 5:15-5:45 a.m.	Open Swim 5:15-6 a.m.	Masters** 6:45-7:45 a.m. Peter	Open Swim 6:30-7 a.m.
Lap Swim 6-7 a.m.	Masters** 5:45-6:45 a.m. Peter	Lap Swim 6-7 a.m.	Masters** 5:45-6:45 a.m. Peter	Lap Swim 6-7 a.m.	Aqua Blast* 8:15-9:10 a.m. Erin/Krista	Lap Swim 7-8 a.m.
SwimFit** 7-7:50 a.m. Peter	Lap Swim 7-8 a.m.	Open Swim 7-8:45 a.m.	Lap Swim 7-8 a.m.	Open Swim 7-8:15 a.m.	Aqua Blast* 9:30-10:25 a.m. Shannon	Open Swim 8-9 a.m.
Aqua Mix* 8:30-9:25 a.m. Shannon	Open Swim 8-10 a.m.	Aqua Blast* 9:05-10 a.m. Suzanne	Open Swim 8-8:45 a.m.	Aqua Blast* 8:30-9:25 a.m. Shannon	Open Swim 10:30-11 a.m.	Aqua Blast* 9:15-10:10 a.m. Martha
Open Swim 9:45-11:15 a.m.	Aqua Mix* 10:15-11:10 a.m. Shannon	Open Swim 10:15 a.m.-noon	Latin Splash* 9:05-10:10 a.m. Suzanne	Open Swim 9:45 a.m.-noon	Lap Swim 11 a.m.-noon	Aqua Mix* 10:15-11:10 a.m. Suzanne
AAE* 11:30 a.m.- 12:15 p.m. Shannon	Open Swim 11:15 a.m.-1 p.m.		Open Swim 10:15-10:45 a.m.		Private Swim Lessons** / Open Swim Noon-12:45 p.m.	Open Swim 11:30 a.m.- 12:30 p.m.
Open Swim 12:30-1 p.m.		Masters** Noon-1 p.m. Peter	AAE* 11-11:45 a.m. Shannon	Masters** Noon-1 p.m. Peter		
Lap Swim 1-2 p.m.	Lap Swim 1-2 p.m.	Lap Swim 1-2 p.m.	SwimFit** Noon-12:50 p.m. Peter	Lap Swim 1-2 p.m.	AAE* 1-1:45 p.m. Shannon	SwimFit** 12:30-1:20 p.m. Jane
Private Swim Lessons** / Open Swim 2-4:45 p.m.	Open Swim 2-4 p.m.	Open Swim 2-2:30 p.m.	Lap Swim 1-2 p.m.	Open Swim 2 -3 p.m.	Private Swim Lessons** / Open Swim 2-3:30 p.m.	Private Swim Lessons** / Open Swim 1:30-3:30 p.m.
Aqua Mix* 4:55-5:50 p.m. Shannon		Private Swim Lessons** / Open Swim 2:30-6:15 p.m.	Open Swim 2-3:15 p.m.			
Masters** 6-7 p.m. Peter	Private Swim Lessons** / Open Swim 4 p.m.-5:45 p.m.		Private Swim Lessons** / Open Swim 3:15-5:45 p.m.	Private Swim Lessons** / Open Swim 3-3:50 p.m.	Open Swim 3:30-6:15 p.m.	Open Swim 3:30-6:15 p.m.
Adult Learn-to-Swim 2** 7-7:45 p.m.	Latin Splash* 6-6:55 p.m. Suzanne	Aqua Blast* 6:30-7:25 p.m. Shannon	Aqua Blast* 6-6:55 p.m. Shannon	Swim Club** 4-6 p.m.		
Open Swim 8-9:15 p.m.	Lap Swim 7-8 p.m.	Open Swim 7:30-9:15 p.m.	Adult Learn-to-Swim 2** 7-7:45 p.m.	Lap Swim 6-7 p.m.		
	Open Swim 8:15-9:15 p.m.		Open Swim 8-9:15 p.m.	Open Swim 7:15-7:45 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.
	Lap Swim = Reservation required.
	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 MORE INFORMATION

Endeavor Health
Fitness & Wellness Center

Galter Life Center
West 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.

Lap Swim: Reservations can be made for lap swim up to 72 hours in advance through the member portal or the Courtesy Desk. Your reservation will be limited for up to 1 hour a day. If you are not on deck 10 minutes after your reservation begins, you might forfeit your spot to a waitlist participant.

Private Swim Lessons/Open Swim: Galter Life Center offers adult and child private swim lessons and one-on-one services, and will take priority over open swim time. Any user may be asked by the Pool Attendant to switch lanes or pools to accommodate lessons. Private swim lessons will occur in Lane 4A and 4B, and 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 will not be available at these times. If you are not present on the pool deck 10 minutes after class start time, your spot may be forfeited to a waitlist participant.

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/lower body toning along with some soothing stretches. Moderate to high intensity without 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 exercise and a great workout for everyone from fitness enthusiasts 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.

Swim Club – Swim Club 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

Endeavor Health
Fitness & Wellness Center