

# MAY 2019 - OPC Gym Schedule

650 Letica Drive • Rochester, MI 48307 • 248-656-1403 • [www.opcseniorcenter.org](http://www.opcseniorcenter.org)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	<b>Open Gym</b> 6:30-9:00	<b>Open Gym</b> 6:30-9:00	<b>Open Gym</b> 6:30-9:15	<b>Open Gym</b> 6:30-8:30	<b>Open Gym</b> 6:30-8:00	\$2 All Levels Pickleball 7:00-9:00
8:00 AM						
9:00 AM	<b>\$2 Int/Adv</b> <b>Pickleball</b> 9:00-11:00	<b>Volleyball</b> <b>Tournament</b> 9:00-1:00 (pre-paid)		(1) Free Beg. Pickleball Lessons 9:30-10:30	<b>Volleyball</b> <b>Tournament</b> 8:30-12:00 (pre-paid)	All Levels Pickleball Ladder (Pre-reg. only) (No 5/24) 8:00-12:30 ----- 5/24 only Pickleball \$2 Int/Adv 9-11am \$2 All Levels 11:00-1:00
10:00 AM			(2) Beg./Mentor Pickleball Games 10:30-11:30			
11:00 AM	<b>\$2 Beg/Int</b> <b>Pickleball</b> <b>Practice</b> 11:00-1:00		\$2 Int/Adv Pickleball 11:30-1:00	\$2 Adv Pickleball Practice 12:00-2:00 (COURT 1+2)		
12:00 PM		\$2 Novice Pickleball 1:00 - 4:00 (COURT 1+2)	\$2 Novice Tennis 1:00-4:00 (COURT 1+2)	\$2 Novice Pickleball 2:00-4:00 (COURT 3+4)	\$2 Novice Pickleball 2:00-3:30	
1:00 PM	* <b>\$2 Table</b> <b>Tennis</b> 1:00-4:00 (COURT 1+2)	\$2 Novice Pickleball 1:00 - 4:00 (COURT 1+2)	\$2 Novice Tennis 1:00-4:00 (COURT 1+2)	\$2 Novice Pickleball 2-4pm (COURT 1+2)	\$2 Novice Pickleball 1:00-4:00 (COURT 3+4)	
2:00 PM	\$2 Novice Pickleball 1:00-4:00 (COURT 3+4)	\$2 Basketball Shootaround 1:00-4:00 (COURT 3+4)	\$2 Novice Pickleball 2:00-4:00 (COURT 3+4)	Drills & Skills Level 1 2-4pm (COURT 3+4)		
3:00 PM	\$2 All Levels Pickleball 4:00-6:00	\$2 All Levels Pickleball 4:00-6:00	\$2 All Levels Pickleball 4:00-6:30	\$2 Int/Adv Pickleball 4:00-6:00	\$2 Int/Adv Pickleball 4:00-6:00	
4:00 PM	\$2 Badminton 6:00-8:30	Pickleball Round Robin (pre- reg. only) 6:00-8:30	\$2 5-on-5 Basketball 6:30-8:30	\$2 Badminton 6:00-8:30	\$2 All Levels Pickleball 6:00-8:30	
5:00 PM						
6:00 PM						
7:00 PM						
8:00 PM						
<b>The building will be closed from Friday, May 24th at 4:00pm and will reopen on Tuesday, May 28th</b>						
To locate the Gym Schedule at <a href="http://www.opcseniorcenter.org">www.opcseniorcenter.org</a> , 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 <a href="http://www.myactivecenter.com">www.myactivecenter.com</a> .						
<i>During designated open gym times, Pickleball Tutor Machine Rental will be given 1st priority.</i>						
<b>In order to participate in the Wed 10:30 Beginner/Mentor Pickleball games you must be present for the 9:30 Beginner Lessons. This is a one time only lesson.</b>						
*Free beg. Table tennis lessons from 1:00-2:00 on Wednesdays and Fridays. Lessons include learning about the rules and basic techniques of the game. One time only lesson. Participaton after first lesson is \$2 drop-in.						