

East Portland Community Center * 740 SE 106th Ave, 97216 * (503) 823-3450

Winter 2015 Drop-In Schedule: effective January 5 - April 5, 2015

Our one visit drop-in admission fee, 20-visit card, Active Pass, 3-month & annual passes each provide access (all on a first come-first served basis) to the fitness center, water exercise, whirlpool spa, lap swim, open play swim, family swim, parent/preschool swim, indoor park, Family Fun Night, family open gym, adult open basketball & volleyball. See guide for drop-in group exercise class schedule. Swim lessons, senior fitness classes, Messy Art Park & other classes, rentals & parties are each offered at a separate fee. **Hours subject to change.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Play Swim Non Swimmers or Children under 48" in height must be accompanied within an arm's reach by an adult in the water. ** Leisure pool only.	7pm-9pm**		7pm-9pm**		7pm-9pm**	1-5pm	1-4:30pm
Family Swim Children 17 & under must be accompanied by an adult in the water; non-swimmers & children under 48" in height must stay within an arm's reach of an adult. *Slide not available. Leisure Pool Only.		11:30am-1pm*		11:30am-1pm*	11:30am-1pm 5:30pm-7pm	11:30am-1pm	11:30am-1pm
Parent/Preschool Swim Children 5 & under, accompanied by an adult in the water; non-swimmers & children under 48" in height must stay within an arm's reach of an adult. *Slide not available. Leisure Pool Only.					9:30am-11:30am*		
Slide Available Red slide available during the listed open swims; see definition of Open Play Swim & Family Swim for guidelines; children must be 48" tall or with adult.	<i>Open Play Swim:</i> 7pm-9pm		<i>Open Play Swim:</i> 7pm-9pm		<i>Family Swim:</i> 11:30am-1pm & 5:30pm-7pm <i>Open Play Swim:</i> 7-9pm	<i>Family Swim:</i> 11:30am-1pm <i>Open Play Swim:</i> 1-5pm	<i>Family Swim:</i> 11:30am-1pm <i>Open Play Swim:</i> 1-4:30pm
Lap Swim- in the Lap Pool Number of lanes available varies. Space may be limited during training classes; see page 36-37.	6-8:25am, 9:30am-5:45pm, 8pm-9pm	6-8:25am, 9:30am-6:45pm	6-8:25am, 9:30am-5:45pm, 8pm-9pm	6-8:25am, 9:30am-6:45pm	6-8:25am, 9:30am-9pm, (lanes vary)	7-8:55am 11am-1pm	11am-1pm (all lanes) 1-5pm (2 lanes)
Lap Swim- in the Leisure Pool Number of lanes available varies. Not held on school days out (see pg 15).		1-2pm		1-2pm	1-2pm		
Senior / Adaptive Swim Not held on school days out .		1-2pm		1-2pm	1-2pm		
Aqua Superfit		6:55-7:50pm		6:55-7:50pm			
Aquaerobics (Shallow)	8:30-9:25am 5:55-6:50pm		8:30-9:25am 5:55-6:50pm		8:30-9:25am	10-10:55am	
Aqua Power (Deep)	6:55-7:50pm	8:30-9:25am	6:55-7:50pm	8:30-9:25am		9-9:55am	
Aqua Zumba		8-8:55pm		8-8:55pm			
S.M.I.L.E. (Shallow)	9:30-10:25am	9:30-10:25am	9:30-10:25am	9:30-10:25am	9:30-10:25am		
River Challenge Saturday class held 1/10-3/14.	8-9am	5:45-6:45pm	8-9am	5:45-6:45pm		7:30-8:30am (Sat Lesson dates)	
Current Channel Walk No instructor	9-11:30am 5:45-6:45pm	9-11:30am 1-2pm	9-11:30am 5:45-6:45pm	9-11:30am 1-2pm	1-2pm		
Whirlpool Open All pool hours; 16 yrs+	6am-9pm	6am-9pm	6am-9pm	6am-9pm	6am-9pm	7am-5pm	11am-5pm
Basketball – Open Youth 8-17yrs; \$10 per term; Sat. = \$2/day	2:45-5pm	2:45-5pm	2:45-5pm	2:45-5pm	2:45-5pm	3:30-5:30pm Competitive Play; 13-17 yrs	
Basketball – Families: \$1/person; included in open swim drop-in fee							3:30-5:30pm
Basketball – Open Adult 18 & up (Photo ID required)	6am-8am	6am-8am 7:15-9:15pm	6am-8am	6am-8am	6am-8am		
Basketball – 55 & up (Photo ID required)		8am-10am		8am-10am			
Volleyball – Open Recreational M & Th: 18 yrs & up; Su: 14 yrs & up	7:30-9:30pm			7:30-9:30pm			1:15-3:15 1/2 gym
Fitness Center 14 & up	6am-9:30pm	6am-9:30pm	6am-9:30pm	6am-9:30pm	6am-9:30pm	7am-6pm	8am-6pm
*Messy Art Park – 1½ - 5 yrs \$5 first child, additional \$1.25 *Not included in Fitness drop-in or passes	*9:30am-11am (1/5-3/16; not held 1/19 or 2/16)						
Indoor Park – 5 yrs & under With an adult. \$1.25/child	10am-Noon		10am-Noon		10am-Noon		
Family Night Indoor Park – Youth with Adults 1st & 3rd Friday, Oct-May. Child accompanied by adult. \$1.25/child					6:30pm-8:30pm		
\$2 Swim Night 2nd Friday - \$2/person; 1/9, 2/13, 3/13					5:30pm-7pm Family Swim 7pm-9pm Open Swim		

Fitness at East Portland Community Center

740 SE 106 Ave * Portland, Oregon 97216 * 503.823.3450

Admission Fees & Pass Options

	Drop-in one visit	20-visit Pass		3-month Pass		Active Pass		Annual Pass	
		Resident	Non-resident	Resident	Non-resident	Resident	Non-resident	Resident	Non-resident
Adults 18-59 years	\$5.50	\$94	\$99	\$132	\$140	\$35.75mo	\$44mo	\$429yr	\$528yr
Seniors 60+ years	\$4.25	\$73	\$76.60	\$102	\$108	\$27.50mo	\$34mo	\$330yr	\$408yr
Teens 14-17 years	\$4.25	\$73	\$76.60	\$102	\$108	\$27.50mo	\$34mo	\$330yr	\$408yr
Child 3-13 years	\$3.75	\$64	\$67.60	\$90	\$96	\$24.50mo	\$30mo	\$294yr	\$360yr
Tots 0-2 years	Free	Free	Free	Free	Free	Free	Free	Free	Free
Family *	n/a	n/a	n/a	\$210	\$225	\$57mo	\$70mo	\$684yr	\$840yr

* Family denotes a couple (married or domestic partner) or single parent & their legal dependents living in the same household.

**20-visit Passes valid for 2 years from the date of purchase.

Active Pass – Combo Passes	Resident	Non-Resident
*Adult Couple: 18-59 yrs	\$53.50	\$66
*Senior Couple: 60+ yrs	\$41.25	\$51
*Adult & Senior	\$49.50	\$61
*Parent & Teen	\$49.50	\$61
*Parent & Child	\$48.00	\$59
*Teen & Child	\$39.75	\$49
*Two children (same household)	\$36.75	\$45

PLEASE NOTE - Passes valid only at EPCC

East Portland passes are valid only at East Portland Community Center. Punch cards & passes from other centers & pools are not valid at East Portland CC.

See page 10 for *Premium Pass* information.

SPECIAL CIRCUMSTANCES

Occasionally, specific facilities within the center (i.e. whirlpool spa, lap pool, etc.) may be closed or have limited operating hours due to repairs, maintenance, inclement weather, holidays, &/or special events. Such closings will not result in a reduction of pass holders' rates or drop-in admission fees. When possible, the times & dates of closures will be posted in advance.

ACTIVE PASSES

The EPCC Active Pass provides ongoing access to drop-in programs throughout the facility. The Active Pass is not intended to be a one month pass & it is not recommended for less than 3 consecutive months. For your convenience, Active Passes will auto-renew each month. Simply register in person & pay your prorated first month fee by credit card & all future monthly payments are deducted directly from that same debit or credit card. Please stop by the front desk for more information.

LOCKER ROOMS & DAY USE LOCKERS

Bring your own lock to secure personal belongings. Lockers are available for day use only. Use of lockers is at your own risk. East Portland Community Center accepts no responsibility for lost or stolen items. Please leave valuables at home & do not leave items in unlocked lockers.

We request that children age 6 yrs or older use the locker room of their own gender or the family changing room with a parent or guardian. Five family changing rooms are located near the entrance to the swimming pool & are available for families with children &/or individuals with disabilities requiring assistance or special accommodations. All other individuals must use gender specific locker rooms.

REPLACEMENT PASSES

If you lose your pass, a replacement pass is \$2.00. Bring your pass each time you visit. Without it, we can not guarantee immediate access to the facility.

FINANCIAL ASSISTANCE

Financial assistance & fee reduction is available to those residents of the City of Portland that apply for assistance & meet standard eligibility requirements. The Scholarship Assistance Application is available at our front desk. For more information, call 503-823-3450.

Leave your valuables at home.

Do not leave items in unlocked lockers.

Bring your own lock; we sell key locks for \$7.00; we do not have locks to lend.



PORTLAND PARKS & RECREATION

Healthy Parks, Healthy Portland

