


Zelma George Track Schedule



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

CITY OF CLEVELAND
Mayor Frank G. Jackson

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

Children may not be on the track unless accompanied by an adult.

Fit & Fifty Program

Senior Card Sharks
 Senior Walkers
 Senior Exercise
 Line Dancing
 Blood Pressure
 Cooking Class

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

1:30 pm-4:30 pm
 7:00 am
 9:00 - 10:00 am
 10:00 - 11:00 am
 9:00am-11:00am
 10:00am-12:00



Gymnasium Schedule



T-Ball
 Little F
 Big F
 Rookie League

Baseball Activities

Saturday 10:00-12:00
 Monday - Friday 4:00-7:00pm
 Monday - Friday 4:00-7:00pm
 Friday 4:30-7:00pm



Other Exciting Programs

Exercise Equipment	Monday - Friday	12:00 - 7:30pm	Adults
ZWG Dance Team	Thursday	5:00- 6:30pm	8-17
Ballroom Dancing	Monday	5:00- 7:00 pm	Adults
Aerobics	Wednesday	6:00-7:00 pm	Adults
Youth Outdoors	Friday	TBA	
Line Dance	Tuesday	6:00pm-7:30pm	Adult
Sisterhood	Friday	5:00- 6:15 pm	11-17
Chess	Wednesday	4:30-7:00 pm	7- 17

Something Special

Recreational Free Skate / Every Thursday
 (Rec. Centers program participants only) 4:00 - 6:00pm 8 - 17

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 - 3:00 pm Open Gym Basketball Ages: 8& over	12:00 - 3:00pm 5 on 5 YOUTH Organized Basketball Ages: 8-14	12:00 - 3:00 pm Open Gym Basketball Ages: 8-17	12:00 - 3:30 pm 5 on 5 YOUTH Organized Basketball Ages: 8-14	12:00 - 2:00 pm Girls Basketball Fundamentals All Ages	10:00-1:30pm Girls In House League Ages: 14-18
3:00 - 6:00pm Open Gym Ages 8 - 17	3:00 - 5:30pm Teen Organized Gym Games Ages 15 - 17	3:30 - 7:30pm Men's Basketball League Ages: 30-over	3:30 - 5:30pm Teen Organized Gym Games Ages 15 - 17	2:00 - 6:00pm Open Gym Ages 8 - 17	2:00-5:30pm Boys In House League Ages: 14-18
6:00-7:30pm Parent and Child gym	6:00 - 7:30pm 5 on 5 Basketball Ages 15 - 17		6:00 - 7:30pm 5 on 5 Basketball Ages 15-17	6:00 -7:30pm Parent and Child	



Schedule subject to change without prior notice.