

# JULY 2017 - OPC Aquatic Schedule

	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
7:00 AM				Core Strength Adv. Peggy 7:00-7:50				Core Strength Adv. Peggy 7:00-7:50				
7:30 AM												
8:00 AM	The Deep Debbie B. 8:00-8:50	Core Strength Shelley 8:00-8:50			The Deep Deb Lane 8:00-8:50	Core Strength Shelley 8:00-8:50			Aqua Interval Debbie B. 8:00-8:50	The Core Shelley 8:00-8:50	*Liquid Boot Camp Peggy 8:00-8:50	
8:30 AM												
9:00 AM	Aqua Interval Debbie B. 9:00-9:50		Making Waves Carol Q 9:00-9:50				Making Waves Susan 9:00-9:50		Aqua Strength Debbie B. 9:00-9:50am			
9:30 AM												
10:00 AM	Water Works Debbie B. 10:00-10:50		Aqua Fit Shelley 10:00-10:50	Healthy Joints Carol Q 10:00-10:50	Water Works Carol Q. 10:00-10:50		Aqua Fit Susan 10:00-10:50	Healthy Joints Shelley 10:00-10:50	Water Works Debbie B. 10:00-10:50			
10:30 AM						Crittenton Physical Therapy 10:30-11:30						
11:00 AM												
11:30 AM												
12:00PM		H.J. Adv. Robin 12:00-12:50				H.J. Adv. Susan 12:00-12:50						
12:30 PM		Healthy Joints Robin 1:00-1:50				Healthy Joints Susan 1:00-1:50						
1:00 PM												
1:30 PM				Core Strength Jeannie 1:30-2:20				Core Strength Jeannie 1:30-2:20				
2:00 PM	*H2O Aerobics Robin 2:00-2:50				*H2O Aerobics Robin 2:00-2:50				*H2O Aerobics Robin 2:00-2:50			
2:30 PM			*H2O Aerobics Jeannie 2:30-3:20									
3:00 PM												
3:30 PM												
4:00 PM												
4:30 PM												
5:00 PM												
5:30 PM				H. J. Adv. Jeannie 5:00-5:50				H. J. Adv. Jeannie 5:00-5:50				
6:00 PM												
6:30 PM	*Aqua Zumba Robin 6:30-7:20				*Aqua Zumba Ron 5:45-6:35							
7:00 PM												
7:30 PM			Swim Team Kurt 7:00-8:30	<b>THErapy POOL CLOSED</b>			Swim Team Kurt 7:00-8:30	<b>THErapy POOL CLOSED</b>				
8:00 PM												
8:30 PM												

**\*Crittenton Fitness Challenge classes**

Pool Hours of Operation: Monday, Wednesday & Friday: 7:00am-8:30pm, Tuesday & Thursday: 7:00am-7:00pm, Saturday: 7:00am-11:30am

Aquatic Desk: 248-608-0293 ----- Pool Manager: 248-608-0295 ----- Night Supervisor: 248-608-0247

**OPC is closed Monday, July 3rd and Tuesday, July 4th**

**Punch Cards can be used to drop-in to any fitness, aquatic, or cycling classes that offer a drop-in fee BUT THIS EXCLUDES PREMIUM CLASSES (Drop-in cost of above \$6) which includes: Fit & 50 Barre, Beg. Tai Chi (Wu Style), Beg. Tai Chi (Yang Style), Beg. Low Impact Ballet, Dance for Parkinson's, Yoga (B) and (Beg.) Yoga (A).**

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