

October 2023 - OPC Aquatic Schedule

10-23 F&A Pool 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
8:00 AM	The Deep 8:00am				The Deep 8:00am						Aqua Mix 8:00a	
8:30 AM			The Deep 8:30am									
9:00 AM	AQ Strength & Core 9:00am			Healthy Joints 9:00am	AQ Strength & Core 9:00am	Water Works 9:00am				AQ Strength & Core 9:00am		Competitive Swim 9:00am
9:30 AM			Making Waves 9:30am					Aqua Yoga 9:30am				
10:00 AM		Balance & Stability 10:00am		Aqua Yoga 10:15am		Balance & Stability 10:00am					Balance & Stability 10:00am	
10:30 AM												
11:00 AM							Aqua Mix 11:00am					
11:30 AM												
12:00PM								Water Works 12:00pm				
12:30 PM												
1:00 PM												
1:30 PM					Making Waves 1:00pm							
2:00 PM						Healthy Joints 2:00pm	Making Waves 2:00pm					
2:30 PM	Open Aqua Bikes 2pm-4pm (Lane1)										Aqua Yoga 2:30p	
3:00 PM								Healthy Joints 3:00pm				
3:30 PM												
4:00 PM												
4:30 PM												
5:00 PM												
5:30 PM	Aqua Zumba 5:15p											
6:00 PM			Aqua Zumba 5:45p		Open Aqua Bikes 5pm-7pm (Lane1)			Aqua Zumba 5:45p				
6:30 PM												
7:00 PM	Aqua Bike Circuit 6:30pm					Healthy Joints 6:30pm						

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 schedules at 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.

The pool is CLOSED Thursday, October 5th until 1pm

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

Pool Hours of Operation: Monday - Thursday: 8:00am-7:45pm Friday: 8:00am-3:45pm Saturday: 8:00am-1:45pm

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