

Wildwood Crest Recreation Department

May 2019 Activities

RECREATION PROGRAMS:

Adult Fitness: Aerobics/strength training program designed for men and women ages 50 and older ... Mondays, Tuesdays and Thursdays at 10:30 am ... \$5 per class or 20 classes for \$80 ... no class May 27

Weight Training: Low-impact aerobics and strength training class designed for older adults ... Wednesdays at 10 am ... \$5 per class or 20 classes for \$80

Zumba Dance Fitness: Saturdays at 9 am ... class open to ages 15 and up ... \$5 per class or 20 classes for \$80 ... class moves outdoors to Centennial Park at 8:30 am beginning May 25 ... Memorial Day holiday class also scheduled for Monday, May 27

Adult Yoga: Mondays at 6 pm ... class open to all levels, from beginner to advanced ... \$5 per class or 20 classes for \$80 ... no class May 27

Aqua Flow/Water Aerobics (at Von Savage Pool): Mondays, Wednesdays and Fridays at 9:30 am ... \$5 per class or 20 classes for \$80 ... no class May 27

Summer Kickoff Concert

SUNDAY, MAY 26 – Centennial Park, 7:30 pm
Get the summer season started just right with a FREE outdoor concert with Kevin Miller's Smashed, performing rock and pop hits from the 80s, 90s and today! All-ages show, bring a blanket or a chair. Call 523-0202 for more info.

Summer Basketball Registration

Crest Recreation will host leagues for grades 3-5, grades 6-8 and high school boys ... league play begins in late June ... registration forms available ... deadline June 12 or whenever leagues are filled.

CREST PIER: 523-0202

VON SAVAGE POOL: 522-0084

Health & Wellness Lecture Series

Wednesdays at 6 pm

Series of lectures by health professionals on a variety of topics each Wednesday through May 8. Log on to the borough website at wildwoodcrest.org for more info

Health & Wellness Poster Contest

Open to Crest Memorial students in grades 5-8: Students will highlight their vision of health & wellness through art. Winners will have their artwork displayed in the lobby of Crest Pier. Prizes to first, second and third place!

MEETINGS

Tourism Commission: Wednesday, May 8 at 4 pm

Recreation Commission: Wednesday, May 8 at 5 pm

AARP: Thursday, May 9 at 11 am

Book Club: Tuesday, May 21 at 12 noon

OPEN REC SCHEDULE

(Subject to change)

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

Tuesday: 3-6 pm grades 1-8; 6-9 pm high school/adults

Wednesday: 3-6 pm grades 1-8; 6-9 pm HS/adults

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: No open rec due to special events (office and fitness room open)

Sunday: CLOSED

Note: No open rec Wednesday, May 1 through Monday, May 6 (band weekend) ... No open rec Monday, May 27 (Memorial Day holiday)

CREST PIER FITNESS ROOM

Open to Crest residents only, ages 18 and older (patrons must register in office; hours subject to change)

Monday-Friday: 9:30 am-8 pm; **Saturday:** 9 am-4 pm
(Note: Fitness room closed for summer after June 14)