

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 pm-12:45 pm <b>Water Walking</b> 18+	12:00 pm-12:45 pm <b>Water Fitness</b>	12:00 pm-12:45 pm <b>Water Walking</b> 18+	12:00 pm-12:45 pm <b>Water Fitness</b>	12:00 pm-12:45 pm <b>Water Walking</b> 18+	10:00 am-2:00 pm <b>Swim Team</b>
1:00 pm-1:45 pm <b>School Group</b>	1:00 pm-2:00pm <b>Water Volleyball</b>	1:00 pm-1:45 pm <b>School Group</b>	1:00 pm-2:00 pm <b>Water Volleyball</b>	1:00 pm-1:45 pm <b>School Group</b>	2:30 pm-3:30 pm <b>Open Swim</b> Youth
2:00 pm –3:30 pm <b>Adult Swim</b> 18+	4:30 pm-5:30 pm <b>Adult Swim</b> 18+				
3:00 pm-6:00 pm <b>Swim Team/ Water Polo Swim Meets</b>	3:00 pm-6:30 pm <b>Swim Team/ Water Polo Swim Meets</b>	3:00 pm-6:30 pm <b>Swim Team/ Water Polo Swim Meets</b>	3:00 pm-6:30 pm <b>Swim Team/ Water Polo Swim Meets</b>	3:00 pm-6:00 pm <b>Swim Team/ Water Polo Swim Meets</b>	
6:30-7:30 <b>Open Swim</b> All Ages	6:45-7:30 <b>Aquacise</b> 16+	6:45-7:30 <b>Adult Learn To Swim</b> 16+	6:45-7:30 <b>Aquacise</b> 16+	6:30 — 7:30 <b>Open Swim</b> All Ages	



Estabrook Recreation Center  
4125 Fulton  
216/664-4149

**Weight Room**

**MONDAY - FRIDAY**

12:00 pm-7:30 pm  
**16+**  
**SATURDAY**  
10:00 pm-5:30 pm  
**16+**

**Life Guarding**

Feb 23 thru April 21  
Tuesday & Thursdays  
4:00-7:30 pm  
**Pool Closed**

**Boxing**  
Monday thru Friday  
4:30 pm - 6:00 pm  
18-

**GIRL SCOUTS**  
MONDAYS  
6:00 pm

**YOGA FOR LIFE**  
TUESDAYS /THURSDAYS  
6:00 pm –7:00 pm

**Self Defense**  
THURSDAYS  
6:00 pm–7:00 pm

**GYM SCHEDULE**

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.

**Girl's Travel Basketball**  
Senior Girls 15-18 yrs  
\*\*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 yrs  
Can't turn 15 before  
Senior Boys 15-17yrs  
Can't turn 18 before 3/26/15  
\*\*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.  
TBD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 pm-2:30 pm <b>Adult Gym</b> 18+	12:00 pm-2:30 pm <b>Adult Gym</b> 18+	12:00 pm-3:00 pm <b>Adult Gym</b> 18+	12:00 pm-2:30 pm <b>Adult Gym</b> 18+	12:00 pm-2:30 pm <b>Adult Gym</b> 18+	10:30 am-11:00 pm <b>Badminton</b> 18+ <b>Women</b>
2:30 pm-6:00 pm <b>Basketball Practice/ Youth Open Gym</b>	4:00 pm-5:00 pm <b>Basketball Practice/ Youth Open Gym</b>	2:30 pm-4:00 pm <b>Basketball Practice/ Youth Open Gym</b>	4:00 pm-5:00 pm <b>Senior In-House Basketball</b> 15-18 yrs	2:30 pm-4:00 pm <b>Basketball Practice/ Youth Open Gym</b>	11:30 am-3:00 pm <b>Midget In-House Basketball</b> 9-13 yrs
6:30 pm-7:30 pm <b>Zumba</b>	5:00 pm-7:30 pm <b>High School In-House Basketball</b> 14-17 yrs	5:00 pm-7:30 pm <b>Midget In-House Basketball</b> 9-13 yrs a	5:00 pm-7:30 pm <b>High School In-House Basketball</b> 14-17 yrs	5:30 pm-7:30 pm <b>Pee wee Basketball</b> 4-8 yrs	

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 \*\*\*