


AQUATICS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 pm-12:45 pm Water Walking 18+	12:00 pm-12:45 pm Water Fitness	12:00 pm-12:45 pm Water Walking 18+	12:00 pm-12:45 pm Water Fitness	12:00 pm-12:45 pm Water Walking 18+	10:00 am-11:30 am Water Walking 18+
1:00 pm-1:45 pm School Group	1:00 pm-1:30pm Water Walking	1:00 pm-1:45 pm School Group	1:00 pm-1:30 pm Water Walking	1:00 pm-1:45 pm School Group	12:00 pm-12:45 pm Open Swim All Ages
2:00 pm –3:00 pm Adult Swim 18+	2:00 pm –3:00 pm Adult Swim 18+	2:00 pm –3:00 pm Adult Swim 18+	2:00 pm –3:00 pm Adult Swim 18+	2:00 pm –3:00 pm Adult Swim 18+	1:00 pm– 3:00 pm Swim Team
3:00 pm-5:45 pm Swim Team/ Water Polo Swim Meets	3:00 pm-5:45 pm Swim Team/ Water Polo Swim Meets	3:00 pm-5:45 pm Swim Team/ Water Polo Swim Meets	3:00 pm-5:45 pm Swim Team/ Water Polo Swim Meets	3:00 pm-5:45 pm Swim Team/ Water Polo Swim Meets	4:00 pm-5:30 pm Adult Swim 18+
6:00pm-6:45 pm Learn to Swim Level 2	6:00pm-6:45 pm Learn to Swim Level 1	6:00pm-6:45 pm Learn to Swim Level 2	6:00pm-6:45 pm Learn to Swim Level 1	6:00 pm-6:45 pm Learn to Swim Level 4 & 5	All children under 8 years old or under 4 feet tall must be accompanied and supervised in the water by an adult. Two children per adult.
6:45-7:30 Open Swim All Ages	6:45-7:30 Aquacise 16+	6:45-7:30 Open Swim All Ages	6:45-7:30 Aquacise 16+	6:45-7:30 Open Swim All ages	

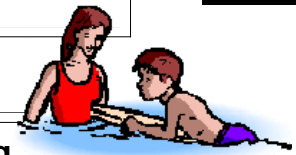

Estabrook Recreation Center
 4125 Fulton Rd.
 216/664-4149

Weight Room
MONDAY - FRIDAY
 12:00 pm-7:30 pm
18+
SATURDAY
 10:00 pm-5:30 pm
18+

Boxing
 Monday thru Friday
 4:00 pm - 6:00 pm
 18-



Life Guarding
 March 2 thru April 17th
 Monday & Wednesday
 4:00-7:30 pm
Pool Closed



GIRL SCOUTS
 MONDAYS
 6:00 pm

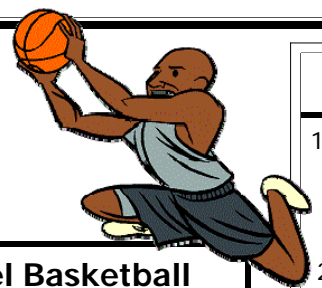
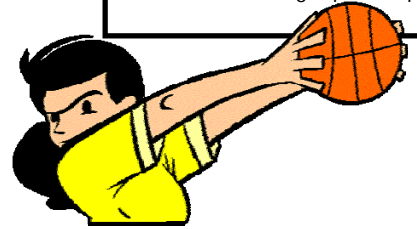
GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 pm-2:30 pm Adult Gym 18+	12:00 pm-2:30 pm Adult Gym 18+	12:00 pm-3:00 pm Adult Gym 18+	12:00 pm-2:30 pm School Group	12:00 pm-2:30 pm Adult Gym 18+	10:30 am-2:00 pm Midget In-House Basketball 9-13
2:30 pm-4:00 pm Basketball Practice/ Youth Open Gym	4:00 pm-5:00 pm Senior In-House Basketball 15-18	2:30 pm-4:00 pm Basketball Practice/ Youth Open Gym	4:00 pm-5:00 pm Senior In-House Basketball 15-18	2:30 pm-4:00 pm Basketball Practice/ Youth Open Gym	2:00 pm—4:00 pm Volleyball
4:00 pm-5:00 pm Senior In-House Basketball 15-18	5:30 pm-6:30 pm Junior In-House Basketball 13-16	4:00 pm-5:00 pm Senior In-House Basketball 15-18	5:30 pm-6:30 pm Junior In-House Basketball 13-16	4:00 pm-5:00 pm Senior In-House Basketball 15-18	4:30 pm-5:30 pm Adult Gym 18+
5:00 pm-7:30 pm Junior In-House Basketball 13-16	6:30 pm-7:30 pm Zumba	5:00 pm-7:30 pm Junior In-House Basketball 13-16	6:30 pm-7:30 pm Zumba	5:30 pm-7:30 pm Pee wee Basketball 4-8	

Girl's Travel Basketball

Junior Girls 11-14
 Thursdays
 Senior Girls 15-18

April 8,14,15, 20,21,22,29,
 **Exception to Age limit of 17 years of age: An 18 year old girl can play if enrolled in school. The player must provide proof of enrollment the center manager prior to playing a game.



Boy's Travel Basketball

Junior Boys 11-14
 Can't turn 15 before 3/3/15
 March 3, 4, 6, 9, 10, 13, 28
 Senior Boys 15-17
 Can't turn 18 before 3/26/14
 March 25, 27, 30, April 1, 7, 11

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

All children under 8 years old must be accompanied by an adult in the building at all times.

*** SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE ***