

## Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-1:00 p.m. <b>Special Needs</b> Ages 14-18	12:00-1:00 p.m. <b>Special Needs</b> Ages 8-12	12:00-1:00 p.m. <b>Special Needs</b> Ages 12-15	12:00-1:00 p.m. <b>Special Needs</b> Ages 8-12	12:00-1:00 p.m. <b>Special Needs</b> Ages 8-10	10:15-11:15 a.m. <b>Water Walk</b> Ages 18+
1:15-2:15 p.m. <b>Special Needs</b> Ages 14-18	1:15-2:00 p.m. <b>Lap Swim</b> Adult	1:15-2:15 p.m. <b>School Group</b> Ages 10-12	1:15-2:00 p.m. <b>Lap Swim</b> Adult	1:15-2:15 p.m. <b>School Group</b> Ages 9-11	11:15a.m.-12:15p.m. <b>Open Swim</b> Ages 18+
2:30-3:30 p.m. <b>Open Swim</b> Adult	2:00-3:30 p.m. <b>Open Swim</b> Adult	2:30-3:30 p.m. <b>Open Swim</b> Adult	2:00-3:30 p.m. <b>Open Swim</b> Adult	2:30-3:30 p.m. <b>Open Swim</b> Adult	1:15-2:15 p.m. <b>Youth Open</b> Ages 8-17
4:00-5:15 p.m. <b>Open Swim</b> Ages 8-17	4:30-5:15 p.m. <b>Open Swim</b> Ages 8-17	3:30-4:15 p.m. <b>School group lessons</b> Ages 8-13	4:30-5:15 p.m. <b>Open Swim</b> Ages 8-17	4:30-5:15 p.m. <b>Open Swim</b> Ages 8-17	2:30-3:30 p.m. <b>Open Swim</b> All ages
5:30-6:30 p.m. <b>Open Swim</b> All Ages	5:30-6:30 p.m. <b>Swim team practice</b> Ages 8-17	5:30-6:30 p.m. <b>Learn to Swim I, II,III</b> Ages 8-17	5:30-6:30 p.m. <b>Swim team practice</b> Ages 8-17	5:30-6:15 p.m. <b>Open Swim</b> All ages	4:00-5:15 p.m. <b>Family Swim</b> All Ages
6:30-7:30 p.m. <b>Family Swim</b> All ages	6:30-7:30 p.m. <b>Open Swim Adult</b> Ages 18+	6:45-7:30 p.m. <b>Aquacise</b> Ages 18+	6:30-7:30 p.m. <b>Open Swim Adult</b> Ages 18+	6:30-7:30 p.m. <b>Family Swim</b> (2 children per adult)	

All children 7 years old and under 4 feet tall must be accompanied and supervised in the water by an adult.  
Two children per adult.

### Other Exciting Activities

Boxing	Monday-Thursday	5:15-7:15 p.m.	Ages 8+
Seniors Volleyball	Tuesday	5:15 & 6:00 p.m.	Ages 15-17
Junior Volleyball	Thursday	5:15-7:15 p.m.	Ages 11-14
Youth Volleyball	Wednesday	5:30-7:00 p.m.	Ages 8-10
Praise Dance	Saturday	12:00-2:00 p.m.	All Ages
After school meals	Monday.-Friday	4:00-4:45 p.m.	Ages 5-18
Dodgeball	Fridays	5:15-7:30 p.m.	Ages 8-12
Create Club	Fridays	5:00-6:30 p.m.	Ages 8+

### Co-ed Youth Flag Football

Youth Co-ed Flag Football league	Tues/ Thurs	5:15-7:30 p.m.	Ages 8-12
Juniors Co-ed Flag Football league	Mondays	5:15-7:30 p.m.	Ages 13-15
Seniors Co-ed Flag Football league	Wednesdays	5:15-7:30 p.m.	Ages 16—18

Schedule subject to change without prior notice



CITY OF CLEVELAND  
Mayor Frank C. Jackson

Michael J. Zone Recreation Center  
6301 Lorain Ave.  
216/664-3373

### Racquetball

Open Racquetball Monday- Friday 12:15-7:15 p.m. Ages 8+ (adults only after 5:15p.m.)  
Open Racquetball Saturdays 10:15-5:15 p.m. Ages 8+

### Weight Room

Open Weight Room Monday- Friday 12:00-7:30 p.m. 18+  
Open Weight Room Saturdays 10:00am-5:30 p.m. 18+

### Game Room

Open Game Room Monday - Friday 12:00-7:30 p.m. All Ages  
Open Game Room Saturdays 10:00am-5:30 p.m. All ages

### Cultural Arts

<b>Job and Career Readiness Program</b> Ages 16+ See front desk for details	Arts and Crafts	Tuesday	5:00-7:30p.m.	All ages
	Youth Ballet	Mon. & Wed.	4:00-5:30 p.m.	Ages 6-13
	Dance Class	Tue. & Thur.	4:00-4:45p.m.	Ages 8-18
	Writing Club	Mon. & Wed.	3:30-4:30p.m.	Grades 6-8
	STEAM	Fridays	5:00-6:00pm	Grades 5-8

## Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-2:30p.m. <b>Open Gym</b> 18+	12:00-2:30p.m. <b>Open Gym</b> 18+	12:00-2:30p.m. <b>Open Gym</b> 18+	12:00-2:30p.m. <b>Open Gym</b> 18+	12:00-3:00p.m. <b>School Group</b> Ages 12-15	10:30-11:30a.m. <b>Basketball workouts</b> 8+
3:00-4:30p.m. <b>Open Gym</b> Ages 8-17	3:00-4:30p.m. <b>Open Gym</b> Ages 8-17	3:00-4:30p.m. <b>Open Gym</b> Ages 8-17	3:00-4:30p.m. <b>Open Gym</b> Ages 8-17	3:00-5:00p.m. <b>Open Gym</b> Ages 8-17	12:00-3:30p.m. <b>Open Gym</b> Ages 8-17
5:00-6:15p.m. <b>Youth Coed Volleyball Practice</b> Ages 8-11 (Sept.-Oct.)	5:00-6:30p.m. <b>Volleyball Practice (Sept-Oct)</b> <b>Indoor Soccer</b> (Nov-Dec) Ages 9-13	5:00-6:15p.m. <b>Youth Coed Volleyball Practice</b> Ages 8-11 (Sept.-Oct.)	5:00-6:30p.m. <b>Volleyball Practice (Sept-Oct)</b> <b>Indoor Soccer</b> (Nov-Dec) Ages 9-13	5:30-7:30p.m. <b>Volleyball practice</b> Ages 11-17	4:00-5:30p.m. <b>Adult Soccer</b> 18+
6:30-7:30p.m. <b>Zumba</b> Ages 16+	6:45-7:45 p.m. <b>Soccer Practice</b> 18+	6:30-7:30p.m. <b>Zumba</b> Ages 16+	6:30-7:30p.m. <b>Basketball workouts</b> Ages 8-17		