

# Crestwood Recreation and Wellness Center

## Fall Pool Schedule -

### September 10 to December 23, 2017

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM							
7:00 AM		*Lap Swim 5:30-8:25am	*Lap Swim 5:30-8am	*Lap Swim 5:30-8:25am	*Lap Swim 5:30-8am	*Lap Swim 5:30-8am	
8:00 AM		5 lanes AVAIL	5 lanes AVAIL	5 lanes AVAIL	5 lanes AVAIL	5 lanes AVAIL	*Lap Swim 7:00-8:05am
9:00 AM		Aqua Fitness 8:35-9:35am	Aqua Fitness 8:10-9:10am	Aqua Fitness 8:35-9:35am	Aqua Fitness 8:10-9:10am	Aqua Fitness 8:10-9:10am	Aqua Fitness 8:15-9:15am
10:00 AM		Water Walking 9:45-10:30am	9:20-10:05am	Water Walking 9:45-10:30am	9:20-10:05am	9:20-10:05am	
11:00 AM	*Lap Swim 7:00-4pm	*Lap Swim 10:40-1pm	*Lap Swim 10:15-1pm	*Lap Swim 10:40-1pm	*Lap Swim 10:15-1pm	*Lap Swim 10:15-3:45pm	Swim Lessons 9:30-1:30pm
12:00 PM							
1:00 PM		Rusty Hinges 1:05-1:50pm	Rusty Hinges 1:05-1:50pm	Rusty Hinges 1:05-1:50pm	Rusty Hinges 1:05-1:50pm		Family Swim 1:30-3pm
2:00 PM			*Lap Swim 2:15-3:50pm	*Lap Swim 2:15-3:45pm	*Lap Swim 2:15-4pm		
3:00 PM				Aqua Volleyball & Lap Swim		Aqua Volleyball & Lap Swim	*Lap Swim 3-4pm
4:00 PM		*Lap Swim 2:15-6:15pm		only 2 lane AVAIL 4-5:15pm		only 1 lane AVAIL 4-5pm	
5:00 PM			Swim Lessons 4-7pm	Swim Lessons 5:20-6:20pm	Swim Lessons 4-8pm	Family Swim 5-6:45pm	Refer to "Rules of the Pool" on back of schedule.
6:00 PM							
7:00 PM		Cardio Splash 6:30-7:30pm	Cardio Splash 7-8pm	Cardio Endurance 6:30-7:30pm			*During Lap Swim times, at least 3 lap lanes will be in the pool unless otherwise noted on this schedule.
8:00 PM		*Lap Swim 7:30-9pm	*Lap Swim 8-9pm	*Lap Swim 7:30-9pm	*Lap Swim 8-9pm		
9:00 PM							

**This Schedule is subject to change without notice. Questions, call 708-371-4810.**

## September 10 to December 23, 2017

**Pool Hours:** Monday thru Thursday 5:30am to 9pm, Friday 5:30am to 7pm, Saturday and Sunday 7:00am to 4pm

**No one should move or adjust the lap lanes without permission from the instructor or a staff member.**

**\*Lap Swim:** Lap swim is for anyone 16 years and older who has a membership that includes the pool. Lanes are for lap swimming, water walking, and leisure swimming.

**Family Swim:** Family Swim is for families. Children 15 years or younger must be accompanied by a parent/guardian, 18 years or older. Lanes are available for lap swim.

**Swim Lessons:** Pool is used for swim lessons only. No lap swim or family swim.

# Class Descriptions

## GROUP EXERCISE – CLASS DESCRIPTIONS

### Pump It Up!

A whole body weight training and exercise class. Lose weight by building and toning your muscles while still having fun to great music. You will increase strength, muscle and bone density. This class will show you many ways to sculpt your abs and buns. The best part is that there is no jumping.

### Cardio Kickboxing

Come lose weight, meet new friends, and have lots of fun. This class will show you many ways to sculpt your arms, abs and buns. Lets step it up to kickboxing and watch the pounds melt away.

### Cardio Variety Circuit

Expect the unexpected when you come to this cardio variety class. Something new and exciting every Wednesday. Come sweat and burn lots of calories. You will increase strength, muscle and bone density. Cardio is the way to go. And on some Wednesdays we will even do some circuit training.

## WATER FITNESS – CLASS DESCRIPTIONS

### Water Cardio Endurance (WCR)

A high intensity water aerobics class that takes interval training from the gym and adds water resistance to burn more calories. You will achieve a full body workout with the use of water gloves, other equipment and, of course, the water. Come and burn calories while having fun in the water.

### Cardio Splash

A high-intensity cardiovascular water workout that increases strength and endurance. This class is designed to increase your flexibility, improve your balance, core strength and to give you a whole body workout. The nature of water creates the ability for any individual to generate the intensity necessary for a fantastic workout.

### Aqua Fitness

This mid-intensity water workout emphasizes total body conditioning using the natural resistance of the water. This class is designed to improve your flexibility, balance, endurance and overall cardiovascular fitness. Participants can vary their own pace to suit their unique goals and needs.

### Rusty Hinges

If you have arthritis and/or joint problems this fun, friendly low-intensity aerobic workout is for you. This class is designed for all ages and abilities, ranging from beginner to advanced. We'll work on range of motion, muscle tone, flexibility, and rehabilitation with a little low-intensity cardio worked in as well. This is a great class for those recovering from injury or surgery. \*\*Great Beginning Class\*\*

### Water Walking

This low-intensity water workout utilizes both upper and lower body muscle groups to challenge you at various intensity levels. The water is used to create the current and force necessary to provide appropriate resistance. This class will challenge all muscles groups without the impact on your joints.

### Arthritis Aquatics

This low-intensity class is designed with the purpose of providing an opportunity for people with arthritis and other similar conditions to participate in a group water fitness class and to have fun. The class improves range of motion, muscle strengthening, flexibility, balance and endurance.

**Crestwood Recreation and Wellness Center**  
**5331 W. 135th Street ~ Crestwood, IL 60445 ~ (708) 371-4810**  
**[www.CrestwoodFitness.com](http://www.CrestwoodFitness.com)**

### Circle Swimming Information

- Circle swimming is utilized to accommodate three or more swimmers using the whole lane; down and back on the right side of the lane.
- Circle swimming is done by swimmers swimming in a counter-clockwise direction within the lane. In other words, swimmers always stay on the right side of the lane, similar to cars on a road.
- Look at the speed of the swimmers in the lanes and select a lane that is most appropriate for you, then notify the other swimmers in that lane that you would like to join them. Keep to the right at all times.
- To avoid collisions only begin swimming when the other swimmers in the lane have been made aware of your presence. The best method is to get in the water and wait at the wall until the other swimmers come to you.

### **As a courtesy to others....here are some “RULES of the POOL”.**

- If lap lanes are being used by someone for lap swimming, or water walking then please keep children and yourself out of the lap lanes.
- **No one should move or adjust the lap lanes without permission from the instructor or a staff member.**
- Lap swimmers and water walkers should anticipate limited pool space during water fitness classes.
- **The following will apply regarding lane availability during water fitness classes:**
  - 20 participants or less— there will be two(2) lanes open/available.
  - Between 21 and 29 participants— there will be one(1) lane open/available.
  - 30 participants or more— there will be no lanes open/available.
  - **The instructor or staff member will be responsible for determining lane availability.**
- Members and guests must treat each other and staff with respect.

**Using common sense and practicing common courtesy  
is a must at all times.**

**We appreciate your support and cooperation!**