March 2020 - OPC Gym Schedule

650 Letica Drive • Rochester, MI 48307 • 248-656-1403 • www.opcseniorcenter.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM 8:00 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
9:00 AM 10:00 AM 11:00 AM 12:00 PM	$2 Int/Adv Pickleball 9:00-11:00 (No Mar 16*) *Indoor Golf Clinic 9:00-10:30 (3/16 only) $2 Softball Practice 11:00-12:00 Open Gym 12:00-1:00	Volleyball Tournament 9:00-1:00 (pre-paid)	(1) Free Beg. Pickleball Lessons 9:30-10:30 (2) Beg./Mentor Pickleball Games 10:30-11:30 $2 Int/Adv Pickleball 11:30-1:00	Volleyball Tournament 8:30-12:00 (pre-paid)	All Levels Pickleball Ladder 8:00-12:30 3/6 & 3/13 -------- Speed Pickleball (pre-reg) 9-11 on 3/27	$2 Basketball 9:00-11:30 $2 Volleyball 11:30-2:00
1:00 PM 2:00 PM 3:00 PM	*$2 Table Tennis 1:00-4:00 (COURT 1+2) ---------- $2 Novice Pickleball 1:00-4:00 (COURT 3+4)	$2 Novice Pickleball 1:00 - 4:00 (COURT 1+2) ---------- $2 Basketball Shootaround 1:00-4:00 (COURT 3+4)	*$2 Table Tennis 1:00-4:00 (COURT 1+2) ---------- $2 Novice Pickleball 2:00-4:00 (COURT 3+4)	Pickleball Adv Practice 1 12:00-2:00 (Pre-Reg. only) (CT 1+2) 2:00-4:00pm $2 Novice Pickleball (CT 1 &2) ---------- Pickleball Drills & Skills (pre-reg. only) (CT 3+4)	$2 Table Tennis 1:00-4:00 (COURT 1+2) ---------- $2 Novice Pickleball 1:00-4:00 (COURT 3+4)	$2 Novice Pickleball 2:00-3:30
4:00 PM 5:00 PM 6:00 PM 7:00 PM 8:00 PM	$2 All Levels Pickleball 4:00-6:00 $2 Badminton 6:00-8:30	$2 All Levels Pickleball 4:00-6:00 Pickleball Round Robin (3/3 & 3/10) 6:00-8:30 ---------- Int/Adv $2 Pickleball (no 3/3 & 3/10)	$2 All Levels Pickleball 4:00-6:30 $2 5-on-5 Basketball 6:30-8:30	$2 Int/Adv Pickleball 4:00-6:00 $2 Badminton 6:00-8:30	$2 Int/Adv Pickleball 4:00-6:00 $2 All Levels Pickleball 6:00-8:30	On Friday (3/20 ONLY) $2 Int/Adv Pickleball 9-11 ------- All Levels Pickleball 11-1

To locate the Gym Schedule at www.opcseniorcenter.org, go to the Activies 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.

In order to participate in the Wed 10:30 Beginner/Mentor Pickleball games you must be present for the 9:30 Beginner Lessons.

*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.