

August 2026 - OPC Aquatic Schedule

Copy of 8-26 FA Pool Schedule

650 Letica Drive • Rochester, MI 48307 • 248-656-1403 • www.OPCcenter.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	Challenge Your Core 8:00am	The Deep 8:00am			Challenge Your Core 8:00am			Aqua Mix 8:00a			
8:30 AM														
9:00 AM	AQ Strength & Core 9:00am		AQ Strength & Core 9:00am	Healthy Joints 9:00am	AQ Strength & Core 9:00am	Water Works 9:00am	AQ Strength & Core 9:00am	Water Works 9:00am	AQ Strength & Core 9:00am		Competitive Swim 9:00am			
9:30 AM														
10:00 AM		Balance & Stability 10:00am		Aqua Yoga 10:15am		Balance & Stability 10:00am		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														
1:30 PM									Healthy Joints 1:00pm					
2:00 PM									Healthy Joints 2:00pm					
2:30 PM														
3:00 PM														
3:30 PM														
4:00 PM														
4:30 PM														
5:00 PM														
5:30 PM	Aqua Zumba 5:15p													
6:00 PM			Aqua Zumba 5:35p		Aqua Zumba 5:35p									
6:30 PM	Aqua Circuit Training 6:30pm					Healthy Joints 6:30pm								
7:00 PM														

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.

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 | Delaney: 248-608-0278 | Erin: 248-659-1021 | Night & Weekend Coordinator: 248-608-0247