

Crestwood Recreation and Wellness Center

Pool Schedule - January 1st - April 1st, 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM							
7:00 AM		*Lap Swim 5-8am	*Lap Swim 5-8am	*Lap Swim 5-8am	*Lap Swim 5-8am	*Lap Swim 5-8am	*Lap Swim 7-8am
8:00 AM		5 Lanes AVAIL	5 Lanes AVAIL	5 Lanes AVAIL	5 Lanes AVAIL	5 Lanes AVAIL	Aqua Fitness 8-9am
9:00 AM		Aqua Fitness 8:00-9:00am	Aqua Fitness 8:00-9:00am	Aqua Fitness 8:00-9:00am	Aqua Fitness 8:00-9:00am	Aqua Fitness 8:00-9:00am	
10:00 AM		Water Walking 9:05-9:50am	Arthritis Aquatics 9:05-9:50am	Water Walking 9:05-9:50am	Arthritis Aquatics 9:05-9:50am	Water Walking 9:05-9:50am	
11:00 AM	*Lap Swim 7a-4p	*Lap Swim 10am-1pm	*Lap Swim 10am-1pm	*Lap Swim 10am-1pm	*Lap Swim 10am-1pm	*Lap Swim 10am-1pm	Swim Lessons 9:30am-1pm
12:00 PM	5 lanes AVAIL	5 Lanes AVAIL	5 Lanes AVAIL	5 Lanes AVAIL	5 Lanes AVAIL	5 Lanes AVAIL	
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	Rusty Hinges 1:05-1:50pm	*Lap Swim 1-3pm
2:00 PM							
3:00 PM		*Lap Swim 2-5pm	*Lap Swim 2-4pm	*Lap Swim 2-4pm	*Lap Swim 2-4pm	*Lap Swim 2-4pm	
4:00 PM		4 Lanes AVAIL	4 Lanes AVAIL	4 Lanes AVAIL	4 Lanes AVAIL	4 Lanes AVAIL	
5:00 PM				Aqua Volleyball 4-5pm		Aqua Volleyball 4-5pm	
6:00 PM		Cardio Splash 5:30-6:30pm	Swim Lessons 4-7:30pm	Cardio Endurance 5:30-6:30p	Swim Lessons 4-8pm	*Lap Swim 5-7pm	
7:00 PM		*Lap Swim 7-9pm		*Lap Swim 7-9pm			
8:00 PM			*Lap Swim 7:30-9pm		*Lap Swim 8-9pm		
9:00 PM							

This Schedule is subject to change without notice. Questions, call 708-659-4800.

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Pool Hours: Monday through Thursday 5am to 9pm, Friday 5am to 7pm, Saturday and Sunday 7am 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.**

Fitness Classes: Pool is used for fitness classes only. **No lap swim or hot tub usage.**

Swim Lessons: Pool is used for swim lessons only. **No lap swim or hot tub usage.**