

## Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am– 9:45 am <b>Water Walking</b> 55+		9:00 am– 9:45 am <b>Water Walking</b> 55+		9:00 am– 9:45 am <b>Water Walking</b> 55+
10:00 am–10:45 am <b>Water Walking</b> 55+		10:00 am–10:45 am <b>Water Walking</b> 55+		10:00 am–10:45 am <b>Water Walking</b> 55+
12:00 pm –12:45 pm <b>Water Walking</b> 18+	12:00 pm –12:45 pm <b>Water Walking</b> 18+	12:00 pm –12:45 pm <b>Water Walking</b> 18+	12:00 pm –12:45 pm <b>Water Walking</b> 18+	12:00 pm –12:45 pm <b>Water Walking</b> 18+
1:00–1:45 pm <b>Adult Open</b> 18+	1:00–1:45 pm <b>Adult Open</b> 18+	1:00–1:45 pm <b>Adult Open</b> 18+	1:00–1:45 pm <b>Adult Open</b> 18+	1:00–1:45 pm <b>Adult Open</b> 18+
2:00 pm–2:45 pm <b>Adult Swim</b> 18+	2:00 pm–2:45 pm <b>Adult Swim</b> 18+	2:00 pm–2:45 pm <b>Adult Swim</b> 18+	2:00 pm–2:45 pm <b>Adult Swim</b> 18+	2:00 pm–2:45 pm <b>Adult Swim</b> 18+
3:00 pm–3:45 pm <b>Youth swim</b> 8-17	<b>4:00-7:30</b> <b>Lifeguarding</b>	3:00 pm–3:45 pm <b>Youth swim</b> 8-17	<b>4:00-7:30</b> <b>Lifeguarding</b>	3:00 pm–3:45 pm <b>Youth swim</b> 8-17
4:00 pm –4:45 pm <b>Youth Swim</b> 8-17		4:00 pm –4:45 pm <b>Youth Swim</b> 8-17		4:00 pm –4:45 pm <b>Youth Swim</b> 8-17
5:30 pm –6:15 pm <b>Open Swim</b>		5:30 pm –6:15 pm <b>Open Swim</b>		5:30 pm –6:15 pm <b>Open Swim</b>
6:45–7:30 <b>Open Swim</b>		6:45–7:30 <b>Open Swim</b>		6:45–7:30 <b>Open Swim</b>

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

**BASEBALL SKILLS**  
**AGES 9-13**  
**MONDAY & WEDNESDAY**

**BOXING**  
**4:00-5:00**

\*\*\* SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE \*\*\*

**Estabrook Recreation Center**  
4125 Fulton Rd.  
216/664-4149  
Kimberly Kibort Manager

# Shape up!

**Grab & Go Meals**  
5-18yrs. | Monday–Friday  
Times 4:00pm–5:00pm  
(No Registration Required)

### WEIGHT ROOM

**MONDAY THRU FRIDAY**  
12:00—7:30 PM

**SCHEDULE SUBJECT TO CHANGE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am– 9:45 am <b>Senior Walk</b> 55+		9:00 am– 9:45 am <b>Senior Walk</b> 55+		9:00 am– 9:45 am <b>Senior Walk</b> 55+
10:00 am–10:45 am <b>Senior Walk</b> 55+		10:00 am–10:45 am <b>Senior Walk</b> 55+		10:00 am–10:45 am <b>Senior Walk</b> 55+
12:00 pm–12:45 pm <b>Adult Basketball</b> 18+ 6 Max	12:00 pm–12:45 pm <b>Adult Basketball</b> 18+ 6 Max	12:00 pm–12:45 pm <b>Adult B– ball</b> 18+ 6 Max	12:00 pm–12:45 pm <b>Adult Basketball</b> 18+ 6 Max	12:00 pm–12:45 pm <b>Adult Basketball</b> 18+ 6 Max
1:00 pm–1:45 pm <b>Adult B– ball</b> 18+ 6 Max	1:00 pm–1:45 pm <b>Adult B-Ball</b> 18+ 6 Max	1:00 pm–1:45 pm <b>Adult B– ball</b> 18+ 6 Max	1:00 pm–1:45 pm <b>Adult B-Ball</b> 18+ 6 Max	1:00 pm–1:45 pm <b>Adult B– ball</b> 18+ 6 Max
2:00 pm–2:45 pm <b>Youth B-Ball</b> (8-17) 6 Max	3:00 pm–3:45 pm <b>Youth B-Ball</b> (8-17) 6 Max	2:00 pm–2:45 pm <b>Youth B-Ball</b> (8-17) 6 Max	3:00 pm–3:45 pm <b>Youth B-Ball</b> (8-17) 6 Max	2:00 pm–2:45 pm <b>Youth B-Ball</b> (8-17) 6 Max
3:00 pm–3:45 pm <b>Youth B-Ball</b> (8-17) 6 Max	5:00 pm–5:45 pm <b>Volleyball</b> 8 Max	3:00 pm–3:45 pm <b>Youth B-Ball</b> (8-17) 6 Max	5:00 pm–5:45 pm <b>Volleyball</b> 8 Max	3:00 pm–3:45 pm <b>Youth B-Ball</b> (8-17) 6 Max
4:00 pm–4:45 pm <b>Youth B-Ball</b> (8-17) 6 Max	6:00–7:00 pm <b>Volleyball</b> 8 Max	4:00 pm–7:00 pm <b>Volleyball</b> 8 Max	6:00–7:00 pm <b>Volleyball</b> 8 Max	4:00 pm–4:45 pm <b>Youth B-Ball</b> (8-17) 6 Max