

Pool Schedule

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

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

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

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



Wash your hands often



CITY OF CLEVELAND
Mayor Justin M. Bibb

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



Avoid close contact

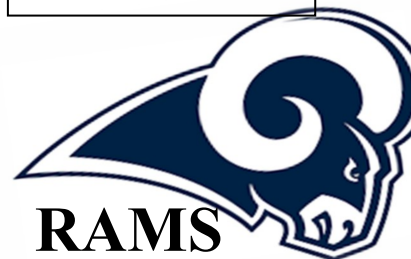


Cover your mouth and nose with a cloth cover when around others

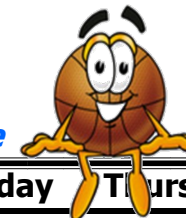
Medical Billing and Coding (PIO)
Adults 18+
5:00pm-7:00pm
Monday and Wednesday

ESports
6th-12th Grade
Time: 4:30pm-6:00pm
Mon thru Fri
Computer RM #130

Bid Whist Card Game
(Seniors 45+)
Wednesday
@ 12:00pm-3:00pm



RAMS



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 Walking Club 50+	12:00-1:00pm Adult Open Gym 18+	12:00-1:00pm Senior Walking Club 50+	10:00am-12:00pm Adult Open gym 18+
1:30-2:30pm Track Walk/Run 18+	1:00-2:45pm Adult Open Gym 18+	1:30-2:30pm Track Walk/Run 18+	1:00-2:45pm Adult Open Gym 18+	1:30-2:30pm Track Walk/Run 18+	12:00pm-2:00pm 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	3:00pm-4:45p.m Youth Volleyball Age 8-17	3:00-4:45pm Open Gym Youth Age 8-17	3:00-4:45pm Open Gym Youth Age 8-17	2:30pm-4:00pm Open Sports Training
5:00pm-7:30pm Open Sports Training Youth	5:00pm-7:30p.m Youth Volleyball Age 8-17	5:00-7:30p.m Adult Volleyball	5:00pm-7:30pm Open Sports Training Youth	5:00pm-7:30pm Family Open Gym Guardian and Youth	4:00-5:30p.m Open Gym Seniors 50+ 20-Max

Flag Football Baseball
Season is Upon Us!!!
Sign-Up