

Aquatics Schedule

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+	4:30-5:15pm Learn to Swim Ages 8-17	4:00-7:30pm Lifeguard Training Ages 15+	4:30-5:15pm 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)
	6:00-7:30pm Adult Open Ages 18+		6:00-7:30pm Adult Open Ages 18+	6:00-7:15pm Family Swim All Ages	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.



Other Exciting Activities

Program	Days	Times	Ages
Adult Ping Pong	Tuesday	5:00-7:30pm	18+
Open Ping Pong	Friday	12-7:30pm	All Ages
	Monday		
	Wednesday		
Youth Outdoors	Thursday	5:00-7:30pm	8-17
	Saturday		
Weight Room	TBA	5:00-7:30pm	Adults
	Monday - Friday	12:00-7:30pm	
	Saturday	10:00-5:30pm	

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	1/6-2/10	5:30-7:30pm	8-11
Junior Girls	Thursdays	2/27-4/25	5:30-7:30pm	12-14
Midget Boys Tournament	Varies	2/15-4/4	5:30-7:30	8-11
Junior Boys Tournament	Varies	2/29-4/4	5:30-7:30	12-14
Senior Girls Tournament	Varies	4/1-4/25	5:30-7:30	15-17
Senior Boys Tournament	Varies	3/14-4/4	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
12:00-2:30pm 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 Gym Maintenance	10:00-11:30am Community Group
3:00-3:45pm Open Gym Ages 15-17	3:00-4:15pm Open Gym Ages 8-12	3:00-5:30pm Teenage Coed House League Basketball Ages 13-17 (January-March)	3:00-4:15pm Open Gym Ages 8-12	3:00-5:30pm Teenage Coed House League Basketball Ages 13-17 (January-March)	12:00-3:00pm Baseball Conditioning Ages 8+
5:00-7:30pm City-Wide Midget Girls Instructional Ages 8-11 (Jan-Feb)	4:30-5:30pm School Group	5:00-7:30pm Junior Boys Travel Basketball Ages 12-14 (March-April)	4:30-5:30pm School Group	6:00-7:30pm Community Group	3:00-4:00pm Open Gym Ages 8-11
5:00-6:00pm Youth Boys Travel Basketball Practice Ages 8-11 (Feb-April)	6:00-7:30pm Youth Intermural Basketball Ages 9-12 (January-March)	6:00-7:30pm Senior Boys Travel Basketball Practice Ages 14-17 (March-April)	6:00-7:30pm Youth Intermural Basketball Ages 9-12 (January-March)		4:00pm-5:00pm Open Gym Ages 13-17
6:00-7:30pm All Sports Conditioning Ages 8-17 (March-April)	5:00-6:00pm Junior Boys Travel Basketball Practice Ages 12-14 (Feb-April)		5:00-6:00pm Junior Boys Travel Basketball Practice Ages 12-14 (March-April)		4:00pm-5:00pm Gym Maintenance Ages 13-17
	6:00-7:30pm All Sports Conditioning Ages 8-17 (January-March)		6:00-7:30pm All Sports Conditioning Ages 8-17 (January-March)		



Gymnasium Schedule