

July 2022 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	Pickleball Ladder League (pre-reg) 8:00 - 12:00	\$2 Pickleball 8:00-10:00 ----- Inter./Adv. (Court 1&2) ----- Novice (Court 3&4)
9:00 AM						
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 5v5 basketball 10:00-12:00
11:00 AM						
12:00 PM	\$2 All Levels Pickleball 11:00-1:00	\$2 Basketball Shoot Around 12:00 - 1:30	\$2 Interm./Adv. Pickleball 11:00-1:00	\$2 Advanced Pickleball 12:00-2:00		CLOSED
1:00 PM						
2:00 PM	\$2 Table Tennis 1:00-4:00 (COURT 1+2) ----- \$2 Novice Pickleball 1-2:30 & 2:30-4 (COURT 3+4)	Pickleball 301 1:45-3:45 pre-register (courts 1+2) ----- \$2 Intermediate Pickleball 1:45 - 3:45 (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)	
3:00 PM						
4:00 PM	Adv. Invitational Pickleball (pre-registered) 4:00-6:00	\$2 Novice Pickleball 4:00-6:00	\$2 Intermediate Pickleball 4:00-6:00	\$2 Intermediate Pickleball 4:00-6:00	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)		
7:00 PM						

Saturday July 2nd - Monday July 4th, Building Closed and re-opens Tuesday July 5th

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 - 12:00pm

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