

March 2023 OPC Gym Schedule

650 Letica Drive • Rochester, MI 48307 • 248-656-1403 • 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 (Court 1-3) ----- Private Lesson 8:00 - 10:00 (court 4 - when marked) | Pickleball Ladder League (pre-reg) 8:00 - 12:00 ----- 3/17 Speed Pickleball Tournament (Pre-reg) 9:00 - 11:00 ----- 3/17 \$2 Interm./Advanced 11:30-1:00 ----- Beginner Group Clinic (pre-reg.) 3/24 8-10am 3/31 8-10am 3/31 10-12pm | \$2 Intermediate Pickleball 8:00-9:30 |
| 9:00 AM | | | | | | |
| 10:00 AM | \$2 Intermediate Pickleball 9:30-11:00 | \$2 Novice Pickleball 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 (Court 2-4) | \$2 Intermediate Pickleball 10:00-12:00 | ----- 3/24 8-10am 3/31 8-10am 3/31 10-12pm | \$2 5v5 basketball 9:30-11:00 |
| 11:00 AM | | | | | | |
| 12:00 PM | Pickleball 201 Pre-registration required (Full Series) 11:00-1:00 | \$2 Basketball Shoot Around 12-1:30 (1 &2) ----- \$2 Basketball 1/2 Court 12 - 1:30 (3&4) | \$2 Interm./Adv. Pickleball 11:00-1:00 | \$2 Advanced Pickleball 12:00-2:00 | 3/24 & 3/31 \$2 Pickleball (3&4) Advanced 8:00-10:00 Interm. 10:00 - 12:00 | \$2 Volleyball 11:00-12:30 |
| 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) | 3/14-3/28 Pickleball 301 1:45-3:45 pre-reg. (courts 1+2) ----- 3/7 Beginner Group Clinic 1:45-3:45 pre- register (Courts 1+2) ----- \$2 Intermediate Pickleball 1:45 - 3:45 (3+4) | \$2 Table Tennis 1:00-4:00 (COURT 1+2) ----- \$2 Novice Pickleball 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 Novice Pickleball 1-2:30 & 2:30-4 (COURT 3+4) | \$2 Novice pickleball 12:30-2:00 |
| 3:00 PM | | | | | | |
| 4:00 PM | Advanced Invitational 4-6 (pre-reg.) | \$2 Novice Pickleball 4:00-6:00 | \$2 Intermediate Pickleball 4:00-6:00 | \$2 Intermediate Pickleball 4:00-6:00 | CLOSED | CLOSED |
| 5:00 PM | | | | | | |
| 6:00 PM | \$2 Badminton 6:00-8:00 (COURT 1+2) ----- \$2 Novice Pickleball 6:00-8:00 (COURT 3+4) | \$2 Intermediate Pickleball 6:00-8:00 | \$2 5v5 Basketball 6:00-8:00 | \$2 Badminton 6:00-8:00 (COURT 1+2) | CLOSED | CLOSED |
| 7:00 PM | | | | | | |

F&A Raffle Winner chosen 3/17 @12pm in the gym (need not be present to win) 1 ticket \$10, 3 for \$25

To locate the Gym Schedule at www.opcseniorcenter.org, go to the Activies tab and click on Fitness & Aquatics. The schedules are located on the right. To register for classes and passes online go to 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!