

March 2023 - OPC Aquatic Schedule

3-23 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 Swim 9:00am	
9:30 AM			Making Waves 9:30am					Aqua Yoga 9:30am				
10:00 AM		Balance & Stability 10:00am		Aqua Yoga 10:15am		Balance & Stability 10:00am						
10:30 AM												
11:00 AM				Water Works 11:10am			Pool Gym Circuit 11:00am					
11:30 AM												
12:00PM												
12:30 PM												
1:00 PM					Making Waves 1:00pm							
1:30 PM												
2:00 PM						Healthy Joints 2:00pm						
2:30 PM	Open Aqua Bikes 2pm-4pm (Lane1)											
3:00 PM							Swim Lessons 3:00pm					
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												
Closed												

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.

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