

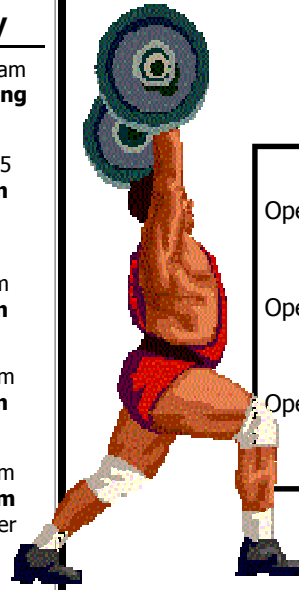


## Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00—1:00 p.m. <b>Special Needs</b> Ages 5-7	12:00—1:00 p.m. <b>Aquacise</b> Adult	12:00—1:00 p.m. <b>Special Needs</b> Ages 12-15	12:00—1:00 p.m. <b>Water Walking</b> Adult	12:00—1:00 p.m. <b>School Group</b> Ages 8-10	10:15—11:15am <b>Water Walking</b> Adult
1:15-2:15 p.m. <b>Special Needs</b> 12-15	1:15-2:15 p.m. <b>Special Needs</b> Ages 5-7 Adult	1:15-2:15 p.m. <b>School Group</b> <b>LTS</b> Ages 10-12	1:15-2:15 p.m. <b>Special Needs</b> Ages 9-12	1:00—2:15 p.m. <b>School Group</b> Ages 9-11	11:15—12:15 <b>Open Swim</b> Adult
2:30-3:30 p.m. <b>Open Swim</b> Adult	2:30-3:30 p.m. <b>Open Swim</b> Adult	2:30-3:30 p.m. <b>Open Swim</b> Adult	2:30-3:30 p.m. <b>Open Swim</b> Adult	2:30-3:30 p.m. <b>Open Swim</b> Adult	1:15-2:15pm <b>Open Swim</b> Ages 8—17
4:00-4:45 p.m. <b>Open Swim</b> Ages 8-17	4:00-4:45 p.m. <b>Open Swim</b> Ages 8-17	4:00-4:45 p.m. <b>Open Swim</b> Ages 8-17	4:00-4:45 p.m. <b>Open Swim</b> Ages 8-17	4:00-4:45 p.m. <b>Open Swim</b> Ages 8-17	2:30—3:30pm <b>Open Swim</b> All Ages
5:00—5:45 p.m. <b>Learn to Swim</b> <b>I, II &amp; III</b> 8—17	5:00-7:30 p.m. <b>Lifeguard Training</b> Ages 15+	5:00—5:45 p.m. <b>Learn to Swim</b> <b>I, II &amp; III</b> 8—17	5:00-7:30 p.m. <b>Lifeguard</b> <b>Training</b> Ages 15+	5:00-5:45 p.m. <b>Water</b> <b>Basketball</b> Ages 8-17	4:00—5:15pm <b>Family Swim</b> (2 children per adult)
5:45-6:30 p.m. <b>Learn To Swim</b> <b>IV, V, &amp; VI</b> Ages 8-17		5:45-6:30 p.m. <b>Learn To Swim</b> <b>IV, V, VI</b> Ages 8-17		6:30-7:30 p.m. <b>Family Swim</b> (2 children per adult)	
6:30-7:30 p.m. <b>Aquacise</b> Adult		6:30-7:30 p.m. <b>Aquacise</b> Adult	All children under 7 years old and 4 feet tall must be accompanied and supervised in the water by an adult at all times		



Michael J. Zone Recreation Center  
6301 Lorain Ave.  
216/664-3373  
Mayor Frank G. Jackson

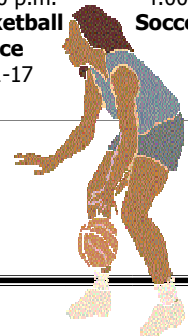


<b><u>Racquetball</u></b>		
Open Racquetball	Monday-Friday 12:15-7:15 p.m.	10+
	Saturday 10:15—5:15pm	10+
<b><u>Weight Room</u></b>		
Open Weight Room	Monday- Friday 12:00-7:30 p.m.	Adult
	Saturday 10:00—5:30pm	Adult
<b><u>Game Room</u></b>		
Open game room	Monday—Friday 12:00—7:30 p.m.	All ages
	Saturday 10:00—5:30pm	All ages



## Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00—2:30 p.m. <b>Open Gym</b> Adult	12:00—1:45 p.m. <b>CPD</b> <b>Basketball League</b> Adult	12:00—2:30 p.m. <b>Open Gym</b> Adult	12:00-1:45 p.m. <b>CPD Basketball</b> <b>League</b> Adult	12:00—1:30 p.m. <b>School Group</b> Ages 8-17	10:00—12:00pm <b>Open Gym</b> Adult
1:30pm—3:00pm <b>School Group</b> Ages 13—17	2:00pm—3:00pm <b>School Group</b> Ages 13—17	3:00—4:00 p.m. <b>Open Gym</b> 8—17	2:00 -3:00 p.m. <b>School Group</b> Ages 12—14	1:30-2:30 p.m. <b>School Group</b> Ages 12-15	12:00—1:00pm <b>Pee-Wee Basketball</b> <b>Fundamentals</b> Ages 4-8
3:00-4:00 p.m. <b>Open Gym</b> Ages 8-17	3:00—4:00 p.m. <b>Open Gym</b> 8-17	4:30—6:30 p.m. <b>Midget Basketball</b> <b>House League</b> Ages 8-11	3:00—4:00pm <b>Open Gym</b> Ages 8-17	3:00-5:00 p.m. <b>Open Gym</b> Ages 8-17	1:30-3:30p.m. <b>In-house basketball</b> <b>league games</b> Ages 8-17
4:30-6:30 p.m. <b>Midget</b> <b>Basketball</b> <b>House League</b> 8-11	4:30-6:30 p.m. <b>Junior</b> <b>Basketball House</b> <b>League</b> Ages 12-15	6:30-7:30p.m. <b>Zumba</b> 16+	4:30-5:30p.m. <b>Junior</b> <b>Basketball House</b> <b>League</b> Ages 11-14	5:30—7:30 p.m. <b>Girls Basketball</b> <b>Practice</b> Ages 11-17	4:00-6:00p.m. <b>Soccer League</b> 18+
6:30-7:30p.m. <b>Zumba</b> 16+	6:45-7:45 p.m. <b>Soccer Practice</b> Adult		5:15—7:15p.m. <b>Adult Basketball</b> <b>League</b> Adult		



### Special Programs

Martial Arts	Tuesday & Thursday	5:00-7:00p.m.	8+
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Girl Scouts	Tuesday	6:30—7:30 p.m.	6—14
Coloring	Monday-Friday	4:00—6:00 p.m.	8-17
Girls Basketball	Monday	5:00-7:00 p.m.	15-17
Girls Basketball	Thursday	5:00-7:00 p.m.	11-14
Boxing	Monday-Thursday	5:15-7:15p.m.	8-17
Praise dance	Saturday	12:00-2:00 p.m.	All ages
Kettle Bell Fitness	Thursday	6:00-7:00 p.m.	18+
Yoga teens	Thursday	5:00-6:00 p.m.	13-17

### Cultural Arts

Arts & Crafts	Tuesday	4:00—6:00 p.m.	8—17
Family Crafts	Tuesday	6:30 7: 30 p.m.	All Ages

Schedule subject to change without prior notice.