

Crestwood Recreation and Wellness Center

Pool Schedule - October 23rd through December 31st, 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 | Lap Swim* 7am-3pm | 5 Lanes AVAIL Aqua Fitness 8:00-9:00am | 5 Lanes AVAIL Aqua Fitness 8:00-9:00am | 5 Lanes AVAIL Aqua Fitness 8:00-9:00am | 5 Lanes AVAIL Aqua Fitness 8:00-9:00am | 5 Lanes AVAIL 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-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 5:00-5:45pm | Swim Lessons 5:00-7:15pm | Cardio Splash 5:00-6:00pm | |
| 6:00 PM | | | | | | | |
| 7:00 PM | | *Lap Swim 6:30-9pm | | *Lap Swim 6pm-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.

October 23rd through December 31st, 2023

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.