

Crestwood Recreation and Wellness Center

Pool Schedule - September 3rd through October 22nd, 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Lap Swim* 7am-4pm	*Lap Swim 5-8am	*Lap Swim 5-8am	*Lap Swim 5-8am	*Lap Swim 5-8am	*Lap Swim 5-8am	*Lap Swim 7-8am
7:00 AM		5 Lanes AVAIL	5 Lanes AVAIL	5 Lanes AVAIL	5 Lanes AVAIL	5 Lanes AVAIL	
8:00 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	Aqua Fitness 8-9am
9:00 AM	10am-3pm 2 Lane BSS	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	Swim Lessons 9:30am-1pm
10:00 AM							
11:00 AM		*Lap Swim 10am-1pm	*Lap Swim 10am-1pm	*Lap Swim 10am-1pm	*Lap Swim 10am-1pm	*Lap Swim 10am-1pm	
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	Rusty Hinges 1:05-1:50pm	*Lap Swim 1-3pm
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		4 Lanes AVAIL	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 5:30-6:15pm	Swim Lessons 5-7:15pm	Cardio Splash 5-6pm	
6:00 PM							
7:00 PM		*Lap Swim 6:30-9pm		*Lap Swim 6:15pm-9pm		*Lap Swim 6-7pm	
8:00 PM		5 Lanes AVAIL	*Lap Swim 8-9pm	4 Lanes AVAL	*Lap Swim 7:15-9pm	5 Lanes AVAIL	
9:00 PM			5 Lanes AVAIL		5 Lanes AVAIL		

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 7am to 3pm, 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

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.