

December 2022 - OPC Aquatic Schedule

12-22 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				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				Balance & Stability 10:00am		
10:30 AM												
11:00 AM				Water Works 11:10am								
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)						Swim Lessons (Lanes 3 & 4) 3:00pm			Aqua Yoga 2:30p		
3:00 PM												
3:30 PM												
4:00 PM												
4:30 PM												
5:00 PM												
5:30 PM	Aqua Zumba 5:15p				Open Aqua Bikes 5pm-7pm (Lane1)							
6:00 PM			Aqua Zumba 5:45p					Aqua Zumba 5:45p				
6:30 PM	Pool Gym Circuit 6:30pm					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 schedules 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.

Grandkid swim will take place December 27th from 1p-4p. Open swim will not be available at this time and you must be pre-registered to participate in the event.

Note: The OPC will close Friday Dec. 23rd at 4pm and reopen Tuesday Dec. 27th in observance of Christmas. The OPC will also be closed Saturday Dec. 31st & Jan 1st

To register for classes 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