

MARCH 2019 - OPC Aquatic Schedule

3-19 H&W Pool Schedule

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

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool
7:00 AM				Core Strength Adv. Peggy 7:00-7:50				Core Strength Adv. Peggy 7:00-7:50 *				
7:30 AM												
8:00 AM	The Deep Debbie B. 8:00-8:50	Core Strength Susan 8:00-8:50			The Deep Margaret A. 8:00-8:50	Core Strength Heather 8:00-8:50			The Deep Debbie B. 8:00-8:50	The Core Susan O. 8:00-8:50	Liquid Boot Camp Peg 8:00-8:50 *	
8:30 AM												
9:00 AM	Aqua Strength & Interval Debbie 9:00-9:50		Making Waves Harlene C. 9:00-9:50		Aqua Strength & Interval Heather 9:00-9:50			Making Waves Susan 9:00-9:50		Aqua Strength & Interval Debbie 9:00- 9:50		
9:30 AM												
10:00 AM	Water Works Debbie B. 10:00-10:50		Aqua Fit Margaret A. 10:00-10:50	Healthy Joints Harlene C. 10:00-10:50	Water Works Heather 10:00-10:50			Aqua Fit Susan 10:00-10:50	Healthy Joints Margaret A. 10:00-10:50	Water Works Debbie B. 10:00-10:50		
10:30 AM												
11:00 AM												
11:30 AM												
12:00 PM		H.J. Adv. Robin 12:00-12:50										
12:30 PM												
1:00 PM		Healthy Joints Robin 1:00-1:50										
1:30 PM				Core Strength Jeannie 1:30-2:20					Core Strength Jeannie 1:30-2:20			
2:00 PM	H2O Aerobics Robin 2:00-2:50				H2O Aerobics Robin 2:00-2:50					H2O Aerobics Robin 2:00-2:50		
2:30 PM												
3:00 PM												
3:30 PM												
4:00 PM												
4:30 PM				Mini Dip Jeannie 4:30-5:00 *								
5:00 PM												
5:30 PM				H. J. Adv. Jeannie 5:00-5:50					H. J. Adv. Jeannie *			
6:00 PM												
6:30 PM	Aqua Zumba Fabiola 6:30-7:20											
7:00 PM												
7:30 PM				Lap Swimming only				Lap Swimming Only				
8:00 PM												
8:30 PM												

During designated class times, open swimmers may be allowed or excluded from entering the therapy or lap pool based on class size and other factors.

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 * , the Therapy Pool on Wednesday March 13th from 5:00-8:30pm and open swim on Friday, March 15th from 5:00-8:30pm

To locate the Aquatic 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.

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To register for classes passes online go to www.myactivecenter.com.

Pool Hours of Operation: Monday - Friday: 7:00am-8:30pm Saturday: 7:00-3:30pm