

AQUATICS SCHEDULE

Estabrook Recreation Center
4125 Fulton Rd.
216/664-4149



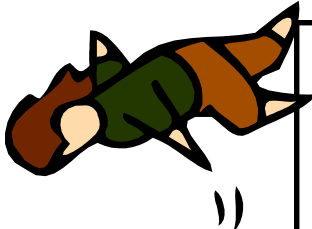
CITY OF CLEVELAND
Mayor Frank G. Jackson

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 pm - 1:00 pm Aquacise 16+	12:00 pm - 12:30 pm Learn to Swim Level I & III	12:00 pm - 1:00 pm Aquacise 16+	12:00 pm - 12:30 pm Learn to Swim Level I & III	12:00 pm - 1:00 pm Water Walking 16+	10:00 am - 10:45 am Aquacise 16+
1:30 pm - 4:45 pm Open Swim All Ages	12:30 pm - 1:00 pm Learn to Swim Level II & IV	1:30 pm - 4:45 pm Open Swim All Ages	12:30 pm - 1:00 pm Learn to Swim Level II & IV	1:30 pm - 4:45 pm Open Swim All Ages	11:00 am - 3:45 pm Open Swim All Ages
1:30 pm - 4:45 pm Open Swim All Ages	1:30 pm - 4:45 pm Open Swim All Ages	1:30 pm - 4:45 pm Open Swim All Ages	1:30 pm - 4:45 pm Open Swim All Ages		
1:00 pm - 4:00 pm Kiddie Pool & Slide	1:00 pm - 4:00 pm Kiddie Pool & Slide	1:00 pm - 4:00 pm Kiddie Pool & Slide	1:00 pm - 4:00 pm Kiddie Pool & Slide	1:00 pm - 4:00 pm Kiddie Pool & Slide	11:00 pm - 3:00 pm Kiddie Pool & Slide
5:00 pm - 5:45 pm Swim Team	5:00 pm - 5:45 pm Synchronize Swim 17-	5:00 pm - 5:45 pm Swim Team	5:00 pm - 5:45 pm Synchronize Swim 17-	5:00 pm - 5:45 pm Swim Team	4:00 pm - 5:30 pm Adult Swim 18+
6:00 pm - 6:45 pm Aquacise 16+	6:00 pm - 6:45 pm Learn to Swim Level I & III	6:00 pm - 6:45 pm Aquacise 16+	6:00 pm - 6:45 pm Learn to Swim Level I & III	6:00 pm - 7:30 pm Open Swim All Ages	
6:45 pm - 7:30 pm Adult Swim 18+	6:45 pm - 7:30 pm Learn to Swim Level II & IV	6:45 pm - 7:30 pm Adult Swim 18+	6:45 pm - 7:30 pm Adult Swim 18+		

All children under 8 years old and under 4 feet tall must be accompanied and supervised in the water by an adult at all times. 2 children per one adult.



KARATE
6:15-7:30
Monday/Beginners
Tuesday/Intermediate
Wednesday/Intermediate/Beginners
Thursday/Beginners
8+



Bocce Ball
Ages 8-17
Monday & Wednesday
1:00-4:00

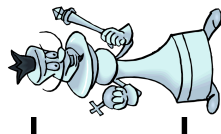


YOGA
Monday & Thursday
6:00-7:00 pm



Senior Citizens Programs
Tuesday Thru Friday
60+
630-5513

Join us for
Summer Lunch
Monday - Friday
12:00-1:00pm
Ages 1-18



CHESSE
Saturday
10:00 am - 2:00 pm
All ages

WEIGHT ROOM

MONDAY - FRIDAY
12:00 pm - 7:30 pm
16+

SATURDAY
10:00 pm - 5:30 pm
16+

GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00 pm - 3:00 pm Adult Open Gym 18+	1:00 pm - 5:00 pm Youth Open Gym 17-	1:00 pm - 4:00 pm Youth Open Gym 17-	1:00 pm - 4:00 pm Youth Open Gym 17-	1:00 pm - 4:00 pm Youth Open Gym 17-	10:00 am - 10:45 am Peewee Program
3:00 pm - 5:30 pm Youth Open Gym 17-	6:00 pm - 7:30 pm Zumba	5:00 pm - 7:30 pm Adult Gym 18+	6:00 pm - 7:30 pm Zumba	5:00 pm - 7:30 pm Adult Gym 18+	11:00 pm - 2:00 pm Adult Open Gym 18+
6:00 pm - 7:30 pm Zumba	12:00 pm - 4:00 pm Big F Baseball	4:00 pm - 7:30 pm Little F Baseball	1:00 pm - 4:00 pm Girls Softball 11-14	5:00 pm - 7:30 pm T-Ball 3-6	2:00 pm - 4:00 pm Youth Open Gym
4:00 pm - 7:30 pm Little F Baseball	5:00 pm - 7:30 pm Girls Fast Pitch Softball 14-17	5:00 pm - 7:30 pm Little F Baseball	3:00 pm - 7:30 pm Big F Baseball	5:00 pm - 7:30 pm Coach Pitch 6-8	4:00 pm - 5:30 pm Zumba
5:00 pm - 7:30 pm Rookie League 8 - 12	5:00 pm - 7:30 pm Rookie League 8-12	6:00 pm - 8:00 pm Mickey Mantle Baseball	5:00 pm - 7:30 pm Rookie League 8-12	5:00 pm - 7:30 pm Little F Baseball	
6:00 pm - 8:00 pm Mickey Mantle Baseball	6:00 pm - 8:00 pm Connie Mack Baseball		6:00 pm - 8:00 pm Connie Mack Baseball	6:00 pm - 8:00 pm Mickey Mantle Baseball	

*** SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE ***