

May 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-registered) 8:00 - 12:00	\$2 Intermediate / Advanced pickleball 8:00-9:30
9:00 AM						\$2 5v5 basketball 9:30-11:00
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		\$2 Volleyball 11:00-12:30
11:00 AM	Pickleball 201 Pre-registration required (Full Series) 11:00-1:00		\$2 Intern./Adv. Pickleball 11:00-1:00			\$2 Advanced Pickleball 12:00-2:00
12:00 PM	\$2 Table Tennis 1:00-4:00 (COURT 1+2) ----- \$2 Novice Pickleball 1-2:30 & 2:30-4 (COURT 3+4)	\$2 Basketball Shoot Around 12-1:30 (1 &2) ----- \$2 Basketball 1/2 Court 12 - 1:30 (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
1:00 PM		Pickleball 301 1:45-3:45 pre-reg. (courts 1+2) ----- \$2 Intermediate Pickleball 1:45 - 3:45 (3+4)				\$2 Novice Pickleball 4:00-6:00
2:00 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
3:00 PM						
4:00 PM	Advanced Invitational 4-6 (pre-reg.)	\$2 Intermediate Pickleball 6:00-8:00	\$2 5v5 Basketball 6:00-8:00	\$2 Badminton 6:00-8:00 (COURT 1+2)		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
7:00 PM						

Building Closes Friday 5/26 at 4pm and re-opens Tuesday 5/30 at 8am

To locate the Gym Schedule at www.opcseniorcenter.org, go to the Activities 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!