

Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-12:45pm Water Walking Adults	12:00-12:45pm Water Walking Adults	12:00-12:45pm Water Exercise Adults	12:00-12:45pm Water Walking Adults	12:00-12:45pm Water Walking & Lap Swim Adults	10:00-10:45am Water Walking Adults
12:45-1:30pm Open & Lap Swim Adults	12:45-1:30pm Open & Lap Swim Adults	12:45-1:30pm Open & Lap Swim Adults	12:45-1:30pm Open & Lap Swim Adults	12:45-1:30pm School Group	10:45-11:30am Open & Lap Swim Adults
3:00-3:45pm Open Swim All	3:00-3:45pm Open Swim All	3:00-3:45pm Open Swim All	3:00-3:45pm Open Swim All	3:00-3:45pm Open Swim All	1:00-1:45pm Open Swim All
4:00-4:45pm Open Swim All	4:00-4:45pm Open Swim All	4:00-4:45pm Open Swim All	4:00-4:45pm Open Swim All	4:00-4:45pm Open Swim All	2:00-2:45pm Open Swim All
5:00-7:30pm Swim Team 8-17	5:00-5:45pm Learn To Swim Levels 1 & 2	5:00-7:30pm Swim Team 8-17	5:00-5:45pm Learn To Swim Level 3 & 4	5:00-7:30pm Swim Team 8-17	3:00-3:45pm Open Swim All
	6:00-7:00pm Water Exercise Family		6:00-7:00pm Water Exercise Family		4:45-5:30pm Family Swim Parent must be in water at all times
	6:45-7:30pm Open & Lap Swim Adult		6:45-7:30pm Open & Lap Swim Adult		<i>Sauna Available During Pool Hours</i>

All children under 8 years old & under 4 feet tall must be accompanied and supervised in the water by an adult. Two children per adult.

Open Track

Monday - Friday 12:00pm-7:30pm Saturday 10:00am-5:30pm 16+
Children under 16 years must remain with parent while on track.

Weight Room

Monday - Friday 12:00pm-7:30pm Saturday 10:00am-5:30pm 18+
No children under 18 permitted on weight equipment!

Reach Success

Individual Tutoring Tuesdays & Thursdays 4:30pm-6:30pm K-12th grade

Outdoor Activities

Muny Football Practice	Tuesday - Friday	5:15pm-7:30pm	6-13 yrs. old
Cheerleading Practice	Tuesday - Friday	5:30-7:30pm	6-13 yrs. old
Peewee Flag Football Fundamentals	Saturday	10:00am-11:00am	5-7 yrs. old



Gunning Recreation Center
16700 Puritas Avenue
216-420-7900

Latin Aerobics

Tuesday & Thursday 6:30-7:30pm Adults
Saturday 10:00-11:00am Adults

Zumba Aerobics

Thursday & Friday 6:30-7:30pm Adults

Kickboxing Aerobics

Monday & Wednesday 6:30-7:30pm Adults

Therapeutic Yoga

Friday 5:00-6:00pm Adults

For Benjamin Rose & Senior Program information call (216) 376-1917

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-2:00pm Men's 5 on 5 Adults	12:00-2:00pm Home School Group Parent and child	12:00-2:00pm Men's 5 on 5 Adults	12:00-3:00pm School Group	12:00-2:00pm Home School Group Parent and child	10:00am-11:00am Tot Program 4-7
3:00-5:30pm Youth Open Gym 8-17	3:00-4:30pm Youth Open Gym 8-17	3:00-4:30pm Youth Open Gym 8-17	3:00-5:00pm Youth Open Gym 8-17	3:00-5:00pm Youth Open Gym 8-17	11:00am-1:30pm Open Gym 8-17
6:00-7:30pm Kickboxing Aerobics Adult	5:30-7:30pm Skills and Drills 8-17	4:30-6:00pm Cheerleading Practice 6-13 (Sept.-Nov.)	5:00-6:00pm Cheerleading Practice 6-13 (Sept.-Nov.)	5:30-7:30pm Cheerleading Practice 6-13 (Sept.-Nov.)	1:45pm-3:30pm Open Gym 8-17
	5:00-7:30pm Indoor Soccer League 8-13 (Nov.-Dec.)	6:30-7:30pm Kickboxing Aerobics Adult	6:30-7:30pm Zumba Aerobics	5:00-7:30pm Peewee Indoor Soccer Fundamentals (Nov.-Dec.) 4-7	4:00pm-5:30pm Skills and Drills 8-17
Schedule subject to change without prior notice					1:30pm-5:30pm Indoor Soccer Team Practices 8-11 (Nov.-Dec.)