

# Wildwood Crest Recreation Department

## October 2025 Activities

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### RECREATION PROGRAMS:

**Adult Fitness:** Aerobics/strength training program designed for older adults ... Mondays, Tuesdays and Thursdays at 10 am ... \$5 per class or 20 classes for \$80 ... classes begin Oct. 6

**Walking Wednesdays:** Wednesdays at 9 am ... Free 30-minute walking/light aerobics class for all ages ... classes begin Oct. 8

**Boot Camp (NEW!):** Saturdays at 8:30 am .... Adult exercise program focusing on total body strength ... \$5 per class or 20 classes for \$80

**Wellness Workshop:** Tuesdays at 5:30 pm ... mindfulness class featuring gentle chair and standing yoga, stretching, balance exercises, movement and synchronized breathwork, sound bath meditation and journaling ... seniors, veterans, those with limited physical abilities and all who are interested are welcome ... FREE program

**Crest Kids Tot Time:** Wednesdays 10 am-12 noon ... unstructured drop-in play time for preschoolers accompanied by a parent or guardian ... begins Oct. 8

**Pier Walking:** 8:30 am-3 pm Monday through Friday  
**Adult Pickleball:** 11:15 am-3 pm Monday, Tuesday, Thursday; 12 noon-3 pm Wednesday; 8:30 am-3 pm Friday (reservations suggested; at least one player in group must be Wildwood Crest resident)  
**Adult Mahjong:** Wednesdays, 1-4 pm

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### GREAT SCIENCE SPOOKTACULAR!

SATURDAY, OCT. 18 – 10 am

Crest Arts Pavilion

Come check out this fun Halloween-themed science program for children and their families ... FREE event ... no pre-registration necessary ... Info: 609-523-0202

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### MEETINGS

**Tourism Commission:** Wednesday, Oct. 8 at 4 pm  
**Recreation Commission:** Wednesday, Oct. 8 at 5 pm  
**AARP:** Thursday, Oct. 9, at 11 am  
**Book Club:** Tuesday, Oct. 21 at 12 noon

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### Crest Art\$ Pavilion Hours

Monday-Saturday: 9 am-2 pm ... Sunday: CLOSED  
Info: 609-522-0221

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### Columbu\$ Day open rec schedule

MONDAY, OCTOBER 13

Saturday open rec schedule

Fitness Room open 9 am to 4:30 pm

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### OPEN REC SCHEDULE

(Begins Wednesday, Oct. 1; hours subject to change)

**Monday-Thursday:** 3-6 pm grades 1-8; 6-9 pm high school/adults

**Friday:** 3-6 pm grades 1-8; 6-8 pm high school/adults

**Saturday:** 11 am-2 pm grades 1-8; 2-5 pm high school/adults (Island residents only)

**Sunday:** 12-5 pm – Family open rec; Crest residents only; all children must be accompanied by an adult (Sunday hours begin Oct. 19)

**Note:** Gymnasium also open for adults 11 am-3 pm Monday, Tuesday, Thursday, Friday and 12 noon-3 pm Wednesday ... open rec schedule subject to change

**NOTE:** No open rec Oct. 22-23 due to special events

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### Zumba Pink Dance Party

SATURDAY, OCT. 18 – 10:30 am

Special Zumba Dance fitness class focusing on breast cancer awareness ... Cost \$5 ... additional donations for local cancer charities welcome

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### CREST PIER FITNESS ROOM

Open to Crest residents only, ages 18 and older ... free of charge, but patrons must register in advance

**Monday-Friday:** 8:30 am-7 pm

**Saturday:** 9 am-4:30 pm

**Sunday:** 12-4 pm (begins Oct. 19)

**Note:** Schedule subject to change

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### Run the Crest Racing Series

FRIDAY-SATURDAY, OCT. 3-4

Series of running races staged out of Centennial Park ... Friday - 5K run at 5:30 pm ... Saturday - half marathon at 7:30 am, 10K race at 8:30 am, Kids Fun Run at 10:30 am ... info: jldevents.com

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### FREE Pop-Up Fitness Class

WEDNESDAY, OCT. 22 – 5:30 pm

Free pop-up fitness class featuring Barre, WARRIOR yoga, Tone & Flow Aerobics and Cardio Pump ...

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### FREE Fit Kid\$ Exercise Program

TUESDAYS – 4:30 pm

Fun FREE program for children ages 7-12 featuring aerobics, dance fitness and yoga ... get fit and have fun!

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### Crest Recreation Food Drive

Canned goods, household and personal care items collected at Crest Pier to support local food pantries

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**CREST PIER: 609-523-0202**

**VON SAVAGE POOL: 609-522-0084**

**CREST ART\$ PAVILION: 609-522-0221**