Endeavor Health
Fitness & Wellness Center



Aquababies
at Galter Life Center

Aquababies is a parent-child swim class dedicated to educating parents on water safety while acclimating their child to water in a safe setting. Parents will learn the appropriate ways to hold their child in the water while their child develops motor skills related to swimming. These semi-private classes are limited to 3 participants per instructor.

Registration is required through the app or website under Packages/Programs. Galter Life Center members can sign up 2 weeks in advance of the class start date. Nonmembers can sign up 1 week in advance of the class start date.

Session Dates:
September 25-December 10*

**There will be no class the week of Oct. 26-Nov 1 & Nov 23-Nov 29.*

Fees:
Members $276
Nonmembers $324

SEE REVERSE SIDE FOR MORE INFORMATION

For more information, contact the **Aquatics Department** at **773-878-9936, ext. 7309**, or email **GLCAquaticsInfo@EndeavorHealth.org.**

Galter Life Center
5157 N. Francisco Ave., Chicago, IL, 60625
773-878-9936 | galterlifecenter.org

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All classes are 30 minutes. Curriculums for the Aquababies program include:

Aquababies 1:
- Water safety skills
- Scooping
- Jumping in the water
- Underwater exploration
- Kicking on back

Aquababies 2:
- Water safety skills
- Blowing bubbles
- Flipping safely from front to back floats
- Instructor-assisted swimming skills

Aquababies 3:
- Water safety skills
- Assisted swimming with instructor
- Pushing off the wall
- Floating/kicking on front and back
- Blowing face-in bubbles

Class Option	Member registration begins:	Nonmember registration begins:	Make up class:
Aquababies 1 (6 months-1 year old)			
Saturdays at 9 a.m. *begins Saturday, September 26*	Saturday, September 12	Saturday, September 19	Saturday, December 5
Saturdays at 9:30 a.m. *begins Saturday, September 26*	Saturday, September 12	Saturday, September 19	Saturday, December 5
Sundays at 9 a.m. *begins Sunday, September 27*	Sunday, September 13	Sunday, September 20	Sunday, December 6
Sundays at 9:30 a.m. *begins Sunday, September 27*	Sunday, September 13	Sunday, September 20	Sunday, December 6
Aquababies 2 (1-2 years old)			
Saturdays at 10 a.m. *begins Saturday, September 26*	Saturday, September 12	Saturday, September 19	Saturday, December 5
Saturdays at 10:30 a.m. *begins Saturday, September 26*	Saturday, September 12	Saturday, September 19	Saturday, December 5
Sundays at 10 a.m. *begins Sunday, September 27*	Sunday, September 13	Sunday, September 20	Sunday, December 6
Sundays at 10:30 a.m. *begins Sunday, September 27*	Sunday, September 13	Sunday, September 20	Sunday, December 6
Aquababies 3 (2-3 years old)			
Saturdays at 11 a.m. *begins Saturday, September 26*	Saturday, September 12	Saturday, September 19	Saturday, December 5
Saturdays at 11:30 a.m. *begins Saturday, September 26*	Saturday, September 12	Saturday, September 19	Saturday, December 5
Sundays at 11 a.m. *begins Sunday, September 27*	Sunday, September 13	Sunday, September 20	Sunday, December 6
Sundays at 11:30 a.m. *begins Sunday, September 27*	Sunday, September 13	Sunday, September 20	Sunday, December 6

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Learn-to-Swim
at Galter Life Center

Learn-to-Swim is designed for children 3-8 years old who want to learn how to swim or refine their skills. Classes are taught by a certified swim instructor dedicated to improving students' overall confidence in the water and increasing their understanding of the fundamentals of swimming.

Registration is required through the app or website under Packages/Programs. Galter Life Center members can sign up 2 weeks in advance of the class start date. Nonmembers can sign up 1 week in advance of the class start date.

Session Dates:
September 25-December 10*
**There will be no class the week of Oct. 26-Nov 1 & Nov 23-Nov 29*

Fees:
Members $276
Nonmembers $324

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Learn-to-Swim
at Galter Life Center

All classes are 30 minutes. Children must be able to perform all skills taught in the preceding Learn-to-Swim group before being allowed to participate in higher-level classes. Children will learn basic independent skills and body movement in a safe, comfortable environment. If you need to discuss what class fits best for your child, contact the Aquatics department for more information.

Class Option	Member registration begins:	Nonmember registration begins:	Make up class:
Learn-to-Swim 1			
Fridays at 4 p.m. *begins Friday, September 25*	Friday, September 11	Friday, September 18	Friday, December 4
Fridays at 5:30 p.m. *begins Friday, September 25*	Friday, September 11	Friday, September 18	Friday, December 4
Saturdays at 11 a.m. *begins Saturday, September 26*	Saturday, September 12	Saturday, September 19	Saturday, December 5
Saturdays at 11:30 a.m. *begins Saturday, September 26*	Saturday, September 12	Saturday, September 19	Saturday, December 5
Learn-to-Swim 2			
Fridays at 4:30 p.m. *begins Friday, September 25*	Friday, September 11	Friday, September 18	Friday, December 4
Saturdays at 11:30 a.m. *begins Saturday, September 26*	Saturday, September 12	Saturday, September 19	Saturday, December 5
Learn-to-Swim 3			
Fridays at 5 p.m. *begins Friday, September 25*	Friday, September 11	Friday, September 18	Friday, December 4
Learn-to-Swim 4			
Fridays at 5:30 p.m. *begins Friday, September 25*	Friday, September 11	Friday, September 18	Friday, December 4
Learn-to-Swim 5			
Fridays at 5:30 p.m. *begins Friday, September 25*	Friday, September 11	Friday, September 18	Friday, December 4

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Endeavor Health
Fitness & Wellness Center



Swim Club
at Galter Life Center

Swim Club provides a progressive swimming pathway for individuals 8-14 years old who have graduated from the Learn-to-Swim program and are able and ready to begin swimming in the West Pool. The program is led by experienced and certified competitive coaches dedicated to improving students' technique, stroke development and endurance.

Registration is required through the app or website under Packages/Programs. Galter Life Center members can sign up 2 weeks in advance of the class start date. Nonmembers can sign up 1 week in advance of the class start date.

Session Dates:
September 25-December 10*
**There will be no class the week of Oct. 26-Nov 1 & Nov.23-Nov29.*

Fees:
Members $276
Nonmembers $324

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Swim Club
at Galter Life Center

Swim Club is led by experienced and certified competitive coaches dedicated to improving students' technique, stroke development and endurance. Swim Club 1 is a 45-minute class. Swim Club 2 is a 1 hour class. Both classes take place in the West Pool. Class size is 5 participants to 1 instructor. Parents and guardians will sit outside the pool deck in the observation area. Curriculums for Swim Club include:

Swim Club 1:

- Swimming multiple lengths in a 25 yard pool
- Performing the front crawl with lateral breathing for 25 yards
- Performing the backstroke for 25 yards
- Gaining a basic understanding of breast stroke, kick and pull

Swim Club 2:

- Performing the front crawl with lateral breathing for multiple lengths in a 25 yard pool
- Performing the backstroke for multiple lengths in a 25 yard pool
- Performing the breaststroke for multiple lengths in a 25 yard pool
- Gaining a basic understanding of the dolphin kick

Class Option	Member registration begins:	Nonmember registration begins:	Make up class:
Swim Club 1			
Fridays at 4 p.m. *begins Friday, September 25*	Friday, September 11	Friday, September 18	Friday, December 4
Swim Club 2			
Fridays at 5 p.m. *begins Friday, September 25*	Friday, September 11	Friday, September 18	Friday, December 4

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Endeavor Health
Fitness & Wellness Center



Adult Learn-to-Swim
at Galter Life Center

Want to learn how to swim or improve your skills? Galter Life Center has you covered! Adult Learn-to-Swim classes are designed for beginners with valuable tips on overcoming fear of the water, or for those looking to improve their technique. See reverse side to decide which class is right for you!

Registration is required through the app or website under Packages/Programs. Galter Life Center members can sign up 2 weeks in advance of the class start date. Nonmembers can sign up 1 week in advance of the class start date.

Session Dates:
September 25-December 10*
**There will be no class the week of Oct. 26-Nov 1 & Nov 23-Nov 29.*

Fees:
Members $276
Nonmembers $324

SEE REVERSE SIDE FOR MORE INFORMATION

For more information, contact the **Aquatics Department** at **773-878-9936, ext. 7309**, or email **GLCAquaticsInfo@EndeavorHealth.org.**

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Endeavor Health
Fitness & Wellness Center

Adult Learn-to-Swim
at Galter Life Center

All classes are 45 minutes. Descriptions are listed below to help you get a better understanding on what to expect and which class would be best for you:

Adult Learn-to-Swim 1
Adult Learn-to-Swim 1 offers participants the opportunity to conquer fear of the water and build real confidence, whether you have never learned to swim, or its simply been a while since you got in the water. Every class begins with practicing relaxed breathing to help you find buoyancy and float with ease, while gradually introducing the fundamentals of freestyle and backstroke.

Adult Learn-to-Swim 2
Adult Learn-to-Swim 2 offers participants who can comfortably swim 25 yards the opportunity to refine their freestyle and backstroke technique, while learning and strengthening the fundamentals of butterfly and breaststroke. With a focus on stroke development and endurance, Adult Learn-to-Swim 2 helps you swim stronger, smoother, and with greater confidence.

Class Option	Member registration begins:	Nonmember registration begins:	Make up class:
Adult Learn-to-Swim 1 (East Pool)			
Mondays at 6 p.m. *starts Monday, September 28*	Monday, September 14	Monday, September 21	Monday, December 7
Thursdays at 7 a.m. *starts Thursday, October 1*	Thursday, September 17	Thursday, September 24	Thursday, December 10
Thursdays at 6 p.m. *starts Thursday, October 1*	Thursday, September 17	Thursday, September 24	Thursday, December 10
Adult Learn-to-Swim 2 (West Pool)			
Mondays at 7 p.m. *starts Monday, September 28*	Monday, September 14	Monday, September 21	Monday, December 7
Thursdays at 7 p.m. *starts Thursday, October 1*	Thursday, September 17	Thursday, September 24	Thursday, December 10

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Endeavor Health
Fitness & Wellness Center



Fundamental Fitness
at Galter Life Center

Ready for a healthy change, but not sure where to start?

You are not alone. It is normal to feel uncomfortable, nervous or lost when starting a new exercise or nutrition program. Fortunately, our fitness experts at Galter Life Center can address all your questions and concerns.

Our Fundamental Fitness program is specifically designed to give you the opportunity to learn about wellness in a supportive and encouraging environment at a minimal expense. Learn at your own pace in a supportive, small group setting. Session are held both in the classroom and on the exercise floor to help you ease into a fitness routine that works for you! Nonmembers will also have access to the facility during the duration of the program.

In this 8-course, you will:

- Discover how to set small goals that make a big difference.
- Develop strategies for making time to exercise.
- Have access to a variety of fitness experts.
- Learn nutirition tips that fit into your busy life.
- Gain the knowledge to create workouts on your own!



Instructor:
Peter M.

Dates:
Mondays, Noon-1 p.m.

Fees:
$50 for members
$100 for nonmembers

How to get started:
Call **773-878-9936, ext. 3863** or email **Peter.Marcy@endeavorhealth.org.**

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Endeavor Health
Fitness & Wellness Center



Abs by Elisa
at Galter Life Center

Strengthen, sculpt, and stabilize with Abs by Elisa! This conditioning class is designed to build strong fundamentals to work the entire core. You'll train in multiple planes of movement to create strength, learn progressions as you get stronger, and practice effective breathing techniques to elevate every rep. Join Elisa and start building from your center out!

Scan the QR code to log into the member app and register. Click the green 'Packages and Programs' button at the top!

iPhone users

Android users

Instructor:
Elisa G.

Dates:
Mondays (6:15-7 a.m.)
September 21 - November 9

Location:
Studio 3

Fees:
$169 for members;
$198 for nonmembers

For more information, contact **Amy Beck** at **773-878-9936, ext. 7318** or email **Amy.Beck@endeavorhealth.org.**

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Endeavor Health
Fitness & Wellness Center



Women on Weights

at Galter Life Center

Want to feel stronger, more confident and healthier? Join us for this fun and energizing strength-building workout! This small group will integrate free weights, kettlebells, body weight, ViPR, cables, etc. to create a stronger, leaner body. You'll learn basic weight-lifting movements and progress to intermediate lifts. All fitness levels are welcome; individual modifications can be made. *Lift to shine, lift to conquer!*

Scan the QR code to log into the member app and register. Click the green 'Packages and Programs' button at the top!

iPhone users

Android users

OPTION ONE
Thursdays (Noon-1 p.m.)
Dates: September 17-November 5
Instructor: Nicole S.
Location: Studio 3
Price: $225 (members)
$264 (nonmembers)

-OR-

OPTION TWO
Saturdays (11 a.m.-noon)
Dates: September 19-November 7
Instructor: Jackie G.
Location: Studio 3
Price: $225 (members)
$264 (nonmembers)

For more information, contact **Amy Beck** at **773-878-9936, ext. 7318** or email **Amy.Beck@endeavorhealth.org.**

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Endeavor Health
Fitness & Wellness Center



#TBT: Transform, Build, Thrive at Galter Life Center

Take the first step toward better health. TRANFORM your mind, BUILD your body, and THRIVE in life with #TBT!

Each week of the 8-week program, we will meet together for group workouts focusing on strength, endurance, balance and flexibility. You'll also receive weekly tips focused on key wellness principles such as hydration, sleep and stress management.

The group is welcoming to all fitness levels, especially beginners or those returning to exercise. We will start with slow and gentle work, building along the way. As you grow, you will develop the mindset and habits to set you up for continued success!

Registration is required. Scan the QR code to log into the member portal and register for this class, or call the Courtesy Desk at **773-878-9936, ext. 5660**.

Instructors:
Jackie G. and Nicole S.

Dates:
Mondays and Wednesdays (6-7 p.m.)
September 28-November 18

Location:
Studio 3

Fees:
$226 for members;
$265 for nonmembers

Scan the QR code to log into the member app and register. Click the green 'Packages and Programs' button at the top!

iPhone users

Android users

For more information, contact **Amy Beck** at **773-878-9936, ext. 7318**, or email **Amy.Beck@endeavorhealth.org**.

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Endeavor Health
Fitness & Wellness Center



BoxFit
at Galter Life Center

Get ready to punch, sweat, and have fun in this dynamic, non-sparring boxing class designed for adults of all fitness levels! From mitt work to ladder drills, this one hour class trains boxing technique and ring conditioning with authentic combinations. All fitness levels are welcome to participate, no prior experience needed. Bringing your own equipment is encouraged, however, gloves and mitts are available. Unleash your inner fighter!

Scan the QR code to log into the member app and register. Click the green 'Packages and Programs' button at the top!

iPhone users

Android users

Instructor:
Rodney P.

Dates:
Tuesdays (10:30-11:30 a.m.)
October 6 to November 24

Location:
Studio 3 (Tuesdays)

Fees:
$213 for members;
$250 for nonmembers

For more information, contact **Rodney Pintang** at **773-878-9936, ext. 3913**, or email **Rodney.Pintang@endeavorhealth.org.**

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Endeavor Health
Fitness & Wellness Center



Basics of Ballet
at Galter Life Center

Step into the world ballet and experience the perfect blend of movement, balance, and mindfulness. This class is perfect for beginners as it requires no experience and helps improve posture, flexibility, and coordination.

Learn fun, simple ballet steps and dynamic combinations that challenge your brain and body. With a focus on proper alignment, you'll relieve tension, boost cognitive health, and feel great from head to toe!

Registration is required. Join us to explore ballet in a welcoming and supportive environment - where every step is an opportunity for growth!

Scan the QR code to log into the member app and register.
Click the green 'Packages and Programs' button at the top!

iPhone users

Android users



Instructor:
Tonna R.

Dates:
Sundays (1-2 p.m.)
October 4 to November 22

Location:
Studio 2

Fees:
$136 for members;
$160 for nonmembers

For more information, contact **Rodney Pintang** at **773-878-9936, ext. 3913** or email **RPintang@schosp.org.**

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