


Aquatics Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|---|
| 12:00-12:45pm Adult Open Swim | 12:00-12:45pm Adult Open Swim | 12:00-12:45pm Adult Open Swim | 12:00-12:45pm Adult Open Swim | 12:00-12:45pm Adult Open Swim | 10:00-10:45am Adult Open Swim |
| 1:00-1:45pm Adult Open Swim | 1:00-1:45pm Adult Open Swim | 1:00-1:45pm Adult Open Swim | 1:00-1:45pm Adult Open Swim | 1:00-1:45pm Adult Open Swim | 11:00-11:45am Adult Open Swim |
| 2:00-2:45pm Adult Open Swim | 2:00-2:45pm Adult Open Swim | 2:00-2:45pm Adult Open Swim | 2:00-2:45pm Adult Open Swim | 2:00-2:45pm Adult Open Swim | 12:00-12:45pm Adult Open Swim |
| 4:00-5:15pm Open Swim All Ages | 4:00-5:15pm Open Swim All Ages | 4:00-5:15pm Open Swim All Ages | 4:00-5:15pm Open Swim All Ages | 4:00-5:00pm Open Swim All Ages | 1:00-1:45pm Kiddie Pool Swim |
| 5:30-6:15pm Youth LTS (8-17) | 5:30-6:15pm Youth LTS-2 (8-17) | 5:30-6:15pm Youth LTS (8-17) | 5:30-6:15pm Youth LTS-2 (8-17) | 5:15-6:00pm Open Swim All Ages | 2:00-2:45pm Kiddie Pool Swim |
| 6:30-7:15pm Water Aerobics | 6:30-7:15pm Family Swim | 6:30-7:15pm Water Aerobics | 6:30-7:15pm Family Swim | 6:15-7:15pm Kiddie Pool Swim | 4:15-5:15pm Family Swim |

Schedule subject to change without prior notice



Collinwood NRRC
16300 Lakeshore Blvd.
(216)420-8323
Kawana Little, Center Manager



Fitness Room (Adult Only)

Monday-Friday 12:00-7:30pm
Saturdays 10-5:30pm

Indoor Track

Monday-Friday 12:00-5:30pm
Saturdays 10-5:30pm

During all family activities children must be accompanied by a parent/guardian

Youth Programs ages 8-17

- African Dance (All Ages) Mondays 6:00-7:00pm
- STEAM (Ages 10-14) Wednesdays 5:30-6:30pm
- Heathy Cooking (Ages 8-18) Wednesdays 4:00-6:00pm
- Karate (Ages 8 & Up) Saturdays 2:00-4:00pm



Arts & Crafts

| Program | Days | Times | Ages |
|--------------------|------------|---------------|------|
| Adult Ceramics | Mondays | 12:00-2:30pm | 18+ |
| Arts/Crafts | Mondays | 4:00-6:30pm | 8+ |
| Senior Arts/Crafts | Wednesdays | 10:30-11:30am | 55+ |
| Adult Arts/Crafts | Wednesdays | 1:00-3:00pm | 18+ |
| Youth Arts/Crafts | Wednesdays | 3:30-4:30pm | 8-17 |

All children under 8 years old & under 4 feet tall must be accompanied & supervised in the water by an adult. Two children per one adult. Children using the slide must be at least 48 inches tall

Senior Programs ages 55 & up

| Program | Days | Times |
|-----------------------|---------------|-----------------|
| I-Connect | Mondays | 10:00-11:00am |
| Line Dance | Mondays | 10:45am-11:45am |
| Aerobics Class | Mon, Wed, Fri | 9:00-10:30am |
| Indoor Track | Mon, Wed, Fri | 8:00-11:45am |
| Fitness Room | Mon, Wed, Fri | 8:00-11:45am |
| Walking Club | Mon, Wed, Fri | 8:00-11:00am |



Meal Program

Monday– Friday 4:00-4:30pm
Saturdays 12:00-1:00pm
(No Registration Required)

Gymnasium Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|---|---|
| Open Gym Adult 18+ 12:00-2:30pm | Open Gym Adult 18+ 12:00-2:30pm | Open Gym Adult 18+ 12:00-2:30pm | Open Gym Adult 18+ 12:00-2:30pm | School Groups (Varies) 12:00-2:30pm | NCT Cheerleading 10:00-2:00pm |
| Open Gym Youth (8-17) 3:00-4:15pm | Open Gym Youth (8-17) 3:00-4:15pm | Open Gym Youth (8-17) 3:00-4:15pm | Open Gym Youth (8-17) 3:00-4:15pm | Open Gym Youth (8-17) 3:00-4:15pm | Pee Wee Basketball (4-7) 2:30-3:30pm |
| Junior Basketball Practice (12-14) 4:30-6:00pm | Flag Football Youth (8-12) 4:30-5:30pm | Youth Basketball Practice (8-11) 4:30-6:00pm | Flag Football Teens (13-17) 4:30-5:30pm | Senior Basketball Practice (15-18) 4:30-6:00pm | Open Gym Adult 30+ 4:00-5:30pm |
| Soccer Youth (8-12) 6:00-7:30pm | NCT Cheerleading 6:00-7:30pm | Soccer Youth (8-12) 6:00-7:30pm | NCT Cheerleading 6:00-7:30pm | Soccer Youth (8-12) 6:00-7:30pm | |