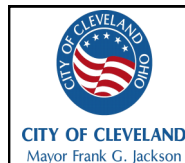


Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 – 1:00 PM Sr. Swim Ages 50+	12:00 – 12:45 PM Lap Swim 18+	12:00 – 1:00 PM Sr. Swim Ages 50+	12:00 – 12:45 PM Lap Swim 18+	12:00 – 1:00 PM Sr. Swim Ages 50+	10:00 - 12:00 PM Adult Swim 18+
1:00 – 2:00 PM Open Swim Ages 18+	1:00 – 2:00 PM School Group	1:00 – 2:00 PM Open Swim Ages 18+	1:00 – 2:00 PM School Group	1:00 – 2:00 PM Open Swim Ages 18+	1:00 - 3:00 PM Youth Swim 8-17
2:00 – 3:00 PM Lap / Open Swim Ages 18+	2:00 - 3:30 PM Open Swim Ages 18+	2:00 – 3:00 PM Lap / Open Swim Ages 18+	2:00 - 3:30 PM Open Swim Ages 18+	2:00 – 3:30 PM Lap / Open Swim Ages 18+	3:30 - 5:30PM Family Swim 4+
3:00 - 4:00 PM Open Swim Ages 8-17	3:30 - 5:00 PM Open Swim Ages 8-17	3:00 - 4:00 PM Open Swim Ages 8-17	3:30 - 5:00 PM Open Swim Ages 8-17	3:30-5:00 PM Open Swim Ages 8-17	
4:00 - 5:00 PM Water Basketball Ages 12-17	5:00 - 6:00 PM Swim Lesson Ages 8-17	4:00 - 5:00 PM Water Basketball Practice Ages 12-17	5:00 - 6:00 PM Swim Lesson Ages 8-17	5:00 - 6:00 PM Water Games Ages 12-17	
5:30 – 7:30 PM Swim Team practice Ages 8+	6:00 - 6:45 PM Aquacise Ages 18+	5:00 – 7:30 PM Swim Team Practice Ages 15+	6:00 - 6:45 PM Aquacise Ages 18+	6:00 - 7:30 PM Family Swim	
	6:45 - 7:30 PM Adult Learn To Swim Ages 18+		6:45 - 7:30 PM Adult Learn to Swim Ages 18+		



All children 7 years old and under and less than 4 feet tall must be accompanied and supervised in the water by an adult.
Two children per adult.



John F. Kennedy Recreation Center
17300 Harvard Ave.
(216) 664-2572

Our Senior Activities

Floor Aerobic	Monday, Wednesday	10:00 - 11:00 am
Line Dancing	Friday	12:00 - 1:00 pm
Lap Swim	Monday, Wednesday, Friday	12:00 - 1:00 pm
Aquacise	Tuesday, Thursday	6:00 – 6:45 pm

Flag Football
Monday/Wednesday
5:00-7:30pm



Other Exciting Activities

Step Aerobics
Table Tennis
Fitness Room
Tai chi
Computer Lab
Zumba
Dancing Wheels

Monday/Wednesday
Tuesday, Thursday
Monday - Friday
Thursday
Friday
Tuesday
Thursdays



6:00 - 7:00 pm
6:00 - 7:30 pm
12:00 - 7:30 pm
1:00 - 2:00 pm
12:00 pm - 7:30 pm
6:00 - 7:00 pm
5:30 - 6:30pm

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 - 2:00 PM Adult open 18+	12 - 2:00 PM School Group Grades K - 3	12 - 2:00 PM Adult open +18	12 - 2:00 PM School Group Grades K - 3	12 - 2:00 PM School Group Grades 4 - 8	10:00AM-12:00PM Volleyball 18+
3:00 - 5:00PM Open Gym Ages 8 - 17	3:00 - 5:30PM Open Gym Ages 8 - 17	3:00 - 5:30PM Open Gym Ages 8 - 17	3:00 - 5:30PM Open Gym Ages 8 - 17	3:00 - 5:30PM Youth Open Gym Ages 8 - 17	1:00 - 3:00 PM Flag Football 4 - 7
5:30 - 7:30 PM Flag Football Ages 8 - 17	5:30 - 7:30 PM Volleyball Ages 8 - 17	5:30 - 7:30 PM Flag Football Ages 8 - 17	5:30 - 7:30 PM Volleyball Ages 8 - 17	6:00 - 7:30 PM Pee Wee/Family Night Ages 4+	3:30 - 5:30 PM Open Gym 8 - 17

Schedule subject to change without prior notice