

# August 2019 - OPC Aquatic Schedule

8-19 H&W Pool Schedule

650 Leticia Drive • Rochester, MI 48307 • 248-656-1403 • [www.opcseniorcenter.org](http://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				Core Strength				
7:30 AM				Adv. Peggy 7:00-7:50				Adv. Peggy 7:00-7:50				
8:00 AM	The Deep Debbie B.	Core Strength Susan			The Deep Margaret A.	Core Strength Debbie B.			The Deep Robin	The Core Susan O.	Liquid Boot Camp Robin	
8:30 AM	8:00-8:50	8:00-8:50			8:00-8:50	8:00-8:50			8:00-8:50	8:00-8:50	8:00-8:50	
9:00 AM	Aqua Strength & Interval Debbie		Making Waves Harlene C.		Aqua Strength & Interval Debbie			Making Waves Susan	Aqua Strength & Interval			
9:30 AM	9:00-9:50		9:00-9:50		B. 9:00-9:50			9:00-9:50	Margaret 9:00- 9:50			
10:00 AM	Water Works Debbie B.		Aqua Fit Margaret A.	Healthy Joints Harlene C.	Water Works Debbie B.			Aqua Fit Susan	Healthy Joints Margaret A.	Water Works Margaret		
10:30 AM	10:00-10:50		10:00-10:50	10:00-10:50	10:00-10:50			10:00-10:50	10:00-10:50	10:00-10:50		
11:00 AM						Crittenton Physical Therapy						
11:30 AM						10:30-11:30						
12:00 PM		H.J. Adv. Robin										
12:30 PM		12:00-12:50										
1:00 PM		Healthy Joints Robin										
1:30 PM		1:00-1:50		Core Strength Jeannie					Core Strength Jeannie			
2:00 PM	H2O Aerobics Robin			1:30-2:20	H2O Aerobics Robin				1:30-2:20	H2O Aerobics Robin		
2:30 PM	2:00-2:50		H2O Aerobics Jeannie		2:00-2:50					2:00-2:50		
3:00 PM			2:30-3:20									
3:30 PM												
4:00 PM			Mini Dip Jeannie									
4:30 PM			4:30-5:00									
5:00 PM				H. J. Adv. Jeannie					H. J. Adv. Jeannie			
5:30 PM				5:00-5:50					5:00-5:50			
6:00 PM												
6:30 PM	Aqua Zumba Fabiola											
7:00 PM	6:30-7:20											
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 Friday, August 30th at 4:00pm and will reopen on Tuesday, September 3rd.**

To locate the Aquatic 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 passes online go to [www.myactivecenter.com](http://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**