

May 2019 - OPC Aquatic Schedule

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

	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 Susan 8:00-8:50			The Deep Margaret A. 8:00-8:50	Core Strength Debbie B. 8:00-8:50			The Deep Monika. 8:00-8:50	The Core Susan O. 8:00-8:50	Liquid Boot Camp Peg 8:00-8:50	
8:30 AM												
9:00 AM	Aqua Strength & Interval Debbie 9:00-9:50		Making Waves Harlene C. 9:00-9:50		Aqua Strength & Interval Debbie B. 9:00-9:50			Making Waves Susan 9:00-9:50		Aqua Strength & Interval Monika 9:00-9:50		
9:30 AM												
10:00 AM	Water Works Debbie B. 10:00-10:50		Aqua Fit Margaret A. 10:00-10:50	Healthy Joints Harlene C. 10:00-10:50	Water Works Debbie B. 10:00-10:50			Aqua Fit Susan 10:00-10:50	Healthy Joints Margaret A. 10:00-10:50	Water Works Monika 10:00-10:50		
10:30 AM												
11:00 AM												
11:30 AM												
12:00PM		H.J. Adv. Robin 12:00-12:50										
12:30 PM		Healthy Joints Robin 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												
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 Fabiola 6:30-7:20											
7:00 PM												
7:30 PM												
8:00 PM												
8:30 PM				Lap Swimming only				Lap Swimming Only				

During designated class times, open swimmers may be allowed or excluded from entering the therapy or lap pool based on class size and other factors.

The pool will close at 1:00 on Saturday, May 4th for Spencer Park Lifeguard Training.

The building will be closed from Friday, May 24th at 4:00pm and will reopen on Tuesday, May 28th

To locate the Aquatic Schedule at www.opcseniorcenter.org, go to the Activities tab and click on Fitness & Aquatics. The schedules are located to the right on the Fitness & Aquatic page.

To register for classes passes online go to www.myactivecenter.com.

Pool Hours of Operation: Monday - Friday: 7:00am-8:30pm Saturday: 7:00-3:30pm