

Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior/Water Aerobics 12:00-1:30pm 18+	Senior/Adult Walk/Lap Swim 12:00-12:45 18+	Senior/Adult Walk/Lap Swim 12:00-12:45 18+	Senior/Adult Walk/Lap Swim 12:00-12:45 18+	Senior/Adult Walk/Lap Swim 12:00-12:45 18+	Adult/Senior Open Swim 10:00-12:45 18+
Adult Open Swim 1:45-2:45 18+	Senior/Adult Walk/Lap Swim 1:00-1:45 18+	Senior/Adult Walk/Lap Swim 1:00-1:45 18+	Senior/Adult Walk/Lap Swim 1:00-1:45 18+	Senior/Adult Walk/Lap Swim 1:00-1:45 18+	Youth Swim 1:00-1:45 8-17
	Adult Aqua-cise 2:00-2:45 18+	Adult Open Swim 2:00-2:45 18+	Adult Aqua-cise 2:00-2:45 18+	Adult Open Swim 2:00-2:45 18+	CLOSED 2:00-3:00
CLOSED 3:00-4:00	CLOSED 3:00-4:00	CLOSED 3:00-4:00	CLOSED 3:00-4:00	CLOSED 3:00-4:00	Youth Swim 3:00-4:00 8-17
Youth Swim Hoops/Slide 4:00-5:00 8-17	Youth Swim Hoops/Slide 4:00-5:00 8-17	Youth Swim Hoops/Slide 4:00-5:00 8-17	Youth Swim Hoops/Slide 4:00-5:00 8-17	Youth Swim Hoops/Slide 4:00-5:00 8-17	Family Swim Hoops/slide/ Tot 4:00-5:30 Adult w/Child
Lifeguard Course 5:00pm-7:30pm Age 15+	LTS Swim 5:00-5:45 Youth 8-17	Lifeguard Course 5:00pm-7:30pm Age 15+	LTS Swim 5:00-5:45 Adult 18+	Water Sports 5:00-6:30 8-17	
	Aqua-cise 6:00-6:45 18 +		Aqua-cise 6:00-6:45 18 +	Family Swim 6:45-7:30 Adult w/Child	
	Adult Swim 7:00-7:30 18+		Adult Swim 7:00-7:30 18+		



CITY OF CLEVELAND  
Mayor Justin M. Bibb

Frederick Douglass  
Neighborhood Resource and Recreation Center  
15401 Miles Ave.  
(216)664-6882  
Manager: Mr. Larry Wilcox

**Ballroom  
Dancing**  
(Adults Age 18+)  
Wednesday  
5:00pm—7:00pm  
Aerobics RM# 110

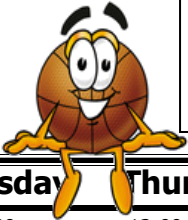
**I-Connect (PIO)**  
Seniors Program  
12:00pm-1:00pm  
Tuesdays  
Computer Room #130

**E-Sports**  
6th—12th Grade  
Time: 4:30pm—6:00pm  
Mon thru Fri  
Computer RM #130

**Chess**  
Ages 5+  
Time: 4:00p—5:30p  
Tues and Thurs  
Common Area/ Library RM

**Medical Billing and  
Coding**  
Ages 18+  
Time: 5:00pm—7:00pm  
Mon and Wed  
Computer RM #130

**Robotics**  
Grades 9-12  
Time: 4:30p—6:30pm  
Wed and Fri  
Multi-Purpose RM #129



**Meal Program**

4-18yrs.  
Monday– Friday Times 5:00pm—6:00pm  
Saturday Time 11:00am—12:00pm  
(No Registration Required)

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-1:00pm Senior Walk/Run 50+	12:00-1:00pm Fit Circuit 18+	12:00-1:00pm Senior Walk/Run 50+	12:00-1:00pm Adult Open Gym 18+	12:00-1:00pm Senior Walk/Run 50+	10:00-11:00am Family and Toddler Activity Adult w/Toddlers
1:30-2:30pm Track Walk/Run 18+	1:00-2:00pm Adult Open Gym 18+	1:30-2:30pm Track Walk/Run 18+	1:00-2:00pm Adult Open Gym 18+	1:30-2:30pm Track Walk/Run 18+	11:15-12:15pm House League Flag Football Age 4-7
3:00-4:45pm Open Gym Youth Age 8-17	3:00-4:45pm Open Gym Youth Age 8-17	3:00-4:45pm Open Gym Youth Age 8-17	3:00-4:45pm Open Gym Youth Age 8-17	3:00-4:45pm Open Gym Youth Age 8-17	12:30pm-2:00pm Open Gym Youth Age 8-17
5:00-7:30p.m House League Flag Football Age 12-14	5:00-7:30p.m Sports Training Age 8-11	5:00-7:30p.m Adult Volleyball Age 18+	55:00-7:30p.m Sports Training Age 15-18	5:00-7:30pm House League Flag Football Age 14-17	3:00-5:30p.m Open Gym Seniors 50+

**Fitness Room #103**  
(6-Max Per Room)  
  
(Mon-Fri)  
12:00pm-7:30pm  
  
(Saturday)  
10:00am-5:30pm

**Line-Dance (age 18+)**  
Monday 5pm-7:15pm  
Tuesday 12pm-1:45pm  
Thursday 5:00pm-6:30pm  
Friday 12:00pm-1:45pm  
  
**Aqua-Cise (age 18+)**  
Monday 12:00pm-1:30pm

**Arts and Craft -Tues/Thurs.**  
Adult 18+  
12:00pm -3:00pm  
Youth Age 8-17  
3:00pm -7:30pm

**Computer Lab**  
Mon-Fri  
12pm-3pm (18+)  
Mon-Fri  
3pm-7:30pm (8-17)  
Saturday  
10pm-5:30pm  
(All Ages)  
Computer Room #130

**Biz-Whiz Cards**  
Ages 45+  
Time: 12:00p—3:00p  
Wednesday  
Senior RM #117

**Fit-Circuit**  
Ages 18+  
Time: 12:00p—1:00p  
Tuesday  
Gym

**Healthy Cooking**  
Ages 8-17  
Time: 4:00pm—6:00pm  
Wednesday  
Kitchen #116

