

# January 2022 - OPC Aquatic Schedule

1-22 FA Pool Schedule

650 Letica Drive • Rochester, MI 48307 • 248-656-1403 • [www.opcseniorcenter.org](http://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
8:00 AM				Healthy Joints w/Margaret 8:00am	The Deep w/Margaret A. 8:00am				The Deep w/Sabrina 8:00a-8:50a		Aqua Mix w/Dawn 8:00a-8:50a	
8:30 AM												
9:00 AM		Healthy Joints w/Debbie 9:00am			AQ Strength & Core w/Peggy 9:00am	Water Works w/Cecilia 9:00am			AQ Muscles in Motion w/Debbie 9:00am			
9:30 AM												
10:00 AM	Making Waves w/Debbie 10:00am					Balance & Stability w/Cecilia 10:00am				Balance & Stability w/Debbie 10:00am		
10:30 AM				Aqua Yoga w/Carol 10:15am								
11:00 AM												
11:30 AM												
12:00PM												
12:30 PM												
1:00 PM												
1:30 PM					Making Waves w/Cecilia 1:00p							
2:00 PM						Healthy Joints w/Cecilia 2:00pm	Swim Lessons w/Heidi (Lanes 3 & 4) 2:00pm					
2:30 PM	Open Aqua Bikes 2pm-4pm (Lane1)									Aqua Yoga w/Debi 2:30p-3:20p		
3:00 PM							Swim Lessons w/Heidi (Lanes 3 & 4) 3:00pm					
3:30 PM												
4:00 PM												
4:30 PM												
5:00 PM					Pool Gym Circuit w/JT 4:45pm							
5:30 PM	Aqua Zumba w/Fabiola 5:45pm		Aqua Zumba w/Fabiola 5:45pm									
6:00 PM												
6:30 PM												
7:00 PM						Healthy Joints w/Dawn 6:30pm						

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](http://www.opcseniorcenter.org), go to the Activities tab and click on Fitness & Aquatics. The schedules are located at the bottom of the Fitness & Aquatic page.

To register for classes passes online go to [www.myactivecenter.com](http://www.myactivecenter.com).

Pool Hours of Operation: Monday - Thursday: 8:00am-7:45pm Friday: 8:00am-3:45pm Saturday: 8:00am-1:45pm

Aquatic Desk: 248-608-0293 | Mandy: 248-608-0278 | Heidi: 248-659-1021 | Night Coordinator: 248-608-0247