

Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Walk/Lap Swim 12:00-1:00pm 18+	Adult Walk/Lap Swim 12:00-1:00pm 18+	Adult Walk/Lap Swim 12:00-1:00pm 18+	Adult Walk/Lap Swim 12:00-1:00pm 18+	Adult Walk/Lap Swim 12:00-1:00pm 18+	Adult Walk/Lap Swim 10:00-12:30pm 18+
Adult Open Swim 1:15 - 2:15pm 18+	Adult Open Swim 1:15 - 2:15pm 18+	Adult Open Swim 1:15 - 2:15pm 18+	Adult Open Swim 1:15 - 2:15pm 18+	Adult Open Swim 1:15 - 2:15pm 18+	Youth Swim 12:45-1:45 8-17
Youth Swim 3:30-4:45pm 8-17	Youth Swim 3:30-4:45pm 8-17	Youth Swim 3:30-4:45pm 8-17	Youth Swim 3:30-4:45pm 8-17	Youth Swim Hoops/Slide 3:30-5:30 8-17	Youth Swim 3:00-4:00 8-17
Lifeguard Course 5:00pm-7:30pm Age 15+	LTS Swim 5:00-5:45 Youth 8-17	Lifeguard Course 5:00pm-7:30pm Age 15+	LTS Swim 5:00-5:45 Adult 18+	Family Swim 5:45-7:15 Adult w/Child	Family Swim Hoops/slide/Tot 4:00-5:30 Adult w/Child
	Aqua-cise 6:00-7:00 18 +		Aqua-cise 6:00-7:00pm 18 +		
	Pool Maintenance 7:00-7:30pm		Pool Maintenance 7:00-7:30pm		



Fitness Room #103
(6-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

Aqua-Cise (age 18+)

Monday 12:00pm-1:30pm

Arts and Craft -Tues/Thurs.

Adult 18+
12:00pm -3:00pm
Youth Age 8-17
3:00pm -7:30pm

Chess (PIO)

(Ages 5+)
Tues and Thurs- 4:00pm-5:30pm
Tote Room #131

Photography (PIO)

(Grade 6th-12th)
Friday @ 4:00pm-5:00pm
Computer Lab Room #130



Wash your hands often



CITY OF CLEVELAND
Mayor Justin M. Bibb

**Frederick Douglass
Neighborhood Resource and Recreation
Center**

**15401 Miles Ave.
(216)664-6882**

Manager: Mr. Larry Wilcox



Cover your mouth and
nose with a cloth cover
when around others



Clean and disinfect

**Medical Billing and
Coding (PIO)**

Adults 18+
5:00pm-7:00pm
Monday and Wednesday

I-Connect (PIO)

Seniors Program
12:00pm-1:00pm
Tuesdays
Computer Room #130

Healthy Cooking (PIO)

(Ages 6-18)
Tuesday @ 4:00pm-6:00pm
Kitchen Room #116

Table Tennis

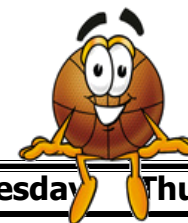
(Ages 18+)
Saturday @ 2:00pm-5:00pm
Aerobic Room #110

Circuit Training (PIO)

(Ages 18+)
Tuesday @ 12:00pm-1:00pm
Aerobic Room #131



RAMS



Meal Program

4-18yrs.
Monday-Friday Times 5:00pm-6:00pm
Saturday Time 11:00am-12:00pm
(No Registration Required)

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-1:00pm Senior Walk/Run 50+	12:00-1:00pm Fit Circuit 18+	12:00-1:00pm Senior Walk/Run 50+	12:00-1:00pm Adult Open Gym 18+	12:00-1:00pm Senior Walk/Run 50+	10:00-11:00am Adult Open Gym 18+
1:30-2:30pm Track Walk/Run 18+	1:00-2:00pm Adult Open Gym 18+	1:30-2:30pm Track Walk/Run 18+	1:00-2:00pm Adult Open Gym 18+	1:30-2:30pm Track Walk/Run 18+	11:15-12:15pm House League Basketball Age 4-7
3:00-4:45pm Open Gym Youth Age 8-17	3:00-4:45pm Open Gym Youth Age 8-17	3:00-4:45pm Open Gym Youth Age 8-17	3:00-4:45pm Open Gym Youth Age 8-17	3:00-4:45pm Open Gym Youth Age 8-17	12:30pm-2:00pm Open Gym Youth Age 8-17
5:00-7:30p.m House league Basketball Age 8-17	5:00-7:30p.m Basketball Training Age 8-11	5:00-7:30p.m Volleyball Age 18+	5:00-7:30p.m Basketball Training Age 15-18	5:00-7:30pm House league Basketball Age 8-17	3:00-5:30p.m Open Gym Seniors 50+

