

September 2019 - OPC Aquatic Schedule

9-19 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				Core Strength				
7:30 AM				Adv. Peggy 7:00-7:50				Adv. Peggy 7:00-7:50				
8:00 AM	The Deep <i>Debbie B.</i>	Core Strength Susan			The Deep Margaret A.	Core Strength Debbie B.			The Deep <i>Robin</i>	The Core <i>Susan O.</i>	Liquid Boot Camp <i>Robin</i>	
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 <i>Debbie</i>		Making Waves Harlene C.		Aqua Strength & Interval <i>Debbie</i>		Making Waves <i>Susan</i>		Aqua Strength & Interval Margaret			
9:30 AM	9:00-9:50		9:00-9:50		9:00-9:50		9:00-9:50		9:00-9:50			
10:00 AM	Water Works <i>Debbie B.</i>		Aqua Fit Margaret A.	Healthy Joints Harlene C.	Water Works <i>Debbie B.</i>		Aqua Fit <i>Susan</i>	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. <i>Robin</i>					H.J. Adv. <i>Susan</i>					
12:30 PM		12:00-12:50					12:00-12:50					
1:00 PM		Healthy Joints <i>Robin</i>					Healthy Joints <i>Susan</i>					
1:30 PM		1:00-1:50		Core Strength <i>Jeannie</i>			1:00-1:50		Core Strength <i>Jeannie</i>			
2:00 PM	H2O Aerobics <i>Robin</i>			1:30-2:20	H2O Aerobics <i>Robin</i>				1:30-2:20	H2O Aerobics <i>Robin</i>		
2:30 PM	2:00-2:50		H2O Aerobics <i>Jeannie</i>		2:00-2:50					2:00-2:50		
3:00 PM			2:30-3:20									
3:30 PM												
4:00 PM			Mini Dip <i>Jeannie</i>									
4:30 PM			4:30-5:00									
5:00 PM				H. J. Adv. <i>Jeannie</i>				H. J. Adv. <i>Jeannie</i>				
5:30 PM				5:00-5:50			Aqua Yoga <i>Carol</i>		5:00-5:50			
6:00 PM							5:30-6:30					
6:30 PM	Aqua Zumba <i>Fabiola</i>											
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, 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: 7:00-3:30pm**

Aquatic Desk: 248-608-0293 Pool Manager: 248-608-0295 Night Supervisor: 248-608-0247