

Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 pm –1:00 pm Water Walking 18+	12:00 pm –1:00 pm Water Walking 18+	12:00 pm –1:00 pm Water Walking 18+	12:00 pm –1:00 pm Water Exercise 18+	12:00 pm –1:00 pm Water Walking 18+	10:00 am-11:00 am Water Walking 18+
1:00 pm-1:45 pm Home School		1:00 pm-1:30 pm Power Water Walking 18+	1:00 pm-2:00pm Water Volleyball 18+	1:00 pm-1:45 pm Homeschool	11:00 pm-12:00 pm Water Volleyball 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+	2:00 pm-4:00 pm Adult Swim 18+	12:00 pm-1:00 pm Open Swim
5:00 pm-6:00 pm Swim Team	5:00 pm-6:00 pm Swim Team	5:00 pm-6:00 pm Open Swim All Ages	5:00 pm-6:00 pm Swim Team	5:00 pm-6:00 pm Swim Team	2:30 pm– 3:30 pm Swim Team
6:30 pm - 7:30 pm Family Swim	6:00pm–6:30pm LTS	6:00pm–6:30pm LTS	6:00pm–6:30pm LTS	Pool will be Closed If we have Swim Meets	4:30 pm-5:30 pm Adult Swim 18+
	6:45 pm-7:30 pm Water Exercise 16+	6:45 pm –7:30 pm Learn to Swim Adults 16+	6:45pm-7:30 pm Water Exercise 16+	6:30 pm - 7:30 pm Family Swim	

This Aquatics Schedule Does Not Begin Until September 16th

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.

Swim meets may be held once a week on Friday. During those meets the pool will be closed. Notice will be given in advance.



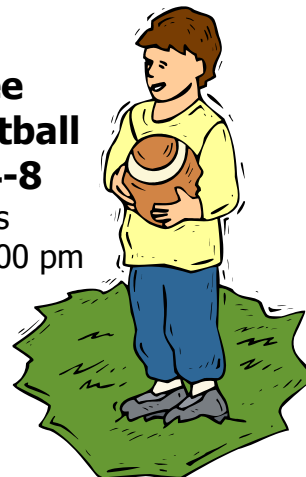
Flag Football Ages 9-13

Tuesdays & Thursdays
5:00 pm-7:30 pm
(Sept.-Oct.)

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

Peewee Flag Football Ages 4-8

Fridays
6:00 pm-7:00 pm



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

Weight Room
Monday - Friday
12:00 -7:30 pm
Saturday
10:00 - 5:30 pm
16+



Boxing
4:30-7:00
Monday thru Friday



Senior Citizens Programs
Wednesday
9:00 am-11:30 pm
60+



Shape up!

Gym Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 pm-2:00 pm Adult Gym 18+	12:00 pm-2:00 pm Adult Gym 18+	12:00 pm-3:00 pm Homeschool gym	12:00 pm-2:00 pm Adult Gym 18+	12:00 pm-2:00 pm Adult Gym 18+	9:30- am-10:30 pm Badminton Women 18+
3:00 pm-5:00 pm Youth Open Gym 8-17 yrs.	3:00 pm-5:00 pm Youth Open Gym 8-17 yrs.	3:00-5:00 pm Youth Open Gym 8-17 yrs.	3:00 pm-5:00 pm Youth Open Gym 8-17 yrs.	3:00 pm-5:00 pm Youth Open Gym 8-17 yrs.	City Worker Basketball League 11:00 am-3:00pm
5:00 pm-6:30 pm Volleyball Practice Juniors	5:00 pm-7:30 pm Basketball Ages 9-13	5:00-7:30 pm Volleyball Practice Midgets 8-11 yrs	5:00 pm-6:30 pm Basketball Ages 9-13	5:00 pm-7:30 pm Indoor Soccer (Oct-Dec) 9-13yrs	4:00-5:30 Youth Open Gym
6:30 pm-7:30 pm Zumba (Sept- Oct)		5:00-7:30 pm Indoor Soccer (Oct-Dec) 9-13 yrs			