

Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Adult Lap Swim 12-12:45pm	Adult Lap Swim 12-12:45pm	Adult Lap Swim 12-12:45pm	Adult Lap Swim 12-12:45pm	Adult Lap Swim 12-12:45pm
Adult Lap Swim 1-1:45pm	Men's Lap Swim 1-1:45pm	Adult Lap Swim 1-1:45pm	Ladies Lap Swim 1-1:45pm	Adult Lap Swim 1-1:45pm
Pool Maintenance 2-2:45pm	Pool Maintenance 2-2:45pm	Pool Maintenance 2-2:45pm	Pool Maintenance 2-2:45pm	Pool Maintenance 2-2:45pm
Youth Swim 3-3:45pm	Youth Swim 3-3:45pm	Youth Swim 3-3:45pm	Youth Swim 3-3:45pm	Youth Swim 3-3:45pm
Youth Swim 4-4:45pm	Learn to Swim Class 4-4:45pm	Pool Maintenance 4-4:45pm	Learn to Swim Class 4-4:45pm	Youth Swim 4-4:45pm
Lifeguard Training Class 5-7pm	Family Swim 5--5:45pm	Lifeguard Training Class 5-7pm	Family Swim 5--5:45pm	Lifeguard Training Class 5-7pm
Swim Team Practice 5-7pm	Aquacise 6-6:45pm	Swim Team Practice 5-7pm	Aquacise 6-6:45pm	Swim Team Practice 5-7pm
	Water Walking 7-7:30pm		Water Walking 7-7:30pm	

All children 7 years old and under 4 feet tall must be accompanied and



Non-Traditional & Low Organized Activities

Program	Days	Times	Ages
Computer Room	Mon-Fri	12-12:45pm 1:15-2pm 2:30-3:15pm	Adult
Computer Room	Mon-Fri	4-4:45pm 5:15-6:00pm 6:30-7:15pm	Youth
Weight Room	Monday - Friday	12-12:45pm 1:15-2pm 2:30-3:15pm 3:45-4:30pm 5:00-5:45pm 6:15-7:00pm	Adults



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

CITY OF CLEVELAND
Mayor Frank G. Jackson



Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
HITT Workout Ages 18+ 12-12:30pm Max: 6	HITT Workout Ages 18+ 12-12:30pm Max: 6	HITT Workout Ages 18+ 12-12:30pm Max: 6	HITT Workout Ages 18+ 12-12:30pm Max: 6	HITT Workout Ages 18+ 12-12:30pm Max: 6
Adult Gym 1-1:45pm Max : 4	Adult Gym 1-1:45pm Max : 4	Adult Gym 1-1:45pm Max : 4	Adult Gym 1-1:45pm Max : 4	Adult Gym 1-1:45pm Max : 4
Teenage Gym Ages 14-18* 2:30-3:15pm Max: 4	Teenage Gym Ages 14-18* 2:30-3:15pm Max: 4	Teenage Gym Ages 14-18* 2:30-3:15pm Max: 4	Teenage Gym Ages 14-18* 2:30-3:15pm Max: 4	Teenage Gym Ages 14-18* 2:30-3:15pm Max: 4
Youth Gym Ages 9-13 3:45-4:30pm Max: 4	Youth Gym Ages 9-13 3:45-4:30pm Max: 4	Youth Gym Ages 9-13 3:45-4:30pm Max: 4	Youth Gym Ages 9-13 3:45-4:30pm Max: 4	Youth Gym Ages 9-13 3:45-4:30pm Max: 4
Baseball Conditioning Ages 9-13 5-5:45pm Max: 8	Youth Instructional Volleyball Ages 9-13 5-5:45pm Max: 8	Baseball Conditioning Ages 9-13 5-5:45pm Max: 8	Teenage 4 on 4 Volleyball Ages 14-18 5-5:45pm Max: 8	Baseball Conditioning Ages 9-13 5-5:45pm Max: 8
Baseball Conditioning Ages 9-13 6:15-7pm Max: 8	Youth Instructional Volleyball Ages 9-13 6:15-7pm Max: 8	Baseball Conditioning Ages 9-13 6:15-7pm Max: 8	Teenage 4 on 4 Volleyball Ages 14-18 6:15-7pm Max: 8	Baseball Conditioning Ages 9-13 6:15-7pm Max: 8

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

Pre-Registration **REQUIRED** for all activities
Schedule subject to change without prior notice.