

# APRIL 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 6:30-8:30	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 8:30-12:00 (pre-paid)	\$2 Int/Adv Pickleball (no 4/12) 9-11am *4/12 Speed Pickleball 9:00-10:45	\$2 Basketball 9:00-11:30
10:00 AM			(2) Beg./Mentor Pickleball Games 10:30-11:30			
11:00 AM	\$2 Beg/Int Pickleball Practice 11:00-1:00		\$2 Int/Adv Pickleball 11:30-1:00	\$2 Adv Pickleball Practice 12:00-2:00 (COURT 1-3)	\$2 All Levels Pickleball 11:00-1:00	\$2 Volleyball 11:30-2:00
12:00 PM						
1:00 PM	*\$2 Table Tennis 1:00-4:00 (COURT 1+2)	\$2 Novice Pickleball 1:00 - 4:00 (COURT 1+2)	*\$2 Table Tennis 1:00-4:00 (COURT 1+2)		\$2 Table Tennis 1:00-4:00 (COURT 1+2)	\$2 Novice Pickleball 2:00-3:30
2:00 PM						
3:00 PM	\$2 Novice Pickleball 1:00-4:00 (COURT 3+4)	\$2 Basketball Shootaround 2:10-4:00 (COURT 3+4)	\$2 Novice Pickleball 2:00-4:00 (COURT 3+4)	\$2 Novice Pickleball 2-4pm	\$2 Novice Pickleball 1:00-4:00 (COURT 3+4)	
4:00 PM	\$2 All Levels Pickleball 4:00-6:00	\$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	
5:00 PM						
6:00 PM	\$2 Badminton 6:00-8:30	\$2 Int/Adv Pickleball 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	
7:00 PM						
8:00 PM						

The building will be closed from 4:00pm on Thursday, April 18th through Monday, April 22nd.

To locate the Gym Schedule at [www.opcseniorcenter.org](http://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 [www.myactivecenter.com](http://www.myactivecenter.com).

*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. Participaton after first lesson is \$2 drop-in.