



Aquatics Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Lap and Instructional Pool	12:00-1:15pm Adult Water Walk 1:30-2:30pm Adult Lap Swim 3:15-5:00pm Open Swim 5:15-6:00pm (LTS Adult) 6:15- 7:15pm Aqua Aerobics (Adults Only)	12:00-1:15pm Adult Lap Swim 1:30-2:30 Adult Water Walk 3:15-4:45pm Open Swim 5:00-5:45pm (Youth LTS) 6:00-6:45pm Swim Team (Practice Only) 6:45-7:30pm Family Swim	12:00-1:15pm Aquacise (Only) 1:30-2:30pm Water Walk 3:15-5:00m Open Swim 5:15-6:00pm (LTS Adult) 6:15- 7:15pm Aqua Aerobics (Only)	12:00-1:15pm Adult Lap Swim 1:30-2:30pm Water Walk 3:15-4:45pm Open Swim 5:00-5:45pm (Youth LTS) 6:00-7:15pm Adult Open/Lap Swim (Only)	12:00-1:15pm Adult Lap Swim 1:30-2:30pm Water Walk 3:15-5:15pm Open Swim 5:30-6:00pm (Parent/Tot LTS) 6:15-7:30pm Family Swim All children under 8 years old & under 4 feet tall must be accompanied and supervised in the water by an adult. Two children per one adult. Children using the slide must be	10:00-10:45am Adult Lap Swim 11:00am-11:45am Adult Open Swim 12:00-2:00pm Family/Youth Open Swim (Only) 3:00-5:15pm Family/Youth Open Swim
	Water Slide and Kiddie Pool	3:15-5:00pm Open	3:15-4:45pm Open 6:45-7:30pm Family Fun Time	3:15-5:00pm Open	3:15-4:45pm Open	3:15-5:15pm Open 6:15-7:30pm Family Fun Time



Collinwood Recreation Center
 16300 Lakeshore Blvd
 (216) 420-8323
 CITY OF CLEVELAND
 Mayor Frank G. Jackson

Senior/Adult Fitness Activities

Senior Fitness (Bands, Weights, Balance)	M/W/F	7:30- 9:00am
Core Exercise	Mon,Wed,Fri	9:10-9:30am
Hula Hoop	Mon,Wed,Fri	9:30-10:00am
Walking Club	Mon,Wed,Fri	7:00-10:00am
Aerobic Walk	Mon,Wed,Fri	8:00-9:00am
Nutrition Workshop	Mondays	9:00-10:00am
Computer Basics	Tues,Wed,Thurs	10:00-11:30am
I-Connect	Wednesdays	10:00-11:00am
Senior Line Dance	Mondays	11:00-12:30pm
Zumba	Mondays	6:00-7:30pm
Step, Crunch, Kick	Tuesdays	6:00-7:00pm
Strength Training	Thursdays	6:00-7:30pm
Strength Training	Saturdays	11:00-12:00pm
Strength Training Ball/Chair	Wednesdays	6:00-7:00pm
Yoga	Thursdays	5:45-6:30pm

Game Room

Monday-Friday:	12:00-3:00pm	18+
	3:00-6:00pm	8-17
	6:00-7:30pm	Family
Saturday:	10:00-2:00pm	8-17
	3:00-5:30pm	8-17

Open Track

Monday - Friday	7:00am-3:00pm	(Adults Only)
	3:00pm-6:00pm	(8+)
	6:00pm-7:30pm	(18+)
Saturday	10:00am-12:00pm	(Family Time)
	12:00-3:00pm	(8+)
	3:00-5:30pm	(Adults)

Fitness Room Adults Only

Monday - Friday	7:00am-12:00pm
Monday-Friday Closed	12:00-1:00pm (Cleaning)
Monday - Friday	1:00pm-7:30pm
Saturdays	10:00am-5:30pm



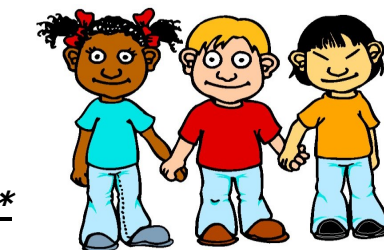
Youth Activities

Flag Football	Tues,Wed,Thurs	4:30-7:30pm	(8-18)
Cheerleading	Wed&Thurs	6:00-7:30pm	(3-18)
Cheerleading	Saturdays	10:00-12:00pm	(3-18)
Karate	Saturdays	1:00-4:00pm	(8-adults)
YLP Mentoring	Mon,Tues,Thurs	4:00-7:00pm	(11-14)
Co-Ed Dodgeball	Fridays	5:30-7:30pm	(8-12)
Co-Ed Volleyball	(October-November)	5:30-7:30pm	(8-17)
Photography	Tuesdays	5:30-7:00pm	(13-18)
Ballet	Fridays	5:00-6:00pm	(5-18)
C.A.R.E	Wednesdays	4:30-5:30pm	(11-14)
BMX	Wed&Fri	4:30-5:30pm	(9-12)
Algebra Boot Camp	Mon&Wed	4:00-6:00pm	(11-18)
After School Café	Thursdays	4:00-7:00pm	(11-18)
After School Café	Saturdays	1:00-4:00pm	(11-18)

Cultural Arts

Ceramics	Mondays	12:00-2:30pm	(Seniors)
Arts & Crafts	Wednesdays	9:30-11:30am	(Seniors)
Arts & Crafts	Wednesdays	12:00-2:00pm	(Adults)
Meditation	Wednesdays	3:00-5:00pm	(8-17)

Schedule subject to change without prior notice



Tot Room

is available
 for ages 4-7 years during
 designated times only
 Monday -Thursday:
 5:30-7:30pm

All children under 8 years old must be accompanied and supervised by an adult in the facility when not using the tot room.

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-2:30pm Men's Open Gym Adults 18+	12:00-2:30pm Men's Open Gym Adults 18+	12:00-2:30pm Men's Open Gym Adults 18+	12:00-2:30pm Men's Open Gym Adults 18+	12:00-2:30pm School Group 8-17	10:00am-12:00pm NCT Cheerleading Practice 3-18 years old
3:00-4:15pm Open Gym 8-17 years old	3:00-4:15pm Open Gym 8-17 years old	3:00-4:15pm Open Gym 13-17 years old	3:00-4:15pm Open Gym 8-17 years old	3:00-4:15pm Open Gym 13-17 years old	1:00-2:00pm Pee Wee Flag Football 4-7 years old
4:30-5:30pm Kickball 8-18 years old	4:30-5:30pm Basketball Skills 8-18 years old	4:30-5:30pm Dodgeball 8-18 years old	4:30--5:30pm Kickball 8-18 years old	4:30-5:30pm Flag Football Practice 8-18 years old	2:30-3:30pm Youth Open Gym 8-17 years old
6:00-7:30pm Co-Ed Volleyball Training 8-18 years old	6:00-7:30pm Flag Football Training 8-18 years old	6:00-7:30pm NCT Cheerleading Practice 3-18 years old	6:00-7:30pm NCT Cheerleading Practice 3-18 years old	6:00-7:30pm FRIDAY NIGHT FLIGHTS Ages 12-17 (Sept-Oct) Family Gym Night Parents/Children (Nov-Dec)	4:00-5:15pm Golden Oldies Basketball 25/30+

During all family activities children must be accompanied by a parent/guardian