

Aquatics Schedule

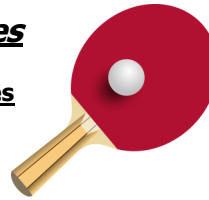
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-1:00pm Adult Lap Ages 18+	12:00-2:00pm Adult Open Ages 8-17	12:00-1:00pm Adult Lap Ages 18+	12:00-2:00pm Adult Lap Ages 8-17	12:00-1:00pm Water Walking Ages 18+	10:00-10:45am Pool Maintenance
1:15-2:00pm Aqua Jog Ages 18+ (Self Instructed)	2:00-2:45pm Pool Maintenance	1:15-2:00pm Aqua Jog Ages 18+ (Self Instructed)	2:00-2:45pm Pool Maintenance	1:15-2:00pm Aqua Jog Ages 18+ (Self Instructed)	11:00-12:00pm Woman Open Swim Ages 18+
2:00-2:45pm Adult Open Ages 18+	3:00-4:45pm Youth Open/School Group Ages 8-17	2:00-2:45pm Adult Open Ages 18+	3:00-4:45pm Youth Open/School Group Ages 8-17	2:00-3:00PM Pool Maintenance	12:00-12:45pm Men Open Swim Ages 8-17
4:00-7:15pm Swim Team (KIDS ONLY)	5:00-5:45pm Learn to Swim Ages 8-17	4:00-7:15pm Swim Team (KIDS ONLY)	5:00-5:45pm Learn to Swim Ages 8-17	4:00-7:15pm Swim Team (KIDS ONLY)	1:00-2:45pm Open Swim All Ages
	6:00-7:15pm Adult Lap Ages 18+		6:00-7:15pm Adult Lap Ages 18+		4:00-5:15pm Family Swim (2 tots per adult)

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

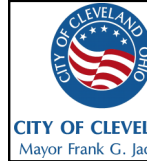
Non-Traditional & Minimally Organized Activities



<u>Program</u>	<u>Days</u>	<u>Times</u>	<u>Ages</u>
Open Ping Pong	Monday-Friday	12:00pm-7:30pm	8+
Weight Room	Monday - Friday Saturdays	12:00pm-7:30pm 10:00pm-5:30pm	18+
After School Meals	Monday-Friday	5:00pm-6:00pm	5-18



No Children Under 18 Years of Age Permitted In Weight Room!!



Sterling Recreation Center
1380 East 32nd Street
(216) 664-2573

On the Gridiron

<u>Program</u>	<u>Day</u>	<u>Time</u>	<u>Ages</u>
Flag Football Fundamentals	Saturday	12:00pm-1:00pm	4-7
Co-ed Midget Flag Football	Tuesday	5:15pm - 7:00pm	8-12
Co-ed Junior Flag Football	Thursday	5:15pm - 7:00pm	13-15
Senior Flag Football	Wednesday	5:00pm—7:00pm	15-18

Bump, Set & Spike

Youth Co-Ed Volleyball	Wednesdays	5:00pm - 7:15pm	8-11
Senior Co-ed Volleyball	Tuesday	5:15pm-7:15pm	14-17

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-2:30pm Adult Open Gym Ages 18+	12:00-2:30pm School Group	12:00-2:30pm Adult Open Gym Ages 18+	12:00-2:30pm School Group	12:00-2:30pm Gym Maintenance	10:00-11:45am All Sports Conditioning Ages 8+
2:45-4:30pm Teenage Open Gym Ages 13-17	2:45-4:15pm Open Gym Ages 8-12	2:45-4:30pm Teenage Open Gym Ages 13-17	2:45-4:15pm Open Gym Ages 8-12	2:45-4:30pm Teenage Open Gym Ages 13-17	12:00-1:30pm Open Gym Ages 8-12
5:00-6:00pm Youth Volleyball Practice Ages 12-17 (Oct.-Dec.)	4:30-6:00pm School Group	5:00-7:15pm Youth Volleyball League Ages 8-11 (Oct.-Dec.)	4:30-6:00pm School Group	5:00-6:00pm Senior Volleyball Practice Ages 14-17	2:00-3:30pm Open Gym Ages 13-17
5:00-7:15pm All Sports Conditioning Ages 8+ (Dec)	5:00-7:15pm All Sports Conditioning Ages 8+ (Dec)	5:00-7:15pm All Sports Conditioning All Ages (Dec)	6:15-7:30pm Community Group	6:15-7:30pm 30+ Open Gym Ages 30+	4:00-5:15pm Volleyball Conditioning Ages 8-17

Schedule subject to change without prior notice.