

July 2019 - OPC Aquatic 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 Debbie B. 8:00-8:50			The Deep Robin 8:00-8:50	The Core Susan O. 8:00-8:50	Liquid Boot Camp Robin 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 Debbie B. 9:00-9:50			Making Waves Susan 9:00-9:50		Aqua Strength & Interval Margaret 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 Debbie B. 10:00-10:50			Aqua Fit Susan 10:00-10:50	Healthy Joints Margaret A. 10:00-10:50	Water Works Margaret 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		Healthy Joints Robin 1:00-1:50										
1:00 PM												
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					H. J. Adv. Jeannie 5:00-5:50				H. J. Adv. Jeannie 5:00-5:50			
5:30 PM												
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.

The OPC will be closed starting Thursday, July 4th and will reopen on Monday, July 8th.

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.

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

Pool Hours of Operation: Monday - Friday: 7:00am-8:30pm Saturday: 7:00-11:30am
Aquatic Desk: 248-608-0293 ----- Pool Manager: 248-608-0295 ----- Night Supervisor: 248-608-0247