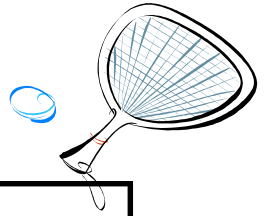


Aquatics Schedule

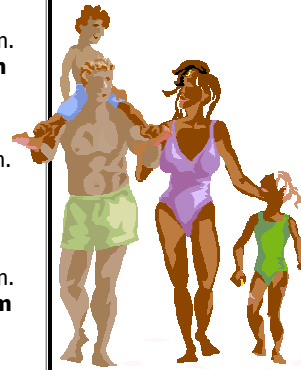
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00—1:00 p.m. Special Needs Ages 13-17	12:00—1:00 p.m. Special Needs Ages 13-17	12:00—1:00 p.m. Special Needs Ages 12-15	12:00—1:00 p.m. Special Needs Ages 13-17	12:00—1:00 p.m. Special Needs Ages 8-10	10:15-11:15 a.m. Water Walk Adult
1:15-2:15 p.m. Special Needs 12-15	1:15-2:15 p.m. Lap Swim Adult	1:15-2:15 p.m. School Group LTS Ages 10-12	1:15-2:15 p.m. Lap Swim Adult	1:00—2:15 p.m. School Group Ages 9-11	11:15-12:15 p.m. Adult Swim 18+
2:30-3:30 p.m. Open Swim Adult	2:30-3:30 p.m. Open Swim Adult	2:30-3:30 p.m. Open Swim Adult	2:30-3:30 p.m. Open Swim Adult	2:30-3:30 p.m. Open Swim Adult	1:15-2:15 p.m. Youth Open Swim 8-17
4:30-5:15 p.m. Open Swim 8-17	4:30-5:00 p.m. Open Swim Ages 8-17	3:30-4:15 p.m. School Group 8-17	4:30-5:00 p.m. Open Swim Ages 8-17	4:30-5:15 p.m. Open Swim Ages 8-17	2:30-3:30p.m. All Swim All ages
5:30-6:15 p.m. Water flag football practice Ages 8-17	5:00-7:15p.m. Lifeguard Training Ages 15+	5:30-6:15 p.m. LTS levels I,II, III 8-17	5:00-7:15 p.m. Lifeguard Training Ages 15+	5:30-6:15p.m. LTS levels IV , V Ages 8-17	4:00-5:15 p.m. Family Swim All Ages
6:30-7:15 p.m. All Swim All ages		6:30-7:15 p.m. Aquacise 18+		6:30-7:15p.m. Family Swim (Two children per adult)	



Michael J. Zone Recreation Center
6301 Lorain Ave. Cleveland, Ohio 44102
216-664-3373



<u>Racquetball</u>	
Open Racquetball	Monday-Friday 12:15-7:15 p.m. ages 8+ After 5:15 p.m. Ages 18+
Open Racquetball	Saturdays 10:15-5:15 p.m. ages 8+
<u>Weight Room</u>	
Open Weight Room	Monday- Friday 12:00p-7:30 p.m. Adult
Open weight Room	Saturdays 10:00p 5:30 p.m. Adult
<u>Game Room</u>	
Open game room	Mon. & Wed. 3:00-6:30 p.m. 8-17
Open game room	Tue. Thur. & Fri 3:00-7:30 p.m. 8-17



Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-2:30 p.m. Adult Open Gym 18+	12:00-2:30 p.m. Adult Open Gym 18+	12:00-2:30 p.m. Adult Open Gym 18+	12:00-2:30p.m. Adult Open Gym 18+	12:00-1:30 p.m. School Group Ages 8-11	10:30-11:30 a.m. Zumba 16+
3:00-4:00 p.m. Open Gym Ages 8-17	3:00—4:00 p.m. Open Gym Ages 8-17	3:00—4:00 p.m. Open Gym Ages 8—17	3:00—4:00pm Open Gym Ages 8-17	1:30-2:30 p.m. School Group Ages 12-15	12:00-1:00pm Basketball workouts All ages
4:30-6:15 p.m. Youth Basketball House League 8-12	4:30-6:30 p.m. Junior Basketball House League Ages 13-16	4:30—6:15p.m. Youth Basketball House League Ages 8-12	4:30-6:30p.m. Junior Basketball House League Ages 13-16	3:00-5:00 p.m. Open Gym Ages 8-17	1:00-3:00 p.m. Youth Open Gym Ages 8-17
6:30-7:30 p.m. Zumba 16+	6:45-7:45 p.m. Soccer Practice Adult	6:30-7:30 p.m. Zumba 16+	6:30-7:30p.m. Boys basketball travel practices 8-15	5:30—7:30 p.m. Youth & Junior Girls Basketball Practice Ages 8-14	3:30-6:00 p.m. Adult Soccer 18+



Special Programs

Girls Basketball	Thursdays	5:00-7:00 p.m.	11-14
Girls Basketball	Fridays	5:00-7:00 p.m.	8-11
Girls Basketball	Tuesdays	5:00-7:00 p.m.	15-17
Boxing	Monday-Thursday	5:15-7:15 p.m.	8+
STEAM	Fridays	5:00-6:00 p.m.	8-14
Career Readiness	Various weeks	Ask desk for times	18+

Cultural Arts

Praise Dance	Saturday	12:30-2:30 p.m.	8-17
Arts & Crafts/cooking class	Tue.	5:00- 7:15 p.m.	All ages
Dance for the Community	Tue/Thurs.	4:30-5:30p.m.	7-14
Ballet	Mon./Wed.	4:30-5:30 p.m.	7-14
Club Create/Writing	Tue/Thur.	5:00-6:00 p.m.	13-17

