

Crestwood Recreation and Wellness Center

Pool Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		*Lap Swim 5-8am	*Lap Swim 5-8am	*Lap Swim 5-8am	*Lap Swim 5-8am	*Lap Swim 5-8am	
7:00 AM		5 Lanes AVAIL	5 Lanes AVAIL	5 Lanes AVAIL	5 Lanes AVAIL	5 Lanes AVAIL	*Lap Swim 7-8am
8:00 AM	*Lap Swim 7am-3pm	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	Aqua Fitness 8-9am
9:00 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	
10:00 AM	10am-3pm 2 Lane BSS						Swim Lessons 9:30am-1pm
11:00 AM		*Lap Swim 10am-1pm	*Lap Swim 10am-1pm	*Lap Swim 10am-1pm	*Lap Swim 10am-1pm	*Lap Swim 10am-2pm	
12:00 PM		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		*Lap Swim 1:05-3pm
2:00 PM		*Lap Swim 2-5pm	*Lap Swim 2-4pm	*Lap Swim 2-4pm	*Lap Swim 2-5pm	*Lap Swim 2-4pm	
3:00 PM		1 Lane BSS 3-8pm	1 Lane BSS 3-8pm	1 Lane BSS 3-8pm	1 Lane BSS 3-8pm	4 Lanes AVAIL	
4:00 PM				Aqua Volleyball 4-5pm		Aqua Volleyball 4-5pm	
5:00 PM		Cardio Splash 5:30-6:30pm	Swim Lessons 4-8pm	Cardio Endurance 5:15pm-6pm	Swim Lessons 5:00-7:30pm	Cardio Splash 5:15-6pm	
6:00 PM							
7:00 PM		*Lap Swim 6:30-9pm		*Lap Swim 6pm-9pm		*Lap Swim 6-7pm	
8:00 PM		4 Lanes AVAIL	*Lap Swim 8:05-9pm	4 Lanes AVAIL	*Lap Swim 7:35-9pm	5 Lanes AVAIL	
9:00 PM			5 Lanes AVAIL		4 Lanes AVAIL		

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

Pool Hours: Monday through Thursday 5am to 9pm, Friday 5am to 7pm, Saturday & Sundays 7am-3pm

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

BSS: British Swim School **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.**