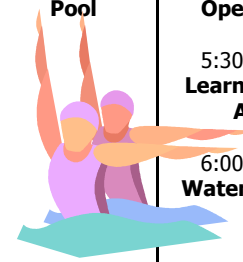



Aquatics Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Lap and Instructional Pool	12:00-2:30pm Adult Lap Swim Water Walking 18+	12:00-2:30pm Adult Lap Swim Water Walking 18+	12:00-2:30pm Adult Lap Swim Water Walking 18+	12:00-2:30pm Adult Lap Swim Water Walking 18+	12:00-2:30pm Adult Lap Swim Water Walking 18+	10:00am-12:00pm Adult Lap Swim Water Walking 18+
	3:15-5:15pm Open Swim	12:15-1:15pm Water Exercise	12:15-1:15pm Water Exercise	12:12-1:15pm Water Exercise	3:15-5:15pm Open Swim	11:00-12:00pm Water Aerobics
	5:30-6:00pm Learn to Swim Adult	3:15-5:15pm Open Swim	3:15-5:15pm Open Swim	3:15-5:15pm Open Swim	5:30-6:00pm Parent/Tot Learn to Swim	12:15-2:15pm Open Swim
	6:00-6:45pm Water Exercise 18+	5:30-6:00pm Learn to Swim 8-17	5:30-6:00pm Learn to Swim Adult	5:30-6:00pm Learn to Swim 8-17	6:00-7:15pm Family Swim	3:15-5:15pm Open Swim
	6:45-7:15pm Adult Lap Swim 18+	6:00-6:45pm Water Exercise	6:00-6:45pm Water Exercise	6:00-6:45pm Water Exercise	All children under 8 years old & under 4 feet tall must be accompanied and supervised in the water by an adult. Two children per adult. Children using the slide must be at least 48 inches tall	
		6:45-7:15pm Adult Lap Swim Family Open	6:45-7:15pm Adult Lap Swim 18+	6:45-7:15pm Adult Lap Swim Family Open		
Water Slide and Kiddie Pool	3:15-5:15pm Open	3:15-5:15pm Open	3:15-5:15pm Open	3:15-5:15pm Open	3:15-5:15pm Open	12:15- 2:15pm Open
	Water Flag Football League -April	6:45-7:15pm Family Swim	6:45-7:15pm Family Swim	6:45-7:15pm Family Swim	6:00-7:15pm Family Swim	3:15-5:15pm Open



Collinwood Recreation Center
 16300 Lakeshore Blvd ● 216/420-8323
Mayor Frank G. Jackson



Tot Room is available for ages 4-7 years during designated times only
 Monday–Thursday
 5:30-7:30pm

All children under 8 years old must be accompanied and supervised by an adult

Adult Fitness Activities

Senior Fitness	Monday, Wednesday, Friday	7:30--8:45am
Balance/Strength	Monday, Wednesday, Friday	8:30-9:30am
Hula Hoop	Monday, Wednesday, Friday	9:30-10:00am
Step Crunch Kick	Monday, Wednesday, Friday	10:00-11:00am
Step Crunch Kick	Tuesdays	6:00-7:00pm
Senior Line Dance	Mondays	11:00-12:00pm
Cross Fit Boot Camp	Tuesdays & Thursdays	11:00-12:00pm
Cross Fit Boot Camp	Saturdays	10:00-10:55am
Senior Drama Club	Fridays	8:00-10:00am
Strength Training	Thursdays	6:00-7:30pm
Strength Training	Saturdays	11:00am-12:00pm
Zumba	Mondays	6:00-7:30pm
Walking Club	Monday, Wednesday, Friday	7:00-10:00am
Dance Aerobics	Wednesdays	6:00-7:00pm
Basic Computer	Tuesday-Thursday	10:00am-12:30pm

Open Track

Monday - Friday	7:00am-3:00pm	Adults Only
	3:00pm-6:00pm	12+
	6:00pm-7:30pm	18+
Saturday	10:00am-12:00pm	Family Time
	12:00pm-5:30pm	12+



Fitness Room

Monday - Friday 7:00am-12:00pm/1:00pm-7:30pm 18+
Saturday 10:00am-5:30pm 18+
NO ONE UNDER 18 years of age permitted to use fitness equipment

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-2:30pm Men's Open Gym 18+	12:00-2:30pm Men's Open Gym 18+	12:00-2:30pm Men's Open Gym 18+	12:00-2:30pm Men's Open Gym 18+	12:00-2:30pm School Group 8-17	10:00am-1:00pm NCT Cheerleading/ Family Gym Time
3:00-4:30pm Open Gym 8-17 years old	3:00-4:30pm Open Gym 8-17 years old	3:00-4:30pm Open Gym 8-17 years old	3:00-4:30pm Open Gym 8-17 years old	3:00-4:30pm Open Gym 8-17 years old	1:00-2:00pm Pee Wee Soccer 4-7 years old
4:30pm-5:30pm Dodgeball 8-17 years old	4:30pm-5:30pm Soccer Practice 8-12 years old	4:30pm-5:30pm Kickball 8-17 years old	4:30pm-5:30pm Soccer Practice 8-12 years old	4:30pm-5:30pm Girls Basketball Practice 12-17 years old	2:30pm-3:45pm Youth Open Gym 8-17 years old
6:00-7:30pm Baseball Conditioning 8-17 years old	6:00-7:30pm Girls Basketball Practice 12-18 years old	6:00-7:30pm Baseball Conditioning 8-17 years old	6:00-7:30pm Group Basketball Training 12-18	6:00-7:30pm Family Gym Night Parents/Children	4:00pm-5:30pm Golden Oldies Basketball 25+/30+

During all family activities, children must be accompanied by a parent /guardian

Cultural Arts

Ceramics	Mondays	12:00-2:30pm	Seniors
Arts & Crafts	Mondays	4:00-5:30pm	8-17
Ceramics	Mondays	6:00-7:30pm	Family
Arts & Crafts	Wednesdays	9:30am-11:30am	Seniors
Arts & Crafts	Wednesdays	12:00-2:00pm	Adults
Arts & Crafts	Wednesdays	3:30-5:15pm	8-17

Youth Activities

Karate	Saturdays	1:00-4:00pm	8+
Outdoor Soccer	Tues/Thurs	4:00-6:30pm	8-12
YLP Mentoring	Mon/Tues/Thurs	4:00-7:00pm	11-18
Youth Advisory Board	Thursdays	4:30-5:30pm	11-18
Sewing Class	Wednesdays	6:00-7:00pm	8+
Crochet Class	Wednesdays	4:00-5:30pm	8+

Game Room

Monday-Friday:	12:00-3:00pm	18+
	3:00-7:30pm	8+
Saturday:	10:00-2:00pm	8-17
	3:00-5:30pm	Family

Fitness Room is closed from 12-1pm Monday-Friday due to cleaning

Schedule subject to change without prior notice
No pets allowed in City of Cleveland facilities.