

# January 2022 OPC Gym Schedule

650 Letica Drive • Rochester, MI 48307 • 248-656-1403 • [www.opcseniorcenter.org](http://www.opcseniorcenter.org)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	Free Open Gym 8:00-9:30	Free Open Gym 8:00-10:00	Free Open Gym 8:00-9:30	Free Open Gym 8:00-10:00	Pickleball Ladder League  (pre-registered) 8:00 - 12:00	\$2 All Levels pickleball 8:00-9:30
9:00 AM						\$2 5v5 basketball 9:30-11:00
10:00 AM	\$2 Interm./Adv. Pickleball 9:30-11:00	\$2 Volleyball 10:00-12:00	(1) \$2 Pickleball 101 9:30-10:30 (Court 1 pre-reg.) (2) \$2 Pickleball 102 Beg./Mentor Games 9:30-11:00 (Courts 2-4)	\$2 Pickleball All Levels 10:00-12:00		\$2 Volleyball 11:00-12:30
11:00 AM			\$2 Interm./Adv. Pickleball 11:00-1:00			\$2 Novice pickleball 12:30-2:00
12:00 PM	\$2 Pickleball 201 Pre-regstration 11:00-1:00	\$2 Basketball Shoot Around 12:00 - 1:30	\$2 Table Tennis 1:00-4:00 (COURT 1+2) ----- \$2 Novice 1-2:30 & 2:30-4 (COURT 3+4)	\$2 Inter./Adv. Pickleball 12:00-2:00		\$2 Novice pickleball 12:30-2:00
1:00 PM						
2:00 PM	\$2 Table Tennis 1:00-4:00 (COURT 1+2) ----- \$2 Novice Pickleball 1-2:30 & 2:30-4 (COURT 3+4)	Pickleball 301 1:45-3:45 pre-register (courts 1+2) ----- \$2 Intermediate Pickleball 1:45 - 3:45 (3+4) (1/4/22 all courts)	\$2 Table Tennis 1:00-4:00 (COURT 1+2) ----- \$2 Novice 1-2:30 & 2:30-4 (COURT 3+4)	\$2 Novice Pickleball 2:00 - 4:00	\$2 Table Tennis 1:00-4:00 (COURT 1+2) ----- \$2 All Levels Pickleball 1-2:30 & 2:30-4 (COURT 3+4)	<b>CLOSED</b>
3:00 PM						
4:00 PM	\$2 Interm./Adv. Pickleball 4:00-6:00	\$2 Novice Pickleball 4:00-6:00	\$2 Intermediate Pickleball 4:00-6:00	\$2 All Levels 4:00-6:00	<b>CLOSED</b>	<b>CLOSED</b>
5:00 PM						
6:00 PM	\$2 Novice Pickleball 6:00-8:00	\$2 All Levels Pickleball 6:00-8:00	\$2 5v5 Basketball 6:00-8:00	\$2 Badminton 6:00-8:00	<b>CLOSED</b>	<b>CLOSED</b>
7:00 PM						

To locate the Gym Schedule at [www.opcseniorcenter.org](http://www.opcseniorcenter.org), go to the Activities tab and click on Fitness & Aquatics. The schedules are located to near the bottom on the Fitness & Aquatic page. To register for classes and passes online go to [www.myactivecenter.com](http://www.myactivecenter.com).

\*Note: Locker Room hours M-Th 7:45am - 8:00pm | Fri. 7:45am - 4:00pm | Sat. 7:45am - 2:00pm

*Please DO NOT check in for gym programs more than 15 minutes before the start of your program!*