

September 2022 - OPC Aquatic Schedule

9-22 F&A Pool 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
8:00 AM					The Deep 8:00am						Aqua Mix 8:00a	
8:30 AM			The Deep 8:30am									
9:00 AM	AQ Strength & Core 9:00am			Healthy Joints 9:00am	AQ Strength & Core 9:00am	Water Works 9:00am				AQ Strength & Core 9:00am		Competitive Lap Swim 9:00am
9:30 AM			Making Waves 9:30am									
10:00 AM		Balance & Stability 10:00am		Aqua Yoga 10:15am		Balance & Stability 10:00am		Aqua Yoga 9:45am		Balance & Stability 10:00am		
10:30 AM												
11:00 AM												
11:30 AM												
12:00PM												
12:30 PM												
1:00 PM					Making Waves 1:00p							
1:30 PM												
2:00 PM						Healthy Joints 2:00pm						
2:30 PM	Open Aqua Bikes 2pm-4pm (Lane1)										Aqua Yoga 2:30p	
3:00 PM							Swim Lessons (Lanes 3 & 4) 3:00pm					
3:30 PM												
4:00 PM												
4:30 PM												
5:00 PM	Aqua Zumba 5:15pm											
5:30 PM			Aqua Zumba 5:45pm		Open Aqua Bikes 5pm-7pm (Lane1)			Aqua Zumba 5:45pm				
6:00 PM												
6:30 PM						Healthy Joints 6:30pm						
7:00 PM												

During designated class times, open swimmers may may not be allowed to enter the therapy or lap pool based on class size and other factors.

To locate the Aquatic Schedule at www.opcseniorcenter.org, go to the Activies tab and click on Fitness & Aquatics. The schedules are located on the right side of the Fitness & Aquatic page.

To register for classes passes online go to 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