

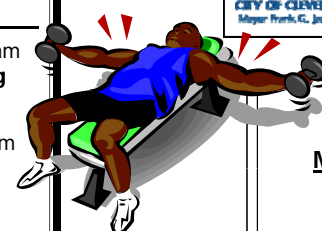


Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 pm-12:30 pm Aquacise 18+	12:00 pm-12:45 pm Water Walking 18+	12:00 pm-12:45 pm Water Walking 18+	12:00 pm-12:45 pm Aquacise 18+	12:00 pm-12:45 pm Water Walking 18+	10:00 am-11:30 am Water Walking 18+
12:30 pm-1:45 pm School Group	1:00 pm-1:45 pm Power Water Walking 18+	1:00 pm-1:45 pm Power Water Walking 18+	1:00 pm-1:45 pm Low Impact Water Exercise 18+	12:30 pm-1:45 pm School Group	12:00 pm-2:00 pm Swim Team/ Water Polo
2:00 pm-4:00 pm Adult Swim 18+	2:00 pm-4:00 pm Adult Swim 18+	2:00 pm-4:00 pm Adult Swim 18+	2:00 pm-4:00 pm Adult Swim 18+	2:00 pm-4:00 pm Adult Swim 18+	2:30 pm- 3:30 pm Youth Swim/ Family Swim
4:00 pm-5:00 pm Swim Team/ Water Polo	4:30 pm-5:30 pm Open Swim All Ages	4:00 pm-5:00 pm Swim Team/ Water Polo	4:30 pm-5:30 pm Learn to Swim Level II	4:30 pm-5:45 pm Swim Team/ Water Polo	4:00 pm-5:30 pm Adult Swim 18+
5:30 pm-6:30 pm Open Swim All Ages	5:30 pm-6:30 pm Water Walking 16+	5:30 pm-6:30 pm Learn to Swim Level I	5:45 pm-6:30 pm Adult/Teen Learn to Swim 14+	6:00 pm-7:30 pm Open Swim All Ages	
6:45 pm-7:30 pm Aquacise 18 +	6:30 pm-7:30 pm Adult Swim 18+	6:30 pm-7:30 pm Adult Swim 18+	6:45 pm-7:30 pm Aquacise 18 +		



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



Weight Room

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

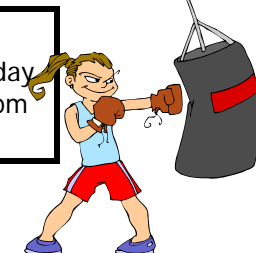
SATURDAY
10:00 pm-5:30 pm
16+

Senior Citizens Programs

Monday thru Friday
9:00 am –12:30 pm
60+
630-5513

Boxing

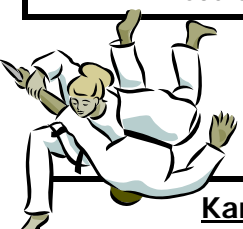
Monday thru Friday
4:00 pm - 6:00 pm
17-



Karate

6:15-7:30

Monday	Beginners
Tuesday	Intermediate
Wednesday	Intermediate/Beginners
Thursday	Beginners



Gym Schedule

All children under 8 years old or under 4 feet tall must be accompanied and supervised in the water by an adult. Two children per adult.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 pm-2:30 pm Adult Gym 18+	12:00 pm-3:00 pm School Group	12:00 pm-3:00 pm School Group	12:00 pm-3:00 pm School Group	12:00 pm-2:30 pm Adult Gym 18+	10:00 am-12:30 pm Open Gym Ages 8-17
2:30 pm-4:00 pm Basketball Practice/ Youth Open Gym	3:00 pm-4:00 pm Basketball Practice/ Youth Open Gym	2:30 pm-4:00 pm Basketball Practice/ Youth Open Gym	3:00 pm-4:00 pm Basketball Practice/ Youth Open Gym	2:30 pm-4:00 pm Basketball Practice/ Youth Open Gym	1:00 pm—4:00 pm Midget In-House Basketball 9-12 yrs
4:00 pm-5:00 pm Senior In-House Basketball 15-18 yrs	4:00 pm-5:00 pm Senior In-House Basketball 15-18 yrs	4:00 pm-5:00 pm Senior In-House Basketball 15-18 yrs	4:00 pm-5:00 pm Senior In-House Basketball 15-18 yrs	4:00 pm-5:00 pm Senior In-House Basketball 15-18 yrs	4:00 pm-5:30 pm Zumba All Ages
5:00 pm-7:30 pm Senior Girls Citywide Basketball	5:00 pm-7:30 pm Junior In-House Basketball 13-15 yrs	5:00 pm-7:30 pm Midget In-House Basketball 9-12 yrs	5:00 pm-7:30 pm Junior In-House Basketball 13-15 yrs	5:30 pm-7:30 pm Pee wee Basketball 4-8 yrs	

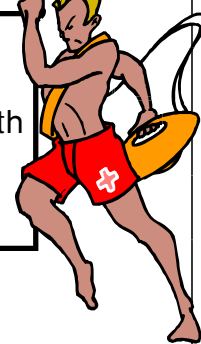


Yoga

Monday & Thursday
6:00—7:00 pm
16+

Lifeguard class

Starting Saturday
Jan 23 thru March 27th
10:00am-2:00pm
15+



Girl's Travel Basketball

Mondays
Senior Girls 15-17 yrs
Thursdays
Junior Girls 11-14 yrs



Chess Club

Saturdays
10:00-12:00

All children under 8 years old must be accompanied by an adult in the building at all times.

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