

March 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. 2-3 Peggy				Core Strength 1 Adv. Peggy 7:00-7:50				
7:30 AM												
8:00 AM	The Deep 3 Debbie B. 8:00-8:50	Core Strength 1 Robin 8:00-8:45	Aqua Cycle & Circuit 5 Peg/Deb		The Deep 3 Margaret A. 8:00-8:50	Core Strength 1 Debbie B. 8:00-8:50			The Deep 3 Robin 8:00-8:50	The Core 2 Debbie B. 8:00-8:50	Liquid Boot Camp 3 Peg 8:00-8:50	
8:30 AM												
9:00 AM	Aqua Strength & Interval 3 Debbie 9:00-9:50		Making Waves 1-2 Harlene C. 9:00-9:50		Aqua Strength & Interval 3 Debbie 9:00-9:50		Making Waves 1-2 Susan 9:00-9:50		Aqua Strength & Interval 3 Robin 9:00-9:50			
9:30 AM												
10:00 AM	Water Works 1-2 Debbie 10:00-10:50		Aqua Fit 2-3 Margaret A. 10:00-10:50	Healthy Joints 1 Harlene C. 10:00-10:50	Water Works 1-2 Debbie 10:00-10:50		Aqua Fit 2-3 Susan 10:00-10:50	Healthy Joints 1 Margaret A. 10:00-10:50	Water Works 1-2 Robin 10:00-10:50			
10:30 AM												
11:00 AM												
11:30 AM												
12:00 PM		H.J. Adv. 2 Robin 12:00-12:50					H.J. Adv. 2 Susan 12:00-12:50					
12:30 PM												
1:00 PM		Healthy Joints 1 Robin 1:00-1:50					Healthy Joints 1 Susan 1:00-1:50					
1:30 PM				Core Strength 1 Jeannie 1:30-2:20			Core Strength 1 Jeannie 1:30-2:20					
2:00 PM	H2O Aerobics 1 Robin 2:00-2:50		H2O Aerobics 2 Jeannie 2:30-3:20		H2O Aerobics 3 Robin 2:00-2:50				H2O Aerobics 1 Robin 2:00-2:50			
2:30 PM												
3:00 PM												
3:30 PM												
4:00 PM												
4:30 PM												
5:00 PM												
5:30 PM				H. J. Adv. 2 Jeannie 5:00-5:50			Aqua Yoga 2 Carol 5:40-6:30	Aqua Zumba 2-3 Fabiola 5:30-6:20	H. J. Adv. 2 Jeannie 5:00-5:50			
6:00 PM												
6:30 PM	Aqua Zumba 2-3 Fabiola 6:30-7:20											
7:00 PM												
7:30 PM			Lap Swimming only				Aqua Cycle & Circuit 5 JT 7:00-7:45		Lap Swimming Only			
8:00 PM												
8:30 PM												

The number next to the class name indicates the difficulty level

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