

Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-12:45pm Water Walking Adults	12:00-12:45pm Water Walking Adults	12:00-1:00pm Water Exercise Adults	12:00-12:45pm Water Walking Adults	12:00-12:45pm Water Walking Adults	10:00-10:45pm Water Walking Adults
1:00-1:30pm Open & Lap Swim Adults	1:00-1:30pm Open & Lap Swim Adults	1:00-1:30pm Open & Lap Swim Adults	1:00-1:30pm Open & Lap Swim Adults	1:00-2:00pm School Group	11:00-11:30pm Open & Lap Swim Adults
3:00-3:45pm Open Swim All	3:00-3:45pm Open Swim All	3:00-3:45pm Open Swim All	3:00-3:45pm Open Swim All	3:00-3:45pm Open Swim All	1:00-1:45pm Open Swim All
4:00-4:45pm Open Swim All	4:00-4:45pm Open Swim All	4:00-4:45pm Open Swim All	4:00-4:45pm Open Swim All	4:00-4:45pm Open Swim All	2:00-2:45pm Open Swim All
5:00-7:30pm Lifeguard Training	5:00-5:45pm Learn To Swim Levels I & II	5:00-7:30pm Lifeguard Training	5:00-5:45pm Learn To Swim Adv. Tots	5:00-5:45 Learn To Swim Levels III-IV	3:00-3:30pm Open Swim All
	6:00-6:45pm Water Exercise Adults		6:00-6:45pm Water Exercise Adults	5:45-6:30pm Swim team 8-17 yrs. old	4:45-5:30pm Family Swim
	6:45-7:30pm Open & Lap Swim Adults		6:45-7:30pm Open & Lap Swim Adults	6:45-7:30pm Family Swim	

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

Children under 16 years must remain with parent while on track.

Weight Room

Monday - Friday	12:00-7:30pm	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 Golden Age & Senior Program
information call 373-1917**

Gunning Recreation Center
16700 Puritas Avenue
216/420-7900

Aerobics

Kickboxing Aerobics	Monday & Wednesday	6:30-7:30pm	16+
Yoga	Monday	6:30-7:30	16+
Zumba Aerobics	Thursday	6:30-7:30pm	16+
Latin Aerobics	Tuesday & Thursday	6:30-7:30pm	16+

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-2:00pm Men's 5 on 5 Adults	12:00-2:30pm School Group	12:00-2:00pm Men's 5 on 5 Adults	12:00-2:30pm School Group	12:00-2:30pm School Group	10:00-12:30pm Tot House League Basketball 5-7 years old
3:00-4:45 Youth Open Gym 8-17 years old	3:00-4:45pm Midget House league basketball practice	3:00-4:45 Youth Open Gym 8-17 years old	3:00-4:45pm Midget House league basketball practice	3:00-4:45pm Youth Open Gym 8-17 years old	1:00-3:30pm In-House Basketball Practices 8-14 years old
5:00-6:00pm Junior Basketball Team Practice 12-14 years old	5:00-7:30pm Junior House League Basketball 12-14 years old	5:00-6:00pm Junior Basketball Team Practice 12-14 years old	5:00-6:15pm Girl's Basketball Practice 8-17 years old (March)	5:00-7:30pm Midget House League Basketball 8-11 years old	3:30-4:15pm Youth Open Gym 8-17 years old
3:00-5:30pm Youth Open Gym 8-17 years old (March)	5:00-7:30pm Basketball Fundamentals and Drills Ages 8-17 (March)	3:00-5:30pm Youth Open Gym 8-17 years old (March)	6:30-7:30pm Zumba Aerobics 16+		4:30-5:30pm **Family Gym 14 & under w/Parent
6:30-7:30pm Kickboxing Aerobics Adults		6:30-7:30pm Kickboxing Aerobics Adults			**Parent must remain in gym at all times