

# November 2022 - OPC Aquatic Schedule

11-22 F&A 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					The Deep 8:00am				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					Aqua Yoga 9:45am				
10:00 AM		Balance & Stability 10:00am		Aqua Yoga 10:15am		Balance & Stability 10:00am				Balance & Stability 10:00am		
10:30 AM												
11:00 AM				Water Works 11:10am			Pool Gym Circuit Training 11:00am					
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				Open Aqua Bikes 5pm-7pm (Lane1)							
5:30 PM			Aqua Zumba 5:45pm				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](http://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.

**Note: The OPC will close Wednesday November 23rd at 4pm and reopen Monday November 28th in observance of Thanksgiving**

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**