


Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:-00—1:15 p.m. Open Swim 18+	12:-00—12:45 p.m. Open Swim 18+	12:-00—1:15p.m. Open Swim 18+	12:-00—12:45 p.m. Open Swim 18+	12:-00-1:15p.m. Open Swim 18+	10-10:45am Open Swim 18+
1:30-2:45 p.m. Workouts 18+	1:00-1:45 p.m. Lap Swim 18+	1:30-2:45 p.m. Workouts 18+	1:00-1:45 p.m. Lap Swim 18+	1:30—2:45 p.m. Open Swim 18+	11-11:45am Open Swim 18+
			2:00-2:45 p.m. Open Swim 18+		12:00-12:45pm Open Swim Ages 8-17
4:00-4:45 pm Open Swim 8-17	3:30-4:05 p.m. School group Ages 8-17	4:00-4:45 p.m. Open Swim 8-17	4:00-4:45 p.m. Open Swim Ages 8-17	4:00-4:45 p.m. Open Swim Ages 8-17	1:00-1:45pm Open Swim Ages 8-17
5:00 –5:45 p.m. LTS levels I, II Ages 8-17	5:00-7:15p.m. Lifeguard Training Ages 15+	5:00-6:00 p.m. Baseball conditioning 8-17	5:00-7:15p.m. Lifeguard Training Ages 15+	5:00-5:45p.m. Learn to Swim Levels I, II Ages 8-17	3:00-3:45pm Baseball conditioning All ages
6:00-7:15p.m. Family Swim (two children per adult)		6:30-7:15p.m. Open Swim 18+		6:00-7:15 p.m. Family Swim (two children per adult)	4:00:5:15p.m. Family Swim All ages

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

Special Programs

Boxing	Monday-Thursday	5:15-7:15 p.m.	8+
STEAM	Fridays	4:30-5:30 p.m.	All ages
Art thru Exploration	Tues. & Thurs.	5:30-6:30 p.m.	All ages
Martial Arts	Mon. Tue. & Thurs.	4:30-6:00 p.m.	7+
College Now	Mon. & Wed.	4:00-5:30 p.m.	6th-12th
Job & Career Readiness	Scheduled appt.	Scheduled appt.	18+



Other Exciting Activities

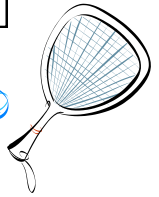
Junior Girls basketball	Tuesdays	5:15-7:15pm	Ages 12-14
Youth Girls basketball	Fridays	5:30-7:00pm	Ages 8-11



Michael J. Zone Neighborhood
Resource & Recreation Center
6301 Lorain Ave.
216/664-3373



Open Racquetball	Racquetball Monday-Friday 12:15 7:15p.m. ages 10+ Saturdays 10:15-5:15p.m. ages 10+
Open Weight Room	Weight Room Monday- Friday 12:15p.m.-7:15p.m. 18+ Saturdays 10:00a.m.- 5:00p.m. 18+
Open Computers	Computer Room Mondays-Fridays 12:00-7:00 p.m. Saturdays 10:00a.m.-5:00p.m.
Meal program	Meal Program Monday-Friday 4:00-4:45p.m. Ages 5-18 Saturday 12:00-12:30p.m. Ages 5-18



Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-2:45p.m. Open Gym 18+	12:00-2:45 p.m. Open Gym 18+	12:00-2:45p.m. Open Gym 18+	12:00-2:45p.m. Open Gym 18+	12:00-2:45p.m. Open gym 18+	10am-12pm Basketball workouts Ages 10+
3:00-5:00 p.m. Open Gym Ages 8-17	3:00-5:00 p.m. Open Gym Ages 8-17	3:00-5:00 p.m. Open Gym Ages 8-17	3:00-5:00 p.m. Open Gym Ages 8-17	3:00-5:00 p.m. Open Gym Ages 8-17	12:00-2:30p.m. Basketball practice Ages 13-16
5:15-6:00 p.m. House league Basketball Ages 13-16	5:15-6:00 p.m. House league Basketball Ages 8-12	5:15-6:00 p.m. House League Basketball Ages 13-16	5:15-6:00 p.m. House league Basketball Ages 8-12	5:30-7:00.m. Girls basketball fundamentals Ages 8-11	3:00-5:30pm Soccer games 18+
6:15-7:00 p.m. House League Basketball Ages 13-16	6:15-7:00 p.m. House league Basketball Ages 8-12	6:15-7:00 p.m. House League Basketball Ages 13-16	6:15-7:00 p.m. House League Basketball Ages 8-12		

Schedule subject to change without prior notice.