

SEPTEMBER 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)	All Levels Pickleball Ladder (Pre-reg. only) 8:00-1:00	\$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	Adv Pickleball Practice 12:00-2:00 (Pre-Reg. only) (COURT 1+2)	\$2 Table Tennis 1:00-4:00 (COURT 1+2)	\$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 Novice Pickleball 2:00-4:00 (COURT 1 & 2)	\$2 Novice Pickleball 1:00-4:00 (COURT 3+4)	\$2 Novice Pickleball 2:00-3:30
2:00 PM	----- \$2 Novice Pickleball 1:00-4:00 (COURT 3+4)	\$2 Basketball Shootaround 1:00-4:00 (COURT 3+4)	----- \$2 Novice Pickleball 2:00-4:00 (COURT 3+4)	----- Drills & Skills 2-4 (pre-reg. only) (COURT 3+4)		
3:00 PM						
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	Pickleball Round Robin (pre- reg. only) 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 OPC will be closed starting Friday, August 30th and will reopen on Tuesday, September 3rd.

To locate the Gym 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 and passes online go to 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.