

# July 2022 - OPC Aquatic Schedule

7-22 F&A Pool Schedule

650 Letica Drive • Rochester, MI 48307 • 248-656-1403 • [www.opcseniorcenter.org](http://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
8:00 AM					The Deep 8:00am						Aqua Mix 8:00a	
8:30 AM												
9:00 AM	AQ Strength & Core 9:00am		The Deep 9:00am	Healthy Joints 9:00am	AQ Strength & Core 9:00am	Water Works 9:00am			AQ Strength & Core 9:00am		Competitive Lap Swim 9:00am	
9:30 AM							Aqua Yoga 9:30am					
10:00 AM		Balance & Stability 10:00am	Making Waves 10:00am	Aqua Yoga 10:15am		Balance & Stability 10:00am				Balance & Stability 10:00am		
10:30 AM												
11:00 AM												
11:30 AM												
12:00PM												
12:30 PM												
1:00 PM					Making Waves 1:00p							
1:30 PM												
2:00 PM						Healthy Joints 2:00pm						
2:30 PM	Open Aqua Bikes 2pm-4pm (Lane1)									Aqua Yoga 2:30p		
3:00 PM							Swim Lessons (Lanes 3 & 4) 3:00pm					
3:30 PM												
4:00 PM												
4:30 PM												
5:00 PM												
5:30 PM	Aqua Zumba 5:15pm		Aqua Zumba 5:45pm				Aqua Zumba 5:45pm					
6:00 PM												
6:30 PM						Healthy Joints 6:30pm						
7:00 PM												

During designated class times, open swimmers may may not be allowed to enter the therapy or lap pool based on class size and other factors.

To locate the Aquatic Schedule at [www.opcseniorcenter.org](http://www.opcseniorcenter.org), go to the Activies tab and click on Fitness & Aquatics. The schedules are located on the right side of the Fitness & Aquatic page.

To register for classes passes online go to [www.myactivecenter.com](http://www.myactivecenter.com).

**Pool Hours of Operation:** Monday - Thursday: 8:00am-7:45pm Friday: 8:00am-3:45pm Saturday: 8:00am-11:45pm

**Aquatic Desk:** 248-608-0293 | Mandy: 248-608-0278 | Heidi: 248-659-1021 | Night Coordinator: 248-608-0247