

Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-12:45pm Water Walking Adults	12:00-12:45pm Water Walking Adults	12:00-12:45pm Water Exercise Adults	12:00-12:45pm Water Walking Adults	12:00-12:45pm Water Walking & Lap Swim Adults	10:00-10:45am Water Walking Adults
12:45-1:30pm Open & Lap Swim Adults	1:00-1:45pm School Group	10:45-11:30am Open & Lap Swim Adults			
3:15-4:00pm Open Swim All	3:15-4:00pm Open Swim All	3:15-4:00pm Open Swim All	3:15-4:00pm Open Swim All	3:15-4:00pm Open Swim All	1:15-2:00pm Open Swim All
4:15-5:00 Open Swim All	4:15-5:00pm Open Swim All	4:15-5:00pm Open Swim All	4:15-5:00pm Open Swim All	4:15-5:00pm Open Swim All	2:15-3:00pm Open Swim All
5:15-7:30pm Swim Team	5:00-5:45pm Learn To Swim Levels I & II	5:15-6:00pm Learn To Swim Adv. Tots	5:00-5:45pm Learn To Swim Levels III & IV	5:00-6:45pm Swim Team	3:15-3:45pm Open Swim All
	6:00-6:45pm Water Exercise Adults	6:00-7:30pm Swim Team All	6:00-6:45pm Water Exercise	6:-6:45pm Learn To Swim Level IV & V	4:45-5:30pm Family Swim
	6:45-7:30pm Adult Open 18+		6:45-7:30pm Open & Lap Swim All	6:45-7:30pm Family Swim	Sauna Available During Pool Hours

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.

Open Track

Monday - Friday 12:00-7:30p.m Saturday 10:00am- 5:30p.m. 16+
Children under 16 years must remain with parent while on track.

Weight Room

Monday - Friday 12:00-7:30pm Saturday 10:00am-5:30pm 18+
No children under 18 permitted on weight equipment!

Outdoor Activities

Muny Football Practice	Tuesday - Friday	5:15-7:30pm	6-13 yrs. old
Youth Flag Football	Monday - Thursday	5:15-7:30pm	8-14 yrs. old
Peewee Flag Football Fundamentals	Saturday	11:00am-1:15pm	5-7 yrs. old
Cheerleading Practice	Tuesday - Friday	5:30-7:30pm	6-13 yrs. old



Gunning Recreation Center
 16700 Puritas Avenue
 216/420-7900

For Golden Age &
 Senior Program
 information call
 216-373-1917

Latin Aerobics

Tuesday & Thursday 6:30-7:30pm Adults
 Saturday 10:00-11:00 Adults

Zumba Aerobics

Thursday 6:30-7:30pm Adults

Pi-Yo (pilates-yoga)

Friday 6:30-7:30pm Adults

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-2:00pm Men's 5 on 5 Adults	12:00-3:00pm School Group	12:00-2:00pm Men's 5 on 5 Adults	12:00-3:00pm School Group	12:00-3:00pm School Group	10:00-11:00am Moms, Pops & Tots Soccer Kick-A-Round Parent w/ tots 4-7
3:00-5:00pm Youth Open Gym 8-17	3:00-5:00pm Youth Open Gym 8-17	3:00-4:30pm Youth Open Gym 8-17	3:00-5:00pm Youth Open Gym 8-17	3:00-5:00pm Youth Open Gym 8-17	11:00am-1:30pm Youth Open Gym 8-12
5:00-6:00pm After School School Group	5:30-7:30pm Cheerleading Practice 6-13 (Sept.-Nov.)	4:45-6:00pm Co-Ed Volleyball Practice 11-17	5:00-6:30pm Cheerleading Practice 6-13 (Sept.-Nov.)	5:30-7:30pm Cheerleading Practice 6-13 (Sept.-Nov.)	1:45-3:30pm Teen Open Gym 13-17
6:30-7:30pm Kickboxing Aerobics Adult	<i>5:00-7:30pm</i> Indoor Soccer League 8-11 (Nov.-Dec.)	6:30-7:30pm Kickboxing Aerobics Adult	6:30-7:30pm Zumba Aerobics	<i>5:00-7:30pm</i> Peewee Indoor Soccer Fundamentals (Nov-Dec) 4-7	4:00-5:30pm Open Volleyball 11-17
					<i>1:30pm-5:30pm</i> Indoor Soccer Team Practices 8-11 (Nov-Dec)

Italicized programs begin in late Fall

Schedule subject to change without prior notice