

October 2021 OPC Gym Schedule

650 Leticia Drive • Rochester, MI 48307 • 248-656-1403 • www.opcseniorcenter.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:00 AM	Open Gym 8:00-9:30	Open Gym 8:00-10:00	Open Gym 8:00-9:30	Open Gym 8:00-10:00	All Levels Pickleball Ladder (Pre-reg. only) 8:00-12:30	CLOSED	
9:00 AM							
10:00 AM	\$2 Interm. Pickleball 9:30-11:00	\$2 Advanced Pickleball 10:00-12:00	(1) \$2 Beg. Pickleball Lesson 9:30-10:30 (Court 1 pre-reg.) (2) \$2 Beg./Mentor Pickleball Games 9:30-11:00 (Courts 2-4)	\$2 Pickleball All Levels 10:00-12:00			
11:00 AM	Novice/Low Intermediate Pickleball Lessons Pre-regstration 11:00-1:00		\$2 Novice Pickleball 11:00-1:00				
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 12:00 - 1:30	\$2 Table Tennis 1:00-4:00 (COURT 1+2) ----- \$2 Intermediate Pickleball 1-2:30 & 2:30-4 (COURT 3+4)	\$2 Advanced Pickleball 12:00-2:00			
1:00 PM		Pickleball Skills & Drills 1:45-3:45 pre-register (courts 1+2) ----- \$2 Intermediate Pickleball 1:45 - 3:45 (3+4)		\$2 Novice Pickleball 2:00 - 4:00			\$2 Table Tennis 1:00-4:00 (COURT 1+2) ----- \$2 All Levels 1-2:30 & 2:30-4 (COURT 3+4)
2:00 PM	\$2 Advanced Pickleball 4:00-6:00	\$2 Novice Pickleball 4:00-6:00	\$2 Advanced Pickleball 4:00-6:00	\$2 Intermediate Pickleball 4:00-6:00	CLOSED		
3:00 PM							
4:00 PM	\$2 Novice Pickleball 6:00-8:00	\$2 All Levels Pickleball 6:00-8:00	\$2 5v5 Basketball 6:00-8:00	\$2 Badminton 6:00-8:00			
5:00 PM							
6:00 PM	\$2 Novice Pickleball 6:00-8:00	\$2 All Levels Pickleball 6:00-8:00	\$2 5v5 Basketball 6:00-8:00	\$2 Badminton 6:00-8:00			
7:00 PM							

Note: Locker rooms close at 8pm Monday-Thursday and at 4pm Fridays

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

Please DO NOT check in for gym programs more than 15 minutes before the start of your program!