

Track Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00—2:30 Walking Club	12:00-2:30 Walking Club	12:00-2:30 Walking Club	12:00-2:30 Walking Club	12:00-2:30 Walking Club	10:00-1:00 Joggers
2:30-4:00 p.m. Student Runner	1:30-5:30 Walking Club				
4:00-7:30 p.m. Walking Club	4:00-7:30 p.m. Walking Club	4:00-7:30 p.m. Walking Club	4:00-7:30 p.m. Walking Club	4:00-7:30 p.m. Family Walk	

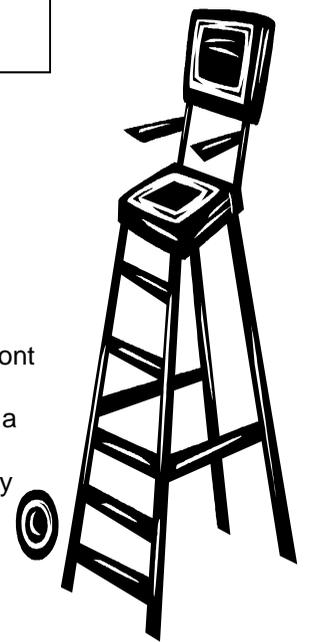


Zelma George Recreation Center
3155 M.L.K. Blvd.
216/ 420-8800

You can fill this chair this summer?

Lifeguard Training Class

- The successful Applicant must:
- ◆ Be at least 15 years old
 - ◆ Be able to swim 300 yards, non stop, using front crawl and breast stroke
 - ◆ Swim to deepest end of the pool and retrieve a 10 pound object and return to starting point
 - ◆ Tread water for two(2) minutes using legs only
 - ◆ Pass written test with 80% or better



Other Exciting Programs

Sisterhood	Thursday	5:15 - 6:15p.m.	12-17
Girls O.P.T.I.O.N.S.	Monday	6:00- 7:00p.m.	12- 17
Boxing	Monday- Friday	4:30- 7:30 p.m.	8- 17
Recreation Free Skate	Every Thursday	4:00-6:00p.m.	8-17
Youth Outdoors	Friday	TBA	8-17
Dance Class	Monday, Tues & Friday	5:00- 7:00	8-17
Zumba	Monday	6:00-7:00 p.m.	18+
Weight Room	Monday - Friday	11:30-7:00 p.m.	18+
Line Dance	Tuesday & Thursday	6:30-7:30p.m.	18+
Exercise Equipment	Monday- Friday	12:00 - 7:30 p.m.	18+

Fit and Fifty Senior Programs

Card Sharks	Monday & Friday	1:00p.m.—4:00p.m.
Senior Exercise	Tuesday and Thursday	9:00a.m.— 10:00 a.m.
Line Dance	Tuesday and Thursday	10:00 a.m.—11:00 a.m.
Senior Walkers	Monday—Friday	6:00a.m. — 11:00 a.m.
Arts & Crafts	TBA	11:30a.m. — 1:00 p.m.

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-2:30pm Home School/ School Groups 17 under	12:00-2:30pm 5 on 5 Basketball 18 over	12:00-2:30pm Home School/ School Groups 17 under	12:00-2:30pm 5 on 5 Basketball 18 over	12:00-2:30pm Home School/ School Groups 17 under	10:00-12:00 Peewee Gym 4-7
2:45-4:30pm Youth Open Gym 8-14	2:45-4:15pm Youth Open Gym 8-14	2:45-4:15pm Youth Open Gym 8-14	2:45-4:15pm Youth Open Gym 8-14	2:45-4:15 Youth Open Gym 8-14	12:30-2:30 House League Skills 8-14
5:00-7:30pm Sr. Girls Basketball 14-17	4:30-7:30pm House League 8-17	4:30-7:30pm House League 8-17	4:30-6:00pm Sr. Girls Basketball Practice 14-17	4:30-6:00pm House League Practice 11-14	3:00 - 4:15pm 3 on 3 Youth Basketball 8-14
			6:00-7:30pm House League Basketball 8-17	6:00 -7:30pm Adult Volleyball 18 over	4:30-5:30 Youth Hot Shoot 8-14



Schedule subject to change without prior notice.