

## Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-1:45pm <b>Adult Lap</b> Ages 18+	12:00-1:45pm <b>Adult Lap</b> Ages 18+	12:00-1:45pm <b>Adult Lap</b> Ages 18+	12:00-1:45pm <b>Adult Lap</b> Ages 18+	12:00-1:45pm <b>Adult Lap</b> Ages 18+	10:00-11:45am <b>Adult Lap</b> Ages 18+
3:00-4:45pm <b>Youth Open</b> Ages 8-17	3:00-4:45pm <b>Youth Open</b> Ages 8-17	3:00-4:45pm <b>Youth Open</b> Ages 8-17	3:00-4:45pm <b>Youth Open</b> Ages 8-17	3:00-4:45pm <b>Youth Open</b> Ages 8-17	12:00-1:45pm <b>Youth Open</b> Ages 8-17
5:00-5:45pm <b>Swim Team Conditioning</b> (KIDS ONLY)	5:00-5:45pm <b>Learn to Swim</b> Ages 8-17	5:00-5:45pm <b>Swim Team Conditioning</b> (KIDS ONLY)	5:00-5:45pm <b>Learn to Swim</b> Ages 8-17	5:00-5:45pm <b>Swim Team Conditioning</b> (KIDS ONLY)	3:00-4:15pm <b>Open Swim</b> All Ages
6:00-7:30pm <b>Swim Team Practice</b> (KIDS ONLY)	6:00-6:45pm <b>Aquacise</b> Ages 18+	6:00-7:30pm <b>Swim Team Practice</b> (KIDS ONLY)	6:00-6:45pm <b>Aquacise</b> Ages 18+	6:00-7:30pm <b>Swim Team Practice</b> (KIDS ONLY)	4:30-5:15pm <b>Family Swim</b> All Ages
	7:00-7:30pm <b>Family Swim</b>		7:00-7:30pm <b>Family Swim</b>		

All children 7 years old and under 4 feet tall must be accompanied and supervised in the water by an adult.

### Non-Traditional & Low Organized Activities

<u>Program</u>	<u>Days</u>	<u>Times</u>	<u>Ages</u>
Open Ping Pong	M/W/F	12:00pm-3:15pm	8+
	Tues/Thurs	12:00pm-5:15pm	8+
	Saturdays	11:00am-5:15pm	8+
Adult Ping Pong	M/W/F	3:30pm-7:15pm	18+
Chess	Tues/Thurs	5:30pm-7:00pm	5+
Computer Room	Monday-Friday	12:00pm-2:45pm	18+
	Monday-Friday	3:00pm-7:15pm	5+
	Saturdays	10:00am-4:45pm	5+
Weight Room	Monday-Friday	12:00pm-7:15pm	18+



Pre-Registration **REQUIRED** for all activities

Schedule subject to change without prior notice.



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

CITY OF CLEVELAND  
Mayor Frank G. Jackson



### On the Gridiron

Programs	Day	Time	Ages
Coed Youth Flag Football	Tuesday	5:15pm - 7:00pm	8-12
Coed Junior Flag Football	Thursday	5:15pm - 7:00pm	13-15

### Bump, Set & Spike

Programs	Day	Time	Ages
Youth Instructional Co-Ed Volleyball	Wednesdays	5:00pm - 7:15pm	8-10
Senior Coed Volleyball	Tuesday	5:15pm-7:15pm	14-17
Junior Co-Ed Volleyball	Thursday	5:30pm-7:15pm	11-14

### Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-1:45pm <b>Adult Gym</b> Ages 18+	12:00-1:45pm <b>Adult Gym</b> Ages 18+	12:00-1:45pm <b>Adult Gym</b> Ages 18+	12:00-1:45pm <b>Adult Gym</b> Ages 18+	12:00-1:45pm <b>Adult Gym</b> Ages 18+	10:00-11:45am <b>Baseball Conditioning</b> Ages 8+
2:00-2:45pm <b>Gym Maintenance</b>	2:00-2:45pm <b>Gym Maintenance</b>	2:00-2:45pm <b>Gym Maintenance</b>	2:00-2:45pm <b>Gym Maintenance</b>	2:00-2:45pm <b>Gym Maintenance</b>	12:00-1:45pm <b>Youth Gym</b> Ages 8-12
3:00-3:45pm <b>Teenage Gym</b> Ages 13-17	3:00-3:45pm <b>Teenage Gym</b> Ages 13-17	3:00-3:45pm <b>Teenage Gym</b> Ages 13-17	3:00-3:45pm <b>Teenage Gym</b> Ages 13-17	3:00-3:45pm <b>Teenage Gym</b> Ages 13-17	2:00-2:45pm <b>Adult Volleyball</b> Ages 18+
4:00-4:45pm <b>Youth Gym</b> Ages 8-12	4:00-4:45pm <b>Youth Gym</b> Ages 8-12	4:00-4:45pm <b>Youth Gym</b> Ages 8-12	4:00-4:45pm <b>Youth Gym</b> Ages 8-12	4:00-4:45pm <b>Youth Gym</b> Ages 8-12	3:00-3:45pm <b>Open Gym</b> Ages 8-17
5:00-7:15pm <b>Basketball Skills &amp; Drills</b> Ages 8-17	5:00-6:15 <b>Volleyball Skills &amp; Drills</b> Ages 11-17	5:00-7:15pm <b>Instructional Youth Volleyball</b> Ages 8-10 (Oct.—Dec.)	5:00-6:15 <b>Volleyball Skills &amp; Drills</b> Ages 11-17	6:15-7:30pm <b>30+ Gym</b> Ages 30+	4:00-5:30pm <b>Basketball Skills &amp; Drills</b> Ages 8+
	6:30-7:30pm <b>Baseball Conditioning</b> Ages 8-17	5:00-7:15pm <b>Basketball Skills &amp; Drills</b> Ages 8-17 (Dec)	6:30-7:30pm <b>Baseball Conditioning</b> Ages 8-17		

5-18yrs. | **Fall Grab & Go Meals**  
Monday-Friday 4:00pm-5:00pm  
Saturdays 1:00pm-2:00pm

