


Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-1:15 pm School Group 8-17	12:00-1:15 pm School group 8-14	12:00-1:15 pm Open swim 18+	12:00-1:15 pm Arthritic Aquacise 18+	12:00-1:15 pm Lap Swim 18+	10:00-10:45 Lap Swim 18+
1:30-2:30 pm Adult Open swim 18+	1:30-2:30 pm Adult Open swim 18+	1:30-2:30 pm Adult Open swim 18+	1:30-2:30 pm Adult Open swim 18+	1:30-2:30 pm Adult Open swim 18+	11:00-12:00 Open swim All Ages
3:00-5:00 pm Open swim All ages	3:00-5:00 pm Open swim All ages	3:00-5:00 pm Open swim All ages	3:00-4:30 pm Open swim All ages	3:00-5:00 pm Open swim All ages	12:00-2:00 Open swim All ages
5:15- 6:00 pm Learn to swim I & II 8-17	5:30-6:15 pm Open swim All ages	5:15- 6:00 pm Learn to swim Adult 18+	4:45-5:30 pm Learn to swim III & IV 8-17	5:15-6:00 pm Parent & peewee Learn to swim	2:30-4:30 Open swim 18+
6:15-7:30 pm Aquacise 18+	6:15-7:30 pm Adult Open Swim 18+	6:15-7:30 pm Aquacise 18+	6:15-7:30 pm Adult Open Swim 18+	6:15-7:30 pm Family Swim 18+	4:30-5:30 Family Swim 18+
Pool closed will be close at 4:00pm on Tuesdays & Thursdays, Feb. 2nd through April 6th	5:00-8:00 pm Lifeguard Training (Feb-April) 15+		5:00-8:00 pm Lifeguard Training (Feb-April) 15+		

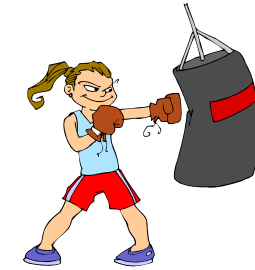



Cudell Recreation Center
 1910 West Blvd
 216/664-4137
Mayor Dennis G. Jackson

Other Exciting Activities



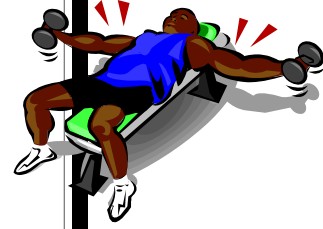
YOGA
Tuesday
6:30—7:30p.m.
18+



BOXING
Monday - Friday
5:00-7:00 pm
8+



HIP HOP DANCE
Saturday
10:00a.m.—12:00p.m.
7 - 17



WEIGHT ROOM
Monday - Friday
12:00-7:30 pm
18+



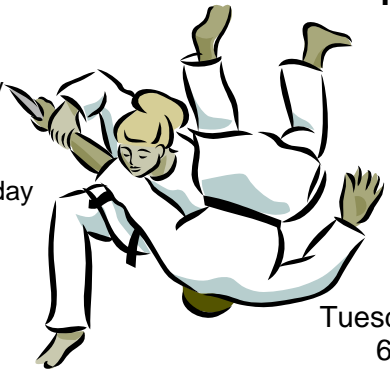
HOMEWORK CLUB
Monday—Friday
4:00.—5:30p.m.

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-3:00 pm School group 8-12	12:00-3:00 pm Men's Open Gym 8-12	12:00-3:00 pm School group 8-12	12:00-3:00 pm School group 8-12	12:00-3:00 pm School group 8-12	10:00-10:45 pm Open Gym 8-17
3:00-4:30 pm Open gym 8-17	3:00-4:30 pm Open gym 8-17	3:00-4:30 pm Open gym 8-17	3:00-4:30 pm Open Gym 8-17	3:00-4:30 pm Open Gym 8-17	11:00-2:00 pm Mens Basketball League 18+
5:00-7:30 pm In-House Basketball League 8-12	4:30-7:30 pm In-house Basketball league 15-17	5:00-7:30 pm Adult CoEd Volleyball 18+	4:30-7:30 pm In-house Basketball league 13-14	5:00-6:00 pm Jr. Girls B-Ball practice 11-14	2:00-3:00 pm Peewee Program 4-7
				6:30-7:30 pm Zumba 18+	3:30-5:30 pm Open Gym 8-17

All children 7 years old and under 4 feet tall must be accompanied and supervised in the water by an adult. Two children per adult.

JUDO CLASS
Monday & Wednesday
8-17
5:30-7:30 pm
Tuesday, Thursday & Friday
18+
5:30-7:30 pm



Falun Gong Tai-Chi
Saturday
10:00am
8+

Capoeira
Tuesday & Thursdays
6:00-7:30 pm

Children 7 and under must be accompanied by an adult in the facility at all times.

Schedule is subject to change without prior notice.