

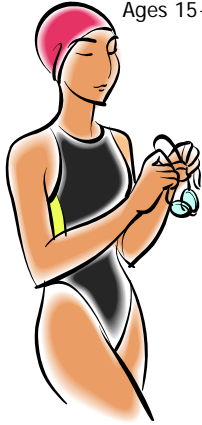
Aquatics Schedule



Sterling Recreation Center
1380 East 32nd Street
216/664-2573

CITY OF CLEVELAND
Mayor Frank G. Jackson

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-1:00pm Aqua Jog Ages 18+	12:00-1:00pm Aquacise Ages 18+	12:00-1:00pm Aqua Jog Ages 18+	12:00-1:00pm Aquacise Ages 18+	12:00-1:00pm Lap Swim Ages 18+	10:00-11:00am Lap Swim Ages 18+
1:00-2:00pm Lap Swim Ages 18+	1:00-2:00pm Adult Learn to Swim Ages 18+	1:00-2:00pm Lap Swim Ages 18+	1:00-2:00pm Adult Learn to Swim Ages 18+	1:15-2:00pm Water Walking All Ages	11:00-12:00pm Aqua Jog Ages 18+
3:00-3:45pm Open Swim All Ages	3:30-4:30pm School Group All Ages	3:00-3:45pm Open Swim All Ages	3:30-4:30pm School Group All Ages	3:00 - 3:45pm	12:00-1:45pm Open Swim Ages 8-17
4:00-7:30pm Lifeguard Training Ages 15+	4:45-5:15pm Peewee Learn To Swim Ages 4-7	4:00-7:30pm Lifeguard Training Ages 15+	4:45-5:15pm Peewee Learn To Swim Ages 4-7	4:00-5:00pm Swim the World All Ages	3:00-3:45pm Water Games Ages 8-17
	5:15-5:45pm Youth Learn To Swim Ages 8-17		5:15 - 6:00pm Youth Open Swim 8 - 17	5:15-6:00pm Adult Learn To Swim Ages 18+	4:30-5:30pm Family Swim (2 tots per adult)
	6:00-7:00pm Aquacise Ages 18+		6:00-7:00pm Aquacise Ages 18+	6:00-7:15pm Swim Team Practice Ages 8-17	
	7:00-7:30pm Lap Swim Ages 18+		7:00-7:30pm Lap Swim Ages 18+		

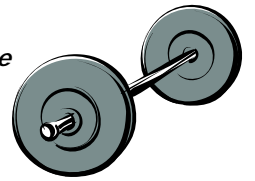


All children 7 years old and under and less than 4 feet tall must be accompanied and supervised in the water by an adult. Two children per adult.

OTHER EXCITING ACTIVITIES

Program	Days	Times	Ages
Line Dancing	Monday	6:00-7:30pm	12+
Gaming Challenge	Friday	6:00-7:00pm	8-17
Youth Outdoors	TBA	TBA	8-17
Weight Room	Monday - Friday Saturday	12:00-7:30pm 10:00-5:30pm	Adults

No Children Under 18 Years of Age Permitted In Weight Room!!



Travel Basketball Leagues

Program	Days	Period	Times	Ages
Midget Girls	Fridays	1/16-2/13	5:30-7:30pm	8-11
Junior Girls	Thursdays	3/5-4/9	5:30-7:30pm	12-14
Midget Boys Tournament	Varies	3/11-3/28	TBA	8-11
Junior Boys Tournament	Varies	3/3-3/28	TBA	12-14
Senior Girls Tournament	Varies	3/25-4/11	TBA	15-18*
Senior Boys Tournament	Varies	4/8-4/29	TBA	15-18*

* Exception to age limit 17 years of age: An 18 year old boy/girl can play if enrolled in school. The player must provide proof of enrollment to the center manager prior to playing a game.

Schedule subject to change without prior notice.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-2:30pm Adult Open Gym Ages 18+	12:00-3:00pm School Group	12:00-2:30pm Adult Open Gym Ages 18+	12:00-3:00pm School Group	12:00-2:30pm Adult Open Gym Ages 18+	10:00-11:15pm Community Group
3:00-4:15pm Open Gym Ages 14-17	3:00-4:15pm Open Gym Ages 8-13	3:00-4:15pm Open Gym Ages 15-17	3:00-4:15pm Open Gym Ages 8-13	3:00-4:45pm Open Gym Ages 14-17	11:30-12:00pm Set Up For Men's Basketball League
4:30-5:45pm Community Group	4:30-5:45pm Community Group	4:30-5:45pm Community Group	4:30-5:45pm Community Group	5:00-5:45pm Peewee Basketball Ages 4-7	12:00-5:00pm Men's Basketball League
5:00-6:00pm Midget Boys Travel Basketball Practice Ages 8-11	5:00-6:00pm Junior Boys Travel Basketball Practice Ages 12-14	5:00-7:30pm Junior Boys Travel Basketball Ages 12-14	5:00-6:00pm Senior Travel Basketball Practice Ages 15-17	6:00-7:30pm 30 + Open Gym	
6:00-7:30pm Teen Coed House League Ages 14-18*	6:00-7:30pm Youth Coed House League Ages 8-13	6:00-7:30pm Teen Coed House League Ages 14-18*	6:00-7:30pm Youth Coed House League Ages 8-13		
6:00-7:30pm All Sports Conditioning Ages 8-17	6:00-7:30pm All Sports Conditioning Ages 8-17	6:00-7:30pm All Sports Conditioning Ages 8-17	6:00-7:30pm All Sports Conditioning Ages 8-17		

