**Pool Schedule**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Senior/Adult Walk/Lap Swim</td>
<td>Senior/Adult Walk/Lap Swim</td>
<td>Senior/Adult Walk/Lap Swim</td>
<td>Senior/Adult Walk/Lap Swim</td>
<td>Senior/Adult Open Swim</td>
<td>Adult/Senior Open Swim</td>
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<tr>
<td>12:00-1:00pm 18+</td>
<td>12:00-1:00pm 18+</td>
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<td>12:00-1:00pm 18+</td>
<td>10:00-12:45pm 18+</td>
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<tr>
<td>Youth Open Swim</td>
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<tr>
<td>1:00-3:30pm Age 8-17</td>
<td>1:00-3:30pm Age 8-17</td>
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<td>4:00-5:00pm</td>
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<td>4:00-5:00pm</td>
<td>4:00-5:00pm</td>
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<td>3:00-4:00pm</td>
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<tr>
<td>Family Swim</td>
<td>LTS Swim</td>
<td>Family Swim</td>
<td>LTS Swim</td>
<td>Water Sports</td>
<td>Family Swim</td>
</tr>
<tr>
<td>5:00pm-7:30pm All ages 20-max</td>
<td>5:00-5:45pm Youth 8-17</td>
<td>5:00-5:45pm All ages 20-max</td>
<td>5:00-5:45pm Youth 8-17</td>
<td>5:00-6:30pm 8-17</td>
<td>Hoops/Slide/ Tot</td>
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<tr>
<td>Water Aerobics</td>
<td>Water Aerobics</td>
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<td></td>
<td>4:00-5:00pm Adult/Child</td>
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<tr>
<td>6:00-6:45pm 18+</td>
<td>6:00-6:45pm 18+</td>
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<tr>
<td>Adult Swim</td>
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<tr>
<td>6:45-7:30pm 18+</td>
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Family Swim
- 5:00pm-7:30pm All ages 20-max
- LTS Swim 5:00-5:45pm Youth 8-17
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- LTS Swim 5:00-5:45pm Youth 8-17
- Water Sports 5:00-6:30pm 8-17
- Family Swim 6:45-7:30pm Adult/Child
- All Ages 20-Max

**Fitness Room #103**
(12-Max Per Room)
(12:00pm-3:30pm)
(10:00am-5:30pm)

**Line-Dance** (age 18+)
- Monday 5pm-7:15pm
- Tuesday 12pm-1:45pm
- Thursday 5:00pm-6:30pm
- Friday 12:00pm-1:45pm

**Arts and Craft** - Tues/Thurs.
- Youth Age 8-17
- 12:00pm-2:00pm
- All Ages
- 3:00pm-7:30pm

**Drama and Creative Writing** (Seniors 50+)
- Friday 6:30pm-3:30pm
- Tot/Teen Room #131

**Healthy Cooking**
- Ages 8-17
- Time: 4:30pm-6:00pm
- Tuesday

**Meal Program**
- Monday: 4-5:30pm
- Tuesday: 4-5:00pm
- Wednesday: 4-5:00pm
- Thursday: 4-5:00pm
- Friday: 4-5:00pm
- Saturday: 4-5:00pm

**Fitness Room**

Wash your hands often
Cover coughs and sneezes
Clean and disinfect

**Gymnasium Schedule**

**CITY OF CLEVELAND**

**Manager:** Mr. Larry Wilcox

**Frederick Douglass Neighborhood Resource and Recreation Center**
15401 Miles Ave.
(216)664-6882

**I-Connect (PICO)**
- Computer Room #130
- Seniors Program
- 12:00pm-1:00pm
- Tuesdays

**Meal Program**
- 4-5:30pm
- Monday: 4-5:00pm
- Tuesday: 4-5:00pm
- Wednesday: 4-5:00pm
- Thursday: 4-5:00pm
- Friday: 4-5:00pm
- Saturday: 4-5:00pm

**Photography Class**
- Ages 8-17
- Time: 4:00pm-5:00pm
- Fridays

**College Now**
- 6th-12th Grade
- Time: 4:00pm-5:30pm
- Mon & Wed
- Starts: April 11th, 2022

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