

October 2026 - OPC Aquatics 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						Aqua Yoga 11:45am						
12:30 PM												
1:00 PM						Healthy Joints 1:00pm						
1:30 PM												
2:00 PM			Swim Lessons 2:00pm (Lane 1 & 2)			Healthy Joints 2:00pm						
2:30 PM			Swim Lessons 2:45pm (Lane 1 & 2)									
3:00 PM			Swim Lessons 3:25pm (Lane 2 & 3)									
3:30 PM												
4:00 PM												
4:30 PM												
5:00 PM												
5:30 PM	Aqua Zumba 5:15p				Aqua Zumba 5:35p							
6:00 PM			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.

The Therapy Pool shallow and deep ends are closed to open swim when fitness classes are taking place. Members may still use the ramp or stairs during these times. The lap pool will be closed for open swim when an exercise class reaches high attendance or capacity.

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