



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



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. <i>begins Saturday, September 26</i>	Saturday, September 12	Saturday, September 19	Saturday, December 12
Saturdays at 9:30 a.m. <i>begins Saturday, September 26</i>	Saturday, September 12	Saturday, September 19	Saturday, December 12
Sundays at 9 a.m. <i>begins Sunday, September 27</i>	Sunday, September 13	Sunday, September 20	Sunday, December 13
Sundays at 9:30 a.m. <i>begins Sunday, September 27</i>	Sunday, September 13	Sunday, September 20	Sunday, December 13
Aquababies 2 (1-2 years old)			
Saturdays at 10 a.m. <i>begins Saturday, September 26</i>	Saturday, September 12	Saturday, September 19	Saturday, December 12
Saturdays at 10:30 a.m. <i>begins Saturday, September 26</i>	Saturday, September 12	Saturday, September 19	Saturday, December 12
Sundays at 10 a.m. <i>begins Sunday, September 27</i>	Sunday, September 13	Sunday, September 20	Sunday, December 13
Sundays at 10:30 a.m. <i>begins Sunday, September 27</i>	Sunday, September 13	Sunday, September 20	Sunday, December 13
Aquababies 3 (2-3 years old)			
Saturdays at 11 a.m. <i>begins Saturday, September 26</i>	Saturday, September 12	Saturday, September 19	Saturday, December 12
Saturdays at 11:30 a.m. <i>begins Saturday, September 26</i>	Saturday, September 12	Saturday, September 19	Saturday, December 12
Sundays at 11 a.m. <i>begins Sunday, September 27</i>	Sunday, September 13	Sunday, September 20	Sunday, December 13
Sundays at 11:30 a.m. <i>begins Sunday, September 27</i>	Sunday, September 13	Sunday, September 20	Sunday, December 13

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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.



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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. <i>begins Friday, September 25</i>	Friday, September 11	Friday, September 18	Friday, December 11
Fridays at 5:30 p.m. <i>begins Friday, September 25</i>	Friday, September 11	Friday, September 18	Friday, December 11
Saturdays at 11 a.m. <i>begins Saturday, September 26</i>	Saturday, September 12	Saturday, September 19	Saturday, December 12
Saturdays at 11:30 a.m. <i>begins Saturday, September 26</i>	Saturday, September 12	Saturday, September 19	Saturday, December 12
Learn-to-Swim 2			
Fridays at 4:30 p.m. <i>begins Friday, September 25</i>	Friday, September 11	Friday, September 18	Friday, December 11
Saturdays at 11:30 a.m. <i>begins Saturday, September 26</i>	Saturday, September 12	Saturday, September 19	Saturday, December 12
Learn-to-Swim 3			
Fridays at 5 p.m. <i>begins Friday, September 25</i>	Friday, September 11	Friday, September 18	Friday, December 11
Learn-to-Swim 4			
Fridays at 5:30 p.m. <i>begins Friday, September 25</i>	Friday, September 11	Friday, September 18	Friday, December 11
Learn-to-Swim 5			
Fridays at 5:30 p.m. <i>begins Friday, September 25</i>	Friday, September 11	Friday, September 18	Friday, December 11

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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.



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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. <i>begins Friday, September 25</i>	Friday, September 11	Friday, September 18	Friday, December 11
Swim Club 2			
Fridays at 5 p.m. <i>begins Friday, September 25</i>	Friday, September 11	Friday, September 18	Friday, December 11

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