


Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior/Adult Walk/Lap Swim 12:00-1:00pm 18+	Senior/Adult Walk/Lap Swim 12:00-1:00pm 18+	Senior/Adult Walk/Lap Swim 12:00-1:00pm 18+	Senior/Adult Walk/Lap Swim 12:00-1:00pm 18+	Senior/Adult Walk/Lap Swim 12:00-1:00pm 18+	Adult/Senior Open Swim 10:00-12:45pm 18+
Youth Open Swim 1:00-3:50pm Age 8-17	Youth Open Swim 1:00-3:50pm Age 8-17	Youth Open Swim 1:00-3:50pm Age 8-17	Youth Open Swim 1:00-3:50pm Age 8-17	Youth Open Swim 1:00-3:50pm Age 8-17	Youth Swim 1:00-3:00pm 8-17
CLOSED 4:00-5:00pm	CLOSED 4:00-5:00pm	CLOSED 4:00-5:00pm	CLOSED 4:00-5:00pm	CLOSED 4:00-5:00pm	CLOSED 3:00-4:00pm
Family Swim 5:00pm-7:30pm All ages 20-max	LTS Swim 5:00-5:45pm Youth 8-17	Family Swim 5:00pm-7:30pm All ages 20-max	LTS Swim 5:00-5:45pm Youth 8-17	Water Sports 5:00-6:30pm 8-17	Family Swim Hoops/slide/Tot 4:00-5:30pm Adult w/Child
	Water Aerobics 6:00-6:45pm 18+		Water Aerobics 6:00-6:45pm 18+	Family Swim 6:45-7:30pm Adult w/Child All Ages 20-Max	
	Adult Swim 6:45-7:30pm 18+		Adult Swim 6:45-7:30pm 18+		

All children under 8 years old must be accompanied and supervised in the water by an adult at all times.
 Limit 2 children per ONE ADULT

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

Fitness Room #103
(12-Max Per Room)

(Mon-Fri)
12:00pm-7:30pm

(Saturday)
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 @ 2:00pm-3:30pm
 Tot/Teen Room #131

Healthy Cooking

Ages 8-17
 Time: 4:00pm-6:00pm
 Tuesday



Wash your hands often



Cover coughs and sneezes



**Frederick Douglass
 Neighborhood Resource and Recreation Center**
 15401 Miles Ave.
 (216)664-6882
 Manager: Mr. Larry Wilcox

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

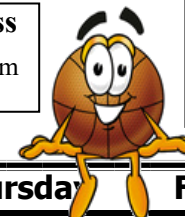


Clean and disinfect

Meal Program

4-18yrs.
 Monday-Friday Times 4:00pm-5:00pm
 Saturday Time 11:00am-12:00pm
 (No Registration Required)

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



Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-1:00pm Senior Walk/Run 50+ 20-Max	12:00-1:00pm Youth Open Gym Age 8-17 30-Max	12:00-1:00pm Senior Walk/Run 50+ 20-Max	12:00-1:00pm Youth Open Gym Age 8-17 30-Max	12:00-1:00pm Senior Walk/Run 50+ 20-Max	10:00-12:00pm Family Open Gym Adult w/Toddlers 20-Max
1:00-3:00pm Organized Sports Activities Age 8-17	1:00-3:00pm Youth Open Gym Age 8-17	1:00-3:00pm Organized Sports Activities Age 8-17	1:00-3:00pm Youth Open Gym Age 8-17	1:00-3:00pm Organized Sports Activities Age 8-17	12:00pm-2:00pm Sports Training 8-17 20-Max
3:30-5:30pm Youth Volleyball Age 8-17 30 -Max	3:00-5:00pm Organized Sports Activities Age 8-17 20-Max	3:00-5:00pm Family Open Gym Age 8-17 30-Max	3:00-5:00pm Organized Sports Activities Age 8-17 20 -Max	3:00-5:00pm Family Volleyball Age 8-17 30 -Max	2:30pm-4:00pm Adult/Family Volleyball Age 8-17 20-Max
6:00-7:30p.m Adult Open Gym Age 8-17 30-max	5:30-7:30p.m Sports Training gym Age 18+ 30-max	5:30-7:30p.m Adult Volleyball Age 8-17 30-max	5:30-7:30p.m Sports Training Age 18+ 30-max	5:30pm-7:30pm CPD Police Gym Time 20-Max	4:00-5:30p.m Open Gym Seniors 50+ 20-Max

