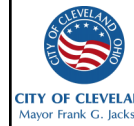


## Track Schedule



Zelma George Recreation Center  
3155 M.L.K. Dr.  
216/420-8800



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am-12:30 pm <b>Walking Club</b> Adult	9:00 am-12:30 pm <b>Walking Club</b> Adult	9:00 am-12:30 pm <b>Walking Club</b> Adult	9:00 am-12:30 pm <b>Walking Club</b> Adult	9:00 am-12:30 pm <b>Walking Club</b> Adult	9:30 am-12:30 pm <b>Walking Club</b> Adult
1:00-2:30 pm <b>3 Mile Walking Club</b> Adult (19.5 Laps)	1:00-2:30 pm <b>3 Mile Walking Club</b> Adult (19.5 Laps)	1:00-2:30 pm <b>3 Mile Walking Club</b> Adult (19.5 Laps)	1:00-2:30 pm <b>3 Mile Walking Club</b> Adult (19.5 Laps)	1:00-2:30 pm <b>3 Mile Walking Club</b> Adult (19.5 Laps)	1:00-2:30 pm <b>3 Mile Walking Club</b> Adult (19.5 Laps)
2:30 - 4:00 pm <b>Jogging Club</b> Adult	2:30 - 4:00 pm <b>Jogging Club</b> Adult	2:30 - 4:00 pm <b>Jogging Club</b> Adult	2:30 - 4:00 pm <b>Jogging Club</b> Adult	2:30 - 4:00 pm <b>Jogging Club</b> Adult	2:30 - 4:00 pm <b>Jogging Club</b> Adult
4:00-7:30 pm <b>Family Walking</b>	4:00-7:30 pm <b>Family Walking</b>	4:00-7:30 pm <b>Family Walking</b>	4:00-7:30 pm <b>Family Walking</b>	4:00-7:30 pm <b>Family Walking</b>	4:00-5:30 pm <b>Family Walking</b>

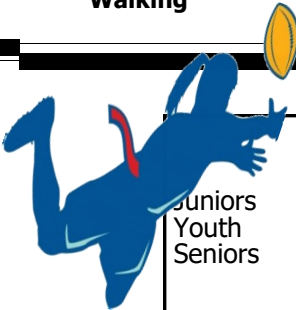
### Fit & Fifty Program

Card Sharks  
Senior Walkers  
Arts & Crafts  
Senior Exercise  
Line Dancing  
Cooking Class  
Blood Pressure

Monday & Friday  
Monday - Friday  
Tuesday  
Tuesday & Thursday  
Tuesday & Thursday  
Wednesday  
Every 4th Tuesday

1:00 pm  
6:00 am  
11:30 - 1:30 pm  
9:00 - 10:00 am  
10:00 - 11:00 am  
10:00— 11:30 am  
9:00am-11:00am

### Gymnasium Schedule



### Coed Flag Football Leagues

	Tuesday & Thursday	4:30 7:30	13 - 14
Juniors	Tuesday & Thursday	4:30 7:30	13 - 14
Youth	Monday	4:30 - 7:30	8 - 12
Seniors	Wednesday	4:30- 7:30	15-17

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 - 3:00 pm <b>School Group</b> Ages 4 - 7	12:00 - 3:00pm <b>5 on 5 Basketball</b> Adult	12:00 - 3:00 pm <b>School Group</b> Ages 4 - 7	12:00 - 3:00pm <b>5 on 5 Basketball</b> Adult	12:00 - 3:00 pm <b>School Group</b> Ages 4 - 7	10:00-11:30 <b>Pee Wee Basketball / Football Skills</b> 4-7
3:00 - 4:45pm <b>Sr. Co-ed Volleyball Practice</b> Ages 14-17	3:15 - 4:15 pm <b>Organized Gym Games</b> Ages 15 - 17	3:00 - 4:45pm <b>Sr. Co-ed Volleyball Practice</b> Ages 14-17	3:15 - 4:15 pm <b>Organized Gym Games</b> Ages 15 - 17	3:30 - 5:00pm <b>Organized Gym Games</b> Ages 8 - 16 (Sept-Oct.)	1130-2:30 <b>Basketball Training Camp</b> 8+
5:15 - 7:30pm <b>Organized Gym Games</b> Ages 8 - 12 (Sept-Oct.)	4:30 - 5:30pm <b>Organized Gym Games</b> Ages 13 - 14	5:15 - 7:30pm <b>Organized Gym Games</b> Ages 8 - 12 (Sept-Oct.)	4:30 - 5:30pm <b>Organized Gym Games</b> Ages 13 - 14	<i>3:30 - 5:00pm</i> <b>Girls Basketball training</b> Ages 8+ (Nov.-Dec.)	3:00 - 4:15pm <b>3 on 3 Youth Basketball</b> 8-14
<i>5:15 - 7:30pm</i> <b>Volleyball House League</b> Ages 10 - 14 (Oct.-Nov.)	5:45 - 7:30pm <b>Jr. Coed Volleyball Practice</b> Ages 12 - 14 (Sept-Oct.)	<i>5:15 - 7:30pm</i> <b>Volleyball House League</b> Ages 10 - 14 (Oct.-Nov.)	5:45 - 7:30pm <b>Jr. Coed Volleyball Practice</b> Ages 12 - 14 (Sept-Oct.)	6:00 - 7:30pm <b>Pee Wee Soccer/ Basketball League</b> Ages 4 - 7	4:30-5:30 <b>Youth Hot Shoot</b> 8-14
<i>5:00 - 7:30pm</i> <b>Sr. Boys Basketball League</b> Ages 15 - 17 (Nov.-Dec.)	<i>4:30 - 7:30pm</i> <b>Sr. Coed Volleyball</b> Ages 14 - 17 (Oct.-Nov.)	<i>6:00 - 7:30pm</i> <b>5 on 5 Basketball</b> (Nov.-Dec.)	<i>5:45 - 7:30pm</i> <b>5 on 5 Basketball League</b> Ages 8 - 12 (Nov.-Dec.)		

*Italicized programs begin in late Fall*

### Other Exciting Programs

Line Dance	Tuesday	6:00— 7:30pm	Adults
Exercise Equipment	Monday - Friday	12:00 - 7:30pm	Adults
Recreational Free Skate (Rec. Center program participants only)	Every Thursday	4:00 - 6:00pm	8 - 17
Chess	Wednesday & Saturday	W5 pm & 10am	8 & up
Exploring Entrepreneurship	Tuesday & Thursday	5:00- 6:00	13- 17
Youth Outdoors	Friday	TBA	
Game Room	Mon- Friday	5:00 - 7:30pm	8+
Cooking Classes	Monday & Wednesday	5:00- 6:00pm	10- 14