

January 2020 - 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 Robin 8:00-8:45			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 Debbie B. 8:00-8:50	Liquid Boot Camp Peg 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 Robin 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 Robin 10:00-10:50		
10:30 AM												
11:00 AM												
11:30 AM												
12:00PM		H.J. Adv. Robin 12:00-12:50										
12:30 PM												
1:00 PM		Healthy Joints Robin 1:00-1:50										
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				H2O Aerobics Jeannie 2:30-3:20								
3:30 PM												
4:00 PM												
4:30 PM												
5:00 PM					H. J. Adv. Jeannie 5:00-5:50							
5:30 PM									H. J. Adv. Jeannie 5:00-5:50			
6:00 PM												
6:30 PM	Aqua Zumba Fabiola 6:30-7:20											
7:00 PM												
7:30 PM												
8:00 PM												
8:30 PM				Lap Swimming only								

*January 25th the therapy and lap pool will close at 10:30am for the Indoor Triathlon

\$3 Aqua Basketball 3:00-3:50

The OPC will be closed Tuesday, December 31st & Wednesday, January 1st for New Years.

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.

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