

## Aquatics Schedule



Michael J. Zone Recreation Center  
6301 Lorain Ave.  
216/664-3373

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-1:00 p.m. <b>Special Needs</b> Ages 5-7	12:00-1:00 p.m. <b>Special Needs</b> Ages 8-12	12:00-1:00p.m. <b>Special Needs</b> Ages 12-15	12:00-1:00 p.m. <b>Special Needs</b> Ages 8-12	12:00-1:00 p.m. <b>Special Needs</b> Ages 8-10	10:15-11:15am <b>Water Walk</b> 18+
1:15-2:15 p.m. <b>Special Needs</b> Ages 5-7	1:15-2:00 p.m. <b>Lap Swim</b> Adult	1:15-2:15 p.m. <b>School Group</b> Ages 10-12	1:15-2:00 p.m. <b>Lap Swim</b> Adult	1:15-2:15 p.m. <b>School Group</b> Ages 9-11	11:15-12:15p.m. <b>Open Swim</b> 18+
2:30-3:30 p.m. <b>Open Swim</b> Adult	2:00-3:30 p.m. <b>Open Swim</b> Adult	2:30-3:30 p.m. <b>Open Swim</b> Adult	2:00-3:30 p.m. <b>Open Swim</b> Adult	2:30-3:30 p.m. <b>Open Swim</b> Adult	1:15—2:15pm <b>Youth Open</b> Ages 8-17
4:00-5:15 p.m. <b>Open Swim</b> Ages 8-17	4:30-6:15 p.m. <b>Open Swim</b> Ages 8-17	4:00-5:15 p.m. <b>Open Swim</b> Ages 8-17	4:30-5:15 p.m. <b>Open Swim</b> Ages 8-17	4:30-5:15 p.m. <b>Open Swim</b> Ages 8-17	2:30—3:30pm <b>Open Swim</b> All ages
5:30-6:30 p.m. <b>Learn To Swim I, II, &amp; III</b> Ages 8-17	6:30-7:30 p.m. <b>Family Swim</b> (2 children per adult) 18+	5:30-6:30 p.m. <b>Learn To Swim I, II, &amp; III</b> Ages 8-17	5:30-6:30 p.m. <b>Learn to Swim Adult</b> 18+	5:30-6:30 p.m. <b>Swim Team Practice</b> Ages 8-17	4:00—5:15pm <b>Family Swim</b> All Ages
6:30-7:30p.m. <b>Family Aquacise</b> All Ages		6:30-7:30 p.m. <b>Swim Team Practice</b> 8-17	6:30-7:30 p.m. <b>Open Swim</b> Adult 18+	6:30-7:15 p.m. <b>Family Swim</b> (2 children per adult) 18+	



All children 7 years old and under 4 feet tall must be accompanied and supervised in the water by an adult. Two children per adult.

**Racquetball**

Open Racquetball Monday- Friday 12:15-7:15 p.m. Ages 8+  
Open Racquetball Saturdays 10:15-5:15 p.m. Ages 8+

**Weight Room**

Open Weight Room Monday- Friday 12:00-7:30 p.m. 18+  
Open Weight Room Saturdays 10:00am-5:30 p.m. 18+

**Game Room**

Open Game Room Monday - Friday 12:00-7:30 p.m. All Ages  
Open Game Room Saturdays 10:00am-5:00 p.m. All ages



**Cultural Arts**

Arts and Crafts Friday	12:00-2:30pm	School Group	8-18
Arts and Crafts Friday	3:00-4:00pm	Make & Take	8-18
Arts and Crafts Friday	5:15-7:30	Family Crafts	all ages

## Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-2:30 p.m. <b>Open Gym</b> 18+	12:00-2:30p.m. <b>Open Gym</b> 18+	12:00-2:30 p.m. <b>Open Gym</b> 18+	12:00-2:30p.m. <b>Open Gym</b> 18+	12:00-3:00 p.m. <b>School Group</b> Ages 12-15	10:30-11:30a.m. <b>Zumba</b> 16+
3:00-4:30 p.m. <b>Open Gym</b> Ages 8-17	3:00-4:30p.m. <b>Open Gym</b> Ages 8-17	3:00-5:30 p.m. <b>Open Gym</b> Ages 8-17	3:00-4:30p.m. <b>Open Gym</b> Ages 8-17	3:00-5:00 p.m. <b>Open Gym</b> Ages 8-17	12:00-1:00 p.m. <b>Peewee flag foot- ball fundamentals</b> Ages 4-7
5:30-7:30 <b>Jr. Coed Volleyball Practice</b> Ages 11-14 (Sept.-Oct.)	4:30-6:30p.m. <b>Indoor Soccer</b> Ages 9-13 (Nov.-Dec.)	6:15-7:15p.m. <b>Zumba</b> Ages 16+	4:30-6:30p.m. <b>Indoor Soccer</b> Ages 9-13 (Nov.-Dec.)	5:30-7:30p.m. <b>Senior volleyball practice</b> Ages 15-17	1:30pm-3:00p.m <b>Basketball Workout</b> Ages 8-17
6:15-7:15p.m. <b>Zumba</b> Ages 16+	6:45-7:45 p.m. <b>Soccer Practice</b> 18+ (Oct-Dec)		6:30-7:30p.m. <b>Basketball workouts</b> Ages 8-17		4:00-5:30 p.m. <b>Adult Soccer</b> 18+ (Oct-Dec)



## Other Exciting Activities

Boxing	Monday-Thursday	5:15-7:15 p.m.	Ages 8+
Seniors Volleyball	Tuesday	5:15 & 6:00p.m.	Ages 15-17
Junior Volleyball	Thursday	5:15-7:15 p.m.	Ages 11-14
Midget volleyball	Wednesday	5:30-7:00 p.m.	Ages 8-10
Praise Dance	Saturday	12:00-2:00p.m.	All Ages
After school meals	Monday.-Friday	4:00-4:45 p.m.	Ages 5-18

## Flag Football

Midget Coed Flag Football league	Mon. & Wed.	5:15-7:30 p.m.	Ages 8-11
Juniors Coed Flag Football league	Tues. & Thurs.	5:15-7:30 p.m.	Ages 12-15



Schedule subject to change without prior notice