### Gymnasium 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>12:00-2:30pm Youth Open Gym &amp; Weight Room</td>
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**Gymnasium Schedule**

**Youth Open Gym & Weight Room**
- Noon-3:45 pm (Monday & Friday)
- Noon-3:45 pm (Tuesday & Thursday)
- Noon-3:45 pm (Wednesday)
- Noon-3:45 pm (Saturday)

**Fitness Room & Weight Room**
- 8-17

**Boxing (Heavy Bag and Speed Bag)**
- By appointment only
- Appointments every half hour
- 1 person per appointment

**Monday and Wednesday**
- 6:00 pm – 7:00 pm Adult Beading Crafts
- Ages 18+

**Monday**
- 5:30pm – 6:30pm Grades 6
- Ages 5 and up

**Tuesday**
- 5:30pm – 6:30pm Grades 6
- Ages 5 and up

**Wednesday**
- 5:30pm – 6:30pm Grades 6
- Ages 5 and up

**Thursday**
- 5:30pm – 6:30pm Grades 6
- Ages 5 and up

**Friday**
- 5:30pm – 6:30pm Grades 6
- Ages 5 and up

**Saturday**
- 5:30pm – 6:30pm Grades 6
- Ages 5 and up

**Special Programming:**

**College Now** – Beginning
- Tuesday and Thursday | 4pm – 5:30pm | Grades 6-12

**Progress with Chess** – Beginning
- Tuesday and Thursday | 4pm-5:30pm | Ages 5 and up

**Superhero Comics** – Beginning
- Tuesday and Thursday | 5:30pm-6:30pm | Grades 6-12

**Majorette Dancing** – Beginning
- Monday and Wednesday | 6pm – 7pm | Ages 7-12

**1 Connect** – Beginning
- Wednesday | 12pm – 1pm | Ages 55+

**Recess Cleveland** – Beginning

**Arts & Crafts:**

**Monday**
- Noon-3pm Senior Arts & Crafts
- Ages 55+
- 4pm - 5pm Youth Arts & Crafts
- Ages 8-17
- 6pm - 7:30pm Adult Beginning Sewing
- Ages 18+

**Wednesday**
- Noon-3pm Adult Beading Crafts
- Ages 18+
- 4pm - 5pm Youth Creative Crafts
- Ages 8-17
- 6pm - 7:30pm Adult Crafts
- Ages 18+

**Friday**
- Noon-3pm Beginning Sewing
- Ages 18+
- 4pm - 6pm Youth Arts & Crafts
- Ages 8-17