

MARCH 2019 - OPC Gym Schedule

650 Leticia Drive • Rochester, MI 48307 • 248-656-1403 • www.opcseniorcenter.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	Open Gym 6:30-9:00	Open Gym 6:30-9:00	Open Gym 6:30-9:15	Open Gym 6:30-9:00	Open Gym 6:30-8:00	\$2 All Levels Pickleball 7:00-9:00
8:00 AM						
9:00 AM	\$2 Int/Adv Pickleball 9:00-11:00	Volleyball Tournament 9:00-1:00 (pre-paid)	(1) Free Beg. * Pickleball Lessons 9:30-10:30	Volleyball Tournament 9:00-12:20 (pre-paid)	All Levels Pickleball Ladder (Pre- reg. only) 8:00-12:30	* \$2 Basketball 9:00-11:30
10:00 AM			(2) Beg./Mentor Pickleball Games 10:30-11:30			* \$2 Int/Adv Pickleball 11:30-1:00
11:00 AM	* \$2 Softball Practice 11:00-12:00		* \$2 Adv Pickleball Practice Session (COURT 1-3) (No 3/15)			* \$2 Table Tennis 1:00-4:00 (COURT 1+2)
12:00 PM	Open Gym 12:00-1:00		* \$2 Novice Pickleball 1:00 - 4:00 (COURT 1+2)			* \$2 Novice Pickleball 2-4pm (COURT 1+2)
1:00 PM	* \$2 Table Tennis 1:00-4:00 (COURT 1+2)	* \$2 Novice Basketball Shootaround 2:10-4:00 (COURT 3+4)	* \$2 Open Gym 2:00-4:00 (COURT 3+4)	* \$2 Novice Pickleball 1:00-4:00 (COURT 3+4)	* \$2 Novice Pickleball 2:00-3:30	* \$2 Table Tennis 1:00-4:00 (COURT 1+2)
2:00 PM	* \$2 Novice Pickleball 1:00-4:00 (COURT 3+4)	* \$2 All Levels Pickleball 4:00-6:00	* \$2 All Levels Pickleball 4:00-6:30	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Novice Pickleball 1:00-4:00 (COURT 3+4)
3:00 PM	* \$2 All Levels Pickleball 4:00-6:00	* \$2 Round Robin (pre- reg. only) 6:00-8:30	* \$2 5-on-5 Basketball 6:30-8:30	* \$2 Badminton 6:00-8:30	* \$2 All Levels Pickleball 6:00-8:30	* \$2 Table Tennis 1:00-4:00 (COURT 1+2)
4:00 PM	* \$2 Badminton 6:00-8:30	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Table Tennis 1:00-4:00 (COURT 1+2)
5:00 PM	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Table Tennis 1:00-4:00 (COURT 1+2)
6:00 PM	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Table Tennis 1:00-4:00 (COURT 1+2)
7:00 PM	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Table Tennis 1:00-4:00 (COURT 1+2)
8:00 PM	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Int/Adv Pickleball 4:00-6:00	* \$2 Table Tennis 1:00-4:00 (COURT 1+2)

Due to Staff Development Day, the OPC will close at 12:00pm on Friday, March 1st.

For Spring into Action, which takes place from March 11-16th, OPC will be offering free activities for any 50+ Rochester, Rochester Hills & Oakland Township Residents. Those activities include any class with a *

To locate the Gym Schedule at www.opcseniorcenter.org, go to the Activities tab and click on Fitness & Aquatics. The schedules are located to the right on the Fitness & Aquatic page. To register for classes and passes online go to

During designated open gym times, Pickleball Tutor Machine Rental will be given 1st priority.

In order to participate in the Wed 10:30 Beginner/Mentor Pickleball games you must be present for the 9:30 Beginner Lessons. This is a one time only lesson.

*Free beg. Table tennis lessons from 1:00-2:00 on Wednesdays and Fridays. Lessons include learning about the rules and basic techniques of the game. One time only lesson. Participation after first lesson is \$2 drop-in.