

Track Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am-12:30 pm Walking Club Adult	9:00 am-12:30 pm Walking Club Adult	9:00 am-12:30 pm Walking Club Adult	9:00 am-12:30 pm Walking Club Adult	9:00 am-12:30 pm Walking Club Adult	9:30 am-12:30 pm Walking Club Adult
1:00-2:30 pm 3 Mile Walking Club Adult (19.5 Laps)	1:00-2:30 pm 3 Mile Walking Club Adult (19.5 Laps)	1:00-2:30 pm 3 Mile Walking Club Adult (19.5 Laps)	1:00-2:30 pm 3 Mile Walking Club Adult (19.5 Laps)	1:00-2:30 pm 3 Mile Walking Club Adult (19.5 Laps)	1:00-2:30 pm 3 Mile Walking Club Adult (19.5 Laps)
2:30 - 4:00 pm Jogging Club Adult	2:30 - 4:00 pm Jogging Club Adult	2:30 - 4:00 pm Jogging Club Adult	2:30 - 4:00 pm Jogging Club Adult	2:30 - 4:00 pm Jogging Club Adult	2:30 - 4:00 pm Jogging Club Adult
4:00-7:30 pm Family Walking	4:00-7:30 pm Family Walking	4:00-7:30 pm Family Walking	4:00-7:30 pm Family Walking	4:00-7:30 pm Family Walking	4:00-5:30 pm Family Walking



Zelma George Recreation Center
3155 M.L.K. Dr.
(216) 420-8800



Fit & Fifty Program

Card Sharks	Monday & Friday	1:00 pm
Senior Walkers	Monday - Friday	6:00 am
Arts & Crafts	Tuesday	11:30 - 1:30 pm
Senior Exercise	Tuesday & Thursday	9:00 - 10:00 am
Line Dancing	Tuesday & Thursday	10:00 - 11:00 am
Cooking Class	Wednesday	10:00 - 11:30 am
Blood Pressure	Every 4th Tuesday	9:00 - 11:00am



Co-ed Flag Football Leagues

Juniors	Tuesday & Thursday	4:30 - 7:30	13 - 14
Youth	Monday	4:30 - 7:30	8 - 12
Seniors	Wednesday	4:30- 7:30	15 - 17

Other Exciting Programs

Zumba	Monday	6:00- 7:00 pm	Adults
Aerobics	Wednesday	6:30 - 7:30pm	Adults
Line Dance	Tuesday & Thursday	6:00- 7:30pm	Adults
Exercise Equipment	Monday - Friday	12:00 - 7:30pm	Adults
Recreational Free Skate (Rec. Center program participants only)	Every Thursday	4:00 - 6:00pm	8 - 17
Youth Outdoors	Friday	TBA	
Game Room	Mon - Friday	5:00 - 7:30pm	8+
Game Room	Friday	4:00 - 6:30pm	8+
Working on Me Grades 6-8	Thursday	4:00 - 7:00pm	11 - 14
Cooking Classes	Monday & Wednesday	5:00 - 6:00pm	10 - 14
BMX Bike Program	Tuesday & Thursday	5:00 - 6:00pm	9 - 12

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 - 3:00 pm School Group Ages 4 - 7	12:00 - 3:00pm 5 on 5 Basketball Adult	12:00 - 3:00 pm School Group Ages 4 - 7	12:00 - 3:00pm 5 on 5 Basketball Adult	12:00 - 3:00 pm School Group Ages 4 - 7	10:00 - 11:30 am Pee Wee Basketball / Football Skills Ages 4 - 7
3:00 - 4:45pm Sr. Co-ed Volleyball Practice Ages 14 - 17	3:15 - 4:15 pm Organized Gym Games Ages 15 - 17	3:00 - 4:45pm Sr. Co-ed Volleyball Practice Ages 14 - 17	3:15 - 4:15 pm Organized Gym Games Ages 15 - 17	3:30 - 5:00pm Organized Gym Games Ages 8 - 16 (Sept-Oct.)	1130-2:30 Basketball Training Camp Ages 8+
5:15 - 7:30pm Organized Gym Games Ages 8 - 12 (Sept-Oct.)	4:30 - 5:30pm Organized Gym Games Ages 13 - 14	5:15 - 7:30pm Organized Gym Games Ages 8 - 12 (Sept-Oct.)	4:30 - 5:30pm Organized Gym Games Ages 13 - 14	<i>3:30 - 5:00pm</i> Girls Basketball training Ages 8+ (Nov.-Dec.)	3:00 - 4:15pm 3 on 3 Youth Basketball 8-14
<i>5:15 - 7:30pm</i> Volleyball House League Ages 10 - 14 (Oct.—Nov.)	5:45 - 7:30pm Jr. Coed Volleyball Practice Ages 12 - 14 (Sept—Oct.)	<i>5:15 - 7:30pm</i> Volleyball House League Ages 10 - 14 (Oct.—Nov.)	5:45 - 7:30pm Jr. Coed Volleyball Practice Ages 12 - 14 (Sept—Oct.)	6:00 - 7:30pm Pee Wee Soccer/ Basketball League Ages 4 - 7	4:30-5:30 Youth Hot Shoot 8-14
<i>5:00 - 7:30pm</i> Sr. Boys Basketball League Ages 15 - 17 (Nov.—Dec.)	<i>4:30 - 7:30pm</i> Sr. Coed Volleyball Ages 14 - 17 (Oct.—Nov.)	<i>6:00 - 7:30pm</i> 5 on 5 Basketball (Nov.—Dec.)	<i>5:45 - 7:30pm</i> 5 on 5 Basketball League Ages 8 - 12 (Nov.—Dec.)	<i>Italicized programs begin in late Fall</i>	

All children under 8 years must be accompanied and supervised in the center by an adult.

Schedule subject to change without prior notice.