

Aquatics Schedule

Schedule subject to change without prior notice.



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



Travel Basketball Leagues

Program	Days	Period	Times	Ages
Midget Girls	Mondays	1/11-2/22	5:30-7:30pm	8-11
Junior Girls	Thursdays	2/25-4/7	5:30-7:30pm	12-14
Midget Boys Tournament	Varies	Mar-April	5:30-7:30	8-11
Junior Boys Tournament	Varies	Mar-April	5:30-7:30	12-14
Senior Girls Tournament	Varies	Mar-April	5:30-7:30	15-17
Senior Boys Tournament	Varies	Mar-April	5:30-7:30	15-17

* 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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-1:00pm Aqua Jog Ages 18+	12:00-1:00pm Adult Open Ages 18+	12:00-1:00pm Aqua Jog Ages 18+	12:00-1:00pm Adult Open Ages 18+	12:00-1:00pm Lap Swim Ages 18+	10:00-11:00am Lap Swim Ages 18+
1:15-2:00pm Lap Swim Ages 18+	1:15-2:00pm Adult Lap Ages 18+	1:15-2:00pm Lap Swim Ages 18+	1:15-2:00pm Adult Lap Ages 18+	1:15-2:00pm Water Walking Ages 18+	11:15-12:00pm Aqua Jog Ages 18+
3:00-3:45pm Youth Open Ages 8-17	3:30-4:15pm Youth Open/School Group Ages 8-17	3:00-3:45pm Youth Open Ages 8-17	3:30-4:15pm Youth Open/School Group Ages 8-17	3:00-3:45pm Youth Open Ages 8-17	12:15-2:00pm Open Swim Ages 8-17
4:00-7:30pm Lifeguard Training Ages 15+	4:30-5:00pm TOT Learn to Swim Ages 8-17	4:00-7:30pm Lifeguard Training Ages 15+	4:30-5:00pm TOT Learn to Swim Ages 8-17	4:00-5:00pm Swim the World (Laps Only) 16+	3:00-4:00pm Water Games Ages 8-17
	5:15-6:00pm Swim Team (Lifeguard Prep) Ages 18+		5:15-6:00pm Swim Team (Lifeguard Prep) Ages 18+	5:15-6:00pm Adult Learn To Swim Ages 18+	4:15-5:30pm Family Swim (2 tots per adult)

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.

6:00-7:00pm Aquacise Ages 18+	6:00-7:00pm Aquacise Ages 18+	6:00-7:15pm Family Swim All Ages
7:00-7:30pm Adult Open Ages 18+	7:00-7:30pm Adult Open Ages 18+	



Other Exciting Activities

Program	Days	Times	Ages
HOSTS	Fridays	6:00-7:00pm	14-18
Youth Outdoors	TBA	5:00-7:30pm	8-17
Weight Room	Monday - Friday	12:00-7:30pm	Adults
	Saturday	10:00-5:30pm	

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-2:30pm Adult Open Gym Ages 18+	12:00-2:30pm School Group	12:00-2:30pm Adult Open Gym Ages 18+	12:00-2:30pm School Group	12:00-2:30pm Adult Open Gym Ages 18+	9:30-11:30am Community Group
3:00-3:45pm Open Gym Ages 15-17	3:00-3:45pm Open Gym Ages 8-13	3:00-4:45pm Open Gym Ages 15-17	3:00-3:45pm 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
5:00-7:30pm City-Wide Midget Girls Instructional Ages 8-11 (Jan-Feb)	4:00-5:00pm School Group (Jan-Mar)	5:00-7:30pm Teenage Coed House League Basketball Ages 13-17 (Jan-Mar)	4:00-5:00pm School Group (Jan-Mar)	5:00-5:45pm Peewee Basketball Ages 4-7 (Jan-March)	12:30pm-3:45pm Men's Basketball League
5:00-6:00pm Midget Boys Travel Basketball Practice Ages 8-11 (Mar)	5:15-7:30pm Youth Coed House League Basketball Ages 8-12 (Jan-Mar)	5:00-7:30pm Junior Boys Travel Basketball Ages 12-14 (March-April)	5:15-7:30pm Youth Coed House League Basketball Ages 8-12 (Jan-Mar)	6:00-7:00pm Teen Coed House League Basketball Ages 13-18* (Jan-Mar)	4:00pm-5:15pm All Sports Conditioning Ages 8-17 (March-April)
6:00-7:30pm All Sports Conditioning Ages 8-17 (Mar-April)	5:00-6:00pm Junior Boys Travel Basketball Practice Ages 12-14 (March-April)	6:00-7:30pm All Sports Conditioning Ages 8-17 (March-April)	5:00-6:00pm Junior Boys Travel Basketball Practice Ages 12-14 (March-April)		
	6:00-7:30pm All Sports Conditioning Ages 8-17 (March-April)		6:00-7:30pm All Sports Conditioning Ages 8-17 (March-April)		

