EPCC INDOOR POOL (East Portland Community Ctr.)

740 SE 106th Ave. 97216
Telephone: 503.823.3450

Directors: Sue Cox, Alaina Hammer, Lisa Osterberg

September 3 - December 13

HOURS:
Mon - Fri 6:00am to 9:00pm
Sat 7:00am to 5:00pm
Sun 11:00am to 5:00pm

Hours will be reviewed periodically to best meet participants' needs.

CLOSURES AND SPECIAL HOURS

September 2, Labor Day – Open 10:00am-5:00pm
Sept 29-October 11, Annual Maintenance – Closed
December 24, Christmas Eve Day – Closed
December 25, Christmas Day – Closed
December 31, New Years Eve – Open 7:00am-5:00pm
January 1, New Years Day – Open 11:00am-5:00pm

See page 12 for Extra Swim times and days.

General Information: Indoor year-round, 4-lane 25-yard lap swimming pool heated to 84 degrees, leisure pool with slide, current channel, vortex, and a 3-lane 20-yard lap swim section heated to 88 degrees, whirlpool spa heated to 102 degrees. Water depths range from 0 feet to 9 feet. Program offerings include swimming lessons, lap swim, water fitness classes and recreational play swims.

Bus Lines: #15 Belmont, #20 Burnside-Stark, #27 Market-Main

Disabled Access:
Entrances: Accessible - push button automatic doors
Pool & Spa: Accessible - with pool lift (weight capacity 300 lbs.)
Parking: Accessible - designated parking in lot
Restrooms: Accessible - ADA lower shower/shower benches

Occasionally, specific facilities within the Center (i.e. spa), may be closed or have limited operating hours due to repairs, maintenance, inclement weather, holidays, and/or special events. Such closings will not result in a deduction from pass holder costs. When possible, the times and dates of closings will be posted in advance to inform pass holders.

Lesson Registration

Class fee must be paid when registering for class.

- **WALK-IN REGISTRATION:** Registration begins immediately during pool operating hours and continues through Fall classes.
- **PHONE-IN REGISTRATION:** You may register using Visa/Mastercard by calling 503-823-3450.
- **ON-LINE AT www.PortlandParks.org:** Click on Register for Classes. Search for classes by age category, by keyword, or you narrow your search by specific activity. **On-line registration not available for Buckman Pool.**

EPCC Daily Pool

MONDAY through FRIDAY

LAP POOL

6:00 - 8:25am	Lap Swim (All Lanes)
8:30 - 9:25am	Aquaerobics-Shallow (M/W/F)
8:30 - 9:25am	Aqua Power-Deep (T/Th)
9:30am - 5:45pm	Lap Swim (lanes vary M/W/F)
9:30am - 6:45pm	Lap Swim (lanes vary T/Th)
4:00 - 6:00pm	Swim Lessons (M-Th)
5:55 - 6:50pm	Aquaerobics-Shallow (M-W)
6:55 - 7:50pm	Aqua SuperFit (T/Th)
6:55 - 7:50pm	Aqua Power-Deep (M/W)
8:00 - 8:55pm	Aqua Zumba (T/Th)
8:00 - 9:00pm	Lap Swim (lanes vary M/W/F)

LEISURE POOL

8:00 - 9:00am	The River Challenge (M/W)
9:00 -11:30am	Current Channel Walk (M-Th)
9:00 - 11:15am	Swim Lessons (M-Th)
9:30 - 11:30am	Parent Preschool Swim (Fri only)
9:30 - 10:25am	S.M.I.L.E.
10:30 - 11:25am	S.M.I.L.E. (M/W)
11:30am - 1:00pm	**Family Swim (T/Th/F) – Slide Fri only**
11:30am - 3:00pm	Groups (M/W)
1:00 - 2:00pm	Adaptive Senior Swim (T/Th/F)**
1:00 - 2:00pm	Lap Swim (T/Th/F)**
1:00 - 2:00pm	Current Channel Walk (T/Th/F)**
3:45 - 7:50pm	Swim Lessons (T/Th)
4:00 - 6:50pm	Swim Lessons (M/W)
5:30 - 7:00pm	**Family Swim (Fri only)***
5:45 - 6:45pm	Current Channel Walk (M/W)**
5:45 - 6:45pm	The River Challenge (T/Th)
7:00 - 9:00pm	**Open Play Swim (M/W/F)***

SATURDAY

LAP POOL

7:00 - 8:55am	Lap Swim (all lanes)
9:00 - 9:55am	Aqua Power-Deep
10:00 - 10:55am	Aquaerobics-Shallow
11:00am - 1:00pm	Lap Swim (2 lanes until 11:50am)
1:00 - 5:00pm	**Open Play Swim***

LEISURE POOL

7:30 - 8:30am	The River Challenge 10/19-12/14 (no class 11/30)
7:55 - 11:30am	Swim Lessons
11:30am - 1:00pm	**Family Swim***
1:00 - 5:00pm	**Open Play Swim***

SUNDAY

LAP POOL

11:00am - 1:00pm	Lap Swim (all lanes)
1:00 - 3:30pm	**Open Play Swim***
3:30 - 6:20pm	Swim Lessons
5:15 - 6:15pm	The Blue Makos*

LEISURE POOL

11:30am - 1:00pm	**Family Swim***
1:00 - 4:30pm	**Open Play Swim***
4:40 - 6:20pm	Swim Lessons

SCHOOL GROUP AGENCY RENTALS AVAILABLE DURING THE DAY.
Call to prearrange times 503-823-3450

** Slide available*
*** Not available on Schools Day Out, see page 12*

EPCC Lesson Fees

YOUTH LESSONS/ANGELFISH & STARFISH

9 lessons	Resident $47.25	Non-resident $61.43
8 lessons	Resident $42.00	Non-resident $54.64
6 lessons	Resident $31.50	Non-resident $40.98

ADULT LESSONS

9 lessons	Resident $56.25	Non-resident $73.13
8 lessons	Resident $50.00	Non-resident $65.44
6 lessons	Resident $37.50	Non-resident $49.08

EPCC Swim Lesson Times

Generally all levels are not offered at each lesson time. Call for information about when specific levels are offered. All classes are subject to change and offered according to demand.

MON & WED	TUE & THUR	SATURDAYS
9:00 - 9:30am	9:00 - 9:30am	8:25 - 8:55am
9:35 - 10:05am	9:35 - 10:05am	9:00 - 9:30am
10:10 - 10:40am	10:10 - 10:40am	9:35 - 10:05am
10:45 - 11:15am	10:45 - 11:15am	10:10 - 10:40am
4:00 - 4:30pm	3:45 - 4:15pm	10:45 - 11:15am
4:35 - 5:05pm	4:20 - 4:50pm	11:20 - 11:50am *(Lap Pool only)*
5:10 - 5:40pm	4:55 - 5:25pm	
5:45 - 6:15pm	5:30 - 6:00pm	
6:20 - 6:50pm	6:05 - 6:35pm	
	6:40 - 7:10pm	
	7:15 - 7:45pm	

NEW!

SUNDAYS

(Lap Pool only)
3:30 - 4:00pm
4:05 - 4:35pm

(Both Pools)
4:40 - 5:10pm
5:15 - 5:45pm
5:50 - 6:20pm

The Blue Makos
5:15 - 6:15pm

THE RIVER CHALLENGE

LOOKING FOR ANOTHER WAY TO SPICE UP YOUR WORKOUT?

Try our innovative River Challenge fitness class! Build endurance while toning muscle and gaining strength in this program guaranteed to keep your heart rate pumping. **The River Challenge** employs low impact resistance training to work every part of your body. This is a drop-in class.

EPCC Lesson Session Dates

MONDAY & WEDNESDAY

October 14 - November 13 (9 lessons)
no class 11/11
December 2 - December 18 (6 lessons)

TUESDAY & THURSDAY

September 3 - September 26 (8 lessons)
October 15- November 14 (9 lessons)
(no class 10/31)
December 3 - December 19 (6 lessons)

SATURDAY

October 19 - December 14 (8 lessons)
(no class 11/30)

SUNDAY

October 20 - December 15 (8 lessons)
(no class 12/1)

AQUA ZUMBA FITNESS

Dance your way into fitness in our Aqua Zumba Fitness class! Achieve long-term benefits while experiencing an absolute blast in our pool with exciting calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and water resistance are combined to tone and sculpt your body while burning fat. Join our Certified Zumba Instructor and add some Latin flavor and international zest into the mix!

This is a Drop-in Class.

Class Dates: 9/3-9/26 & 10/15-12/12
Days & Time: Tue/Thur 8:00-8:55pm

General Admission Fees*

FEES EFFECTIVE 7/1/13

For East Portland Community Center and Pool
FEES: City of Portland Residents/Non-Residents

	Drop-In-Visit	Active Pass**	10-Punch Card	20-Punch Card
Adults (18-59 yrs)	$5.50	$35.75/$44.00	$49.50/$52.30	$94.00/$99.00
Seniors (60+ yrs)	$4.25	$27.50/$34.00	$38.00/$40.40	$73.00$76.60
Teens (13-17 yrs)	$4.25	$27.50/$34.00	$38.00/$40.40	$73.00/$76.60
Children (3-12 yrs)	$3.75	$24.50/$30.00	$33.50/$35.60	$64.00/$67/60
Toddlers (0-2 yrs)	FREE	FREE	FREE	FREE
Family	N/A	$57.00/$70.00	N/A	N/A

*NOTE: Passes valid only at EPCC and Pool. These fees will include use of the following amenities, during their regularly scheduled times: • Lap Swim • Open Play Swim • Family Play Swim • Water Fitness Classes • Fitness Room • Adult Basketball (Open Gym) • Adult Volleyball (Open Gym) **NOTE: Active Passes will auto-renew each month. Simply pay your first monthly fee upon registering, and all future monthly payments are deducted from your debit or credit card.