Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-12:45pm	12:00-12:45pm	12:00-12:45pm	12:00-12:45pm	12:00-12:45pm	10:00-10:45am
Adult Open	Adult Open	Adult Open	Adult Open	Adult Open	Adult Open
Swim	Swim	Swim	Swim	Swim	Swim
1:00-1:45pm	1:00-1:45pm	1:00-1:45pm	1:00-1:45pm	1:00-1:45pm	11:00-11:45am
Adult Open	Adult Open	Adult Open	Adult Open	Adult Open	Adult Open
Swim	Swim	Swim	Swim	Swim	Swim
2:00-2:45pm	2:00-2:45pm	2:00-2:45pm	2:00-2:45pm	2:00-2:45pm	12:00-12:45pm
Adult Open	Adult Open	Adult Open	Adult Open	Adult Open	Adult Open
Swim	Swim	Swim	Swim	Swim	Swim
4:00-5:15pm	4:00-5:15pm	4:00-5:15pm	4:00-5:15pm	4:00-5:00pm	1:00-1:45pm
Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Kiddie Pool
All Ages	All Ages	All Ages	All Ages	All Ages	Swim
5:30-6:15pm	5:30-6:15pm	5:30-6:15pm	5:30-6:15pm	5:15-6:00pm	2:00-2:45pm
Youth LTS	Youth LTS-2	Youth LTS	Youth LTS-2	Open Swim	Kiddie Pool
(8-17)	(8-17)	(8-17)	(8-17)	All Ages	Swim
6:30-7:15pm Water Aerobics	6:30-7:15pm Family Swim	6:30-7:15pm Water Aerobics	6:30-7:15pm Family Swim	6:15-7:15pm Kiddie Pool Swim	4:15-5:15pm Family Swim

Arts & Crafts

<u>Program</u>	<u>Days</u>	<u>Times</u>	<u>Ages</u>
Adult Ceramics	Mondays	12:00-2:30pm	18+
Arts/Crafts	Mondays	4:00-6:30pm	8+
Senior Arts/Crafts	Wednesdays	10:30-11:30am	55+
Adult Arts/Crafts	Wednesdays	1:00-3:00pm	18+
Youth Arts/Crafts	Wednesdays	3:30-4:30pm	8-17

All children under 8 years old & under 4
feet tall must be accompanied &
supervised in the water by an adult. Two
children per one adult. Children
using the slide must be
at least 48 inches tall

Senior Programs ages 55 & up

Program	<u>Days</u>	<u>Times</u>
I-Connect	Mondays	10:00-11:00am
Line Dance	Mondays	10:45am-11:45am
Aerobics Class	Mon, Wed, Fri	9:00-10:30am
Indoor Track	Mon, Wed, Fri	8:00-11:45am
Fitness Room	Mon, Wed, Fri	8:00-11:45am
Walking Club	Mon, Wed, Fri	8:00-11:00am



Meal Program

Monday– Friday 4:00-4:30pm Saturdays 12:00-1:00pm (No Registration Required

Schedule subject to change without prior notice







Collinwood NRRC 16300 Lakeshore Blvd. (216)420-8323 Kawana Little, Center Manager

Fitness Room (Adult Only)

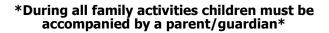
<u>Indoor Track</u>

Monday-Friday 12:00-7:30pm

Monday-Friday 12:00-5:30pm

Saturdays 10-5:30pm

Saturdays 10-5:30pm



Youth Programs ages 8-17

African Dance (All Ages) Mondays 6:00-7:00pm

STEAM (Ages 10-14) Wednesdays 5:30-6:30pm

Heathy Cooking (Ages 8-18) Wednesdays 4:00-6:00pm

Karate (Ages 8 & Up) Saturdays 2:00-4:00pm



Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym Adult 18+ 12:00-2:30pm	Open Gym Adult 18+ 12:00-2:30pm	Open Gym Adult 18+ 12:00-2:30pm	Open Gym Adult 18+ 12:00-2:30pm	School Groups (Varies) 12:00-2:30pm	NCT Cheerleading 10:00-2:00pm
Open Gym Youth (8-17) 3:00-4:15pm	Open Gym Youth (8-17) 3:00-4:15pm	Open Gym Youth (8-17) 3:00-4:15pm	Open Gym Youth (8-17) 3:00-4:15pm	Open Gym Youth (8-17) 3:00-4:15pm	Pee Wee Basketball (4-7) 2:30-3:30pm
Junior Basketball Practice (12-14) 4:30-6:00pm	Flag Football Youth (8-12) 4:30-5:30pm	Youth Basketball Practice (8-11) 4:30-6:00pm	Flag Football Teens (13-17) 4:30-5:30pm	Senior Basketball Practice (15-18) 4:30-6:00pm	Open Gym Adult 30+ 4:00-5:30pm
Soccer Youth (8-12) 6:00-7:30pm	NCT Cheerleading 6:00-7:30pm	Soccer Youth (8-12) 6:00-7:30pm	NCT Cheerleading 6:00-7:30pm	Soccer Youth (8-12) 6:00-7:30pm	