

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00pm-12:45pm Water Walking Adults	12:00pm-12:45pm Water Walking Adults	12:00pm-1:00pm Water Exercise Adults	12:00pm-12:45pm Water Walking Adults	12:00pm-12:45pm Water Walking & Lap Swim Adults	10:00am-10:45am Water Walking Adults
12:45pm-1:30pm Open & Lap Swim Adults	12:45pm-1:30pm Open & Lap Swim Adults	12:45pm-1:30pm Open & Lap Swim Adults	12:45pm-1:30pm Open & Lap Swim Adults	1:00pm-2:00pm School Group	10:45am-11:30pm Open & Lap Swim Adults
3:00pm-3:45pm Open Swim All	3:00pm-3:45pm Open Swim All	3:00pm-3:45pm Open Swim All	3:00pm-3:45pm Open Swim All	3:00pm-3:45pm Open Swim All	1:00pm-1:45pm Open Swim All
4:00pm-4:45pm Open Swim All	4:00pm-4:45pm Open Swim All	4:00pm-4:45pm Open Swim All	4:00pm-4:45pm Open Swim All	4:00pm-4:45pm Open Swim All	2:00pm-2:45pm Open Swim All
5:00pm-7:30pm Lifeguard Training	5:00pm-5:45pm Learn To Swim Levels 1 & 2	5:00pm-7:30pm Lifeguard Training	5:00pm-5:45pm Learn to Swim Levels 3 & 4	5:00pm-7:30pm Lifeguard Training	3:00pm-3:45pm Open Swim All
	6:00pm-7:00pm Water Exercise Adults/Family		6:00pm-7:00pm Water Exercise Adults/Family		4:45pm-5:30pm Family Swim
	6:45pm-7:30pm Open & Lap Swim Adults		6:45pm-7:30pm Open & Lap Swim Adults		

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.
Adult must be in pool during Family Swim.

Open Track

Monday - Friday 12:00pm-7:30pm 16+
Saturday 10:00am-5:30pm 16+

Children under 16 years must remain with parent while on track

Weight Room

Monday - Friday 12:00pm-7:30pm 18+
Saturday 10:00am-5:30pm 18+

NO ONE UNDER 18 years of age permitted to use weight equipment

Sauna open during regular pool hours.

*Sauna is NOT available during School Group swim

For Benjamin Rose & Senior
Program information
call 216-376-1917



Gunning Park Recreation Center
16700 Puritas Ave.
216-420-7900

Aerobics

Kickboxing Aerobics	Monday & Wednesday	6:30pm-7:30pm	Adults
Zumba Aerobics	Thursday	6:30pm-7:30pm	Adults
Latin Aerobics	Tuesday & Thursday	6:30pm-7:30pm	Adults
	Saturday	10:00am-11:00am	Adults
Core Training	Saturday	11:30am-12:15pm	Adults
Pink TuTu Ballet	Wednesday	5:00pm-6:00pm	K-12th grade

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00pm-2:00pm Men's 5 on 5	12:00pm-2:30pm Home School Group	12:00pm-2:00pm Men's 5 on 5	12:00pm-2:30pm Home School Group	12:00pm-2:30pm Home School Group	10:00am-12:00pm Tot Basketball Fundamentals
3:00pm-4:30pm Youth Open Gym 8-17 years old	3:00pm-4:30pm Youth Open Gym 8-17 years old	3:00pm-4:30pm Youth Open Gym 8-17 years old	3:00pm-4:30pm Youth Open Gym 8-17 years old	3:00pm-4:30pm Youth Open Gym 8-17 years old	12:15pm- 3:30pm Youth Basketball Team Practices
5:00pm-6:00pm Jr. Basketball Team Practices	5:00pm-7:30pm Jr. House League Basketball 12-14 years old	5:00pm-6:00pm Jr. Basketball Team Practices	5:00pm-6:15pm Girl's Basketball Practice 8-17 years old (March)	5:00pm-7:30pm Youth House League Basketball 8-12 years old	3:30pm-5:30pm Jr. Basketball Team Practices
6:30pm-7:30pm Kickboxing Aerobics Adults	5:00pm-7:30pm Basketball Fundamentals Skills & Drills (March)	6:30pm-7:30pm Kickboxing Aerobics Adults	6:30pm-7:30pm Zumba Aerobics Adults		

Schedule subject to change without prior notice