

Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12-12:45pm Adult Swim Ages 18+	12-12:45pm Adult Swim Ages 18+	12-12:45pm Adult Swim Ages 18+	12-12:45pm Adult Swim Ages 18+	12-12:45pm Adult Swim Ages 18+	10-10:45am Lap Swim Ages 18+
1:15-2:00pm Lap Swim Ages 18+	1:15-2:00pm Lap Swim Ages 18+	1:15-2:00pm Lap Swim Ages 18+	1:15-2:00pm Lap Swim Ages 18+	1:15-2:00pm Water Walking Ages 18+	11:15-12pm Adult Swim Ages 18+
3:00-3:45pm Youth Swim Ages 8-17	3:30-4:15pm Youth Swim Ages 8-17	3:00-3:45pm Youth Swim Ages 8-17	3:30-4:15pm Youth Swim Ages 8-17	3:00-3:45pm Youth Swim Ages 8-17	12:30-1:15pm Youth Swim Ages 8-17
4:00-7:30pm Lifeguard Training Ages 15+	4:30-5:15pm Learn to Swim Ages 8-17	4:00-7:30pm Lifeguard Training Ages 15+	4:30-5:15pm Learn to Swim Ages 8-17	4:00-5:00pm Pool Maintenance	1:45-2:30pm Youth Swim Ages 18+
	5:15-6:00pm Swim Team (Lifeguard Prep) Ages 18+		5:15-6:00pm Swim Team (Lifeguard Prep) Ages 18+	5:15-6:00pm Adult Learn To Swim Ages 18+	3:30-4:15pm Water Games Ages 8-17
	6:30-7:30pm Adult Swim Ages 18+		6:30-7:30pm Adult Swim Ages 18+	6:15-7:30pm Family Swim All Ages	4:45-5:30pm Family Swim Ages 18+

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

Other Exciting Activities

Program	Days	Times	Ages
Adult Ping Pong	Mon/Wed/Fri	4:00-7:30pm	18+
Open Ping Pong	Tues/Thurs Saturday	12-7:30pm 12-5pm	All Ages
Weight Room	Monday - Friday Saturday	12:00-7:30pm 10:00-5:30pm	Adults

No Children Under 18 Years of Age Permitted In Weight Room!!

Schedule subject to change without prior notice.



Sterling Neighborhood Resource & Recreation Center
1380 East 32nd Street
216-664-2573



Travel Basketball Leagues

Program	Days	Period	Times	Ages
Midget Girls	Mondays	TBA	5:30-7:30pm	8-11
Junior Girls	Thurs	TBA	5:30-7:30pm	12-14
Midget Boys Tournament	TBA	TBA	5:30-7:30	8-11
Junior Boys Tournament	TBA	TBA	5:30-7:30	12-14
Senior Girls Tournament	TBA	TBA	5:30-7:30	15-17
Senior Boys Tournament	TBA	TBA	5:30-7:30	15-17

****Exception to Age limit 17 years of age: An 18 year old boy/girl can play if enrolled in school. The player must provide proof of enrollment to the center manager prior to playing a game.**

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-2:30pm Adult Gym Ages 18+	12:00-2:30pm Adult Gym Ages 18+	12:00-2:45pm School Group	12:00-2:30pm Adult Gym Ages 18+	12:00-2:45pm School Group	10-10:45am Gym Maintenance
3:00-4:15pm Teen Gym Ages 14-17	3:00-4:15pm Youth Gym Ages 8-13	3:00-4:15pm Teen Gym Ages 14-17	3:00-4:15pm Youth Gym Ages 8-13	3:00-4:15pm Youth Gym Ages 8-13	11-11:45am Adult Basketball League Ages 18+
4:30-5:45pm Youth Gym Ages 8-13	4:30-5:45pm Teen Gym Ages 14-17	4:30-5:45pm Youth Gym Ages 8-13	4:30-5:45pm Teen Gym Ages 14-17	4:30-5:45pm Teen Gym Ages 14-17	12-12:45pm Adult Basketball League Ages 18+
6:00-7:30pm Youth Basketball House League Ages 8-11	6:00-7:15pm Straightway Basketball Practice	6:00-7:30pm Youth Basketball House League Ages 12-14	6:00-7:15pm Real Deal Basketball Skills & Drills Ages 8-17	6:00-7:15pm Adult Gym Ages 18+	1-1:45pm Adult Basketball League Ages 18+
					2-2:45pm Adult Basketball League Ages 18+
					3-3:45pm Youth/Teen Gym Ages 8-17
					4:00pm-5:00pm Baseball Conditioning Ages 8-14

