

Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-1:15 p.m. Adult Open 18+	12:00-1:15 p.m. Adult Open 18+	12:00-1:15 p.m. Adult Open 18+	12:00-1:15 p.m. Adult Open 18+	12:00-1:15 p.m. Adult Open 18+	10:00-10:45 a.m. Adult Open 18+
1:30– 2:45p.m. Lap Swim 18+	1:30-2:45 p.m. Lap Swim 18+	1:30:2:45 p.m. Lap Swim 18+	1:30-2:45p.m. Lap Swim 18+	1:30-2:15 p.m. Lap Swim 18+	11:00-11:45 a.m. Open Swim 18+
4:00-5:15 p.m. Open Swim Ages 8-17	4:00-5:15p.m. Open Swim Ages 8-17	4:00-5:15 p.m. Open Swim Ages 8-17	4:00-5:15 p.m. Open Swim Ages 8-17	4:00-5:15 p.m. Open Swim Ages 8-17	1:00-1:45 p.m. Youth Open Swim Ages 8-17
5:30-6:15 p.m. Learn to Swim I,II,III Ages 8-17	5:30-6:15 p.m. Swim team practice 8-17	5:30-6:15 p.m. Learn to Swim I, II,III Ages 8-17	5:30-6:15 p.m. Swim team practice 8-17	5:30-6:15 p.m. Learn to Swim I, II, III All ages	2:00 2:45 p.m Open Swim All ages
6:30-7:15 p.m. Water Workouts 16+	6:30-7:15p.m. Open Swim 18+	6:30-7:15p.m. Water Workouts Ages 16+	6:30-7:15p.m. Open Swim 18+	6:30-7:15p.m. Family Swim (2 children per adult)	3:00—3:45 p.m. Open Gym All Ages
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.					4:15-5:15 p.m. Family Swim (2 children per adult)

Other Exciting Activities

Boxing	Monday-Thursday	5:15-7:15 p.m.	Ages 8+
Seniors Volleyball	Tuesdays	5:15—7:15 p.m.	Ages 15-17
Junior Volleyball	Thursdays	5:15-7:15 p.m.	Ages 12-14
Youth Volleyball	Mondays	5:15-:7:15 p.m.	Ages 8-11
After school meals	Monday.-Friday	4:00-4:45 p.m.	Ages 5-18
Martial Arts	Mon., Tue., Wed.	5:00-6:30p.m.	Ages 5+

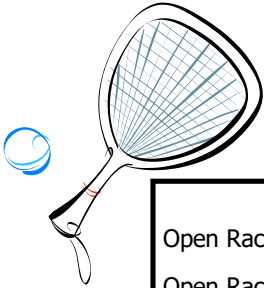
Coed Youth Flag Football

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

Schedule subject to change without prior notice



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



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+
Open Weight Room	Monday- Friday	12:00-7:15 p.m.	18+
Open Weight Room	Saturdays	10:00am-5:15 p.m.	18+

Cultural Arts/Education

Arts and Crafts	Fridays	3:00-7:30 p.m.	All ages
Art thru Exploration	Thursdays	5:00-6:30 p.m.	All ages
Robotics	Fridays	4:30-5:30 p.m.	Ages 10-14
College Now	Mon. & Wed.	4:30-5:30 p.m.	6th-12th
Job and Career Readiness	by appt.	by appt.	18+

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-2:30 p.m. Open Gym 18+	12:00-2:30p.m. Open Gym 18+	12:00-2:30 p.m. Open Gym 18+	12:00-2:30p.m. Open Gym 18+	12:00-3:00 p.m. School Group Ages 12-15	10:00a.m.-12:00p.m. Basketball workouts 8+
3:00-4:30 p.m. Open Gym Ages 8-17	3:00-5:00p.m. Open Gym Ages 8-17	3:00-5:00 p.m. Open Gym Ages 8-17	3:00-5:00 p.m. Open Gym Ages 8-17	3:00-5:00 p.m. Open Gym Ages 8-17	1:00-3:00 p.m. Open Gym Ages 8-17
5:15—7:15 p.m. Volleyball practice Ages 8-11	5:15-7:15p.m. Volleyball Practice Ages 15-17) (Sept-Oct)	5:15-7:15p.m. Basketball Training Ages 12-17	5:15-7:15 p.m. Volleyball Practice Ages 12-14) (Sept-Oct)	5:15-7:15 p.m. Volleyball practice Ages 12-17	4:00-5:30 p.m. Adult Soccer 18+
	5:15-7:15p.m. Indoor Soccer (Nov-Dec) Ages 9-13		5:15-7:15p.m. Indoor Soccer (Nov-Dec) Ages 9-13		