



PORTLAND PARKS & RECREATION™
Healthy Parks, Healthy Portland

PORTLAND PARKS & RECREATION

Activities for Winter 2017



Columbia Indoor Pool
East Portland Indoor Pool
Matt Dishman Indoor Pool
Mt. Scott Indoor Pool
Southwest Indoor Pool

REGISTRATION BEGINS NOVEMBER 21, 2016

Go to **PortlandParks.org**,
click on the *Register Now* tab.

Commissioner Amanda Fritz
Director Mike Abbaté

2017

WINTER FEATURES!



Certification Classes

Looking for a great job? Register for our lifeguard and swim instructor training classes. Learn CPR, First Aid, lifesaving and leadership skills in these challenging classes. AGES 15 & UP



Open Kayak Times

Practice your paddling, maneuvers and rolls in the warm water. Open times are available at Columbia Pool. See page 4.



Water Fitness Classes

Start your year off right and join us for this fitness challenge. Complete 16 water workouts to earn a special prize!



Private & Semi- Private Lesson Times

Special lesson times that are dedicated only to private & semi-private lessons.



Extra Swim Times & Special Days

School may be out, but our pools are open. Check out our extra swim times and special days.



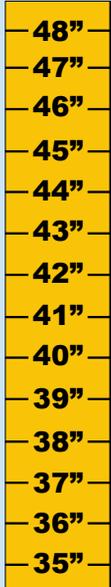
Swim Lessons in Spanish Classes

Aquatics is offering limited swimming classes in Spanish at East Portland CC pool.

IN EVERY ISSUE	6-8	Lifeguard & Swim Instructor Training	22-23	Matt Dishman CC Pool
	14-15	Columbia Pool	24-25	Mt. Scott CC Pool
	18-19	East Portland CC Pool	26-27	Southwest CC Pool

PLEASE NOTE:

- Swimmers 48” and over can attend Open Play Swim on their own.
- Non-swimmers and children under 48” must not be left unattended on the pool deck, and must be accompanied at all times in the water by a person 18 years of age or older (or parent or guardian) who shall remain responsible for them and their safety.



**Inclement Weather
(snow or ice)**

- Listen for your local public school closures or late openings on the radio.
- If Portland Public Schools are closed or opening late, call the pools for schedule changes.
- If you have questions call your local pool.



Work for Portland Parks and Recreation as a Lifeguard or Swim Instructor.

The Benefits are Great!
 Over 700 Positions • 12 Indoor and Outdoor Pools • Flexible Hours • Excellent Training • Benefits for You and Your Community • Good Wages

**Call Today for More Information
 503-823-5130**

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The use of cameras, video recording devices and equipment with digital photography capability is strictly prohibited in locker rooms and public restroom facilities.



How to Register

ONLINE:

Go to www.PortlandParks.org, click on the **Activities Tab**, then select **Registration**. Search for classes by Age, Category, Keyword, or you can narrow your search by specific Activity.

PHONE-IN:

Call 503-823-5130 with your **credit card** registration Mon through Fri 9:00am to 5:00pm. Or, call your local pool for lesson information and registration during normal operating hours.

IN-PERSON/ON-SITE:

Registration takes place at the pool during normal operating hours.

Visit us on-line or give us a call – we’ll be happy to help.



SWIM PORTLAND!

Pool Program Information Line: 503-823-5130

*Portland Parks & Recreation AQUATICS DEPARTMENT
is the proud recipient of the National "Excellence in Aquatics" Award!*

AQUATICS PROGRAM SUPERVISOR: Nancy Roth

Telephone: 503-823-5130

PERSONNEL: *All personnel who supervise the activities at our various swim facilities hold professional certifications qualifying them for their positions. The staff is responsible for the safe operation of each facility and wishes you to have a safe, enjoyable time.*

Programs-At-A-Glance: Check your local pool schedule for program availability & times.

SWIM LESSONS

Swim lessons for all ages and skill levels are available for preschoolers (3-5yrs), youth (6 yrs & up), and adults. Children under the age of three can take lessons with their parent(s) in our parent/child (Angelfish & Starfish) classes. Everyone should learn to swim to become "Water Smart" and swimming is a skill that lasts a lifetime.

SEMI-PRIVATE AND PRIVATE SWIM LESSONS

Besides our regular group lessons, we offer semi-private (one instructor per three students) and private (one instructor to one student) swim lessons. This is a great option for students that need a smaller instructor/student ratio. Check with your local pool for more information.

OPEN PLAY SWIM

Swimming and diving areas are open to all ages. Non-Swimmers and children under 48 inches in height must have a parent or guardian in the water within arms reach at all times. Check your local pool schedule for Open Play Swim times.

FAMILY PLAY SWIM

Recreational swim for parents and children. Enjoy the shallow water, play mats, innertubes, water basketball and more. Children under 18 years old must be accompanied in water by parent or guardian. Non-swimmers & children under 48" in height must have a parent or guardian in the water within arms reach at all times. Single adults are welcome. Tots two years and younger are welcome too. Check your local pool schedule for Family Play Swim times.

PARENT / PRESCHOOL SWIM

Come on in! Enjoy the pool with a younger crowd. Children must be 5 years and under. Parent or guardian must accompany children in the water. Non-swimmers & children under 48" in height must have a parent or guardian in the water within arms reach at all times. Splash, kick and swim! Life jackets are available for non-swimmers.

LAP SWIM

For those of all skills and abilities who wish to swim laps to improve or maintain fitness and health. Great for cardiorespiratory fitness. Swim at your own pace or enjoy camaraderie of working-out with others. Check your local pool schedule for Lap Swim times.

WATER FITNESS CLASSES

Exercise in the water and experience the benefits. We offer a variety of water fitness classes, six days per week. See page 16 or check your local pool schedule for class offerings and times.

WATER SLIDE FUN

Experience 114 feet (in length) of *Water Sliding Fun* at East Portland Community Center, Mt. Scott Community Center & Southwest Community Center pools. Call pools for their slide hours.



Open Kayak Times at Columbia Pool

Practice your paddling skills in warm water. Bring your Kayak to Columbia Pools



Drop in times:

8:05 - 9:30pm

Tue & Thur

FEE: \$10 Per Person with boat \$5 per extra person

MULTI-USE PASSES: 10 visit \$90 / 20 visit \$174

***Please make sure your Kayak is clean and free from any debris
Hose available at back pool entrance.**

SWIM LESSON CLASSES

Classes designed to have one instructor:

- per 4 to 5 students—Goldfish through Pre-Penguin
- per 4 to 6 students—Pre-Otter through Polar Bear
- per 4 to 8 students—Sea Lion and Above
- per 3 students—all semi-private lessons

PARENT/CHILD LESSONS age: 6 mo up to 3 yr

ANGELFISH	Age 6-18 months: Work with parent and child on water adjustment and appropriate water safety skills.
STARFISH	Age 18 months up to 3 years: Work with parent and child on water adjustment and appropriate water safety skills.

PRESCHOOL LESSONS age: 3 year - 5 year

GOLDFISH	<ul style="list-style-type: none"> • For the non-swimmer comfortable in the water without a parent. • This class works towards water adjustment, blowing bubbles, and putting the whole face (including ears and eyes) in the water.
PENGUIN	<ul style="list-style-type: none"> • For the non-swimmer who can put their face in the water and blow bubbles. • This class works towards front glides with kicks (5ft) and unassisted back floats.
OTTER	<ul style="list-style-type: none"> • Must be comfortable in the water and be able to do a front glide with kick for 5ft and unassisted back floats. • This class works towards back glides with kicks for 5ft, front crawl with arms no side breathing for 10 ft, and five side breathing breaths with arm circles on the wall.
SEAL	<ul style="list-style-type: none"> • Must be able to do back glides with kicking for 5 ft, front crawl with no side breathing for 10 ft, and do five side breathing breaths with arms on the wall. • This class works towards front crawl with arms and side breathing for 30 ft and back crawl with arms for 30 ft.

HELPFUL TIP:

If your child has had more than a 3-month break from swimming lessons, they should repeat the previous level as a refresher course.

Semi-Private Lessons (one instructor per three students)

Resident \$115/Non-Res \$161.00 (10 lessons, 30-minutes each)

Private Lessons (one on one instruction)

A great option for students who need a smaller Instructor/Student ratio. Space and availability is limited so call now!

Resident \$75 hr/Non-Res \$105 hr (minimum 2.5 hrs)

Adult Lessons

Classes for the beginning swimmer as well as the intermediate swimmer are offered at selected pools throughout the winter.

For more information, call your local pool.

YOUTH/ADULT LESSONS age: 6 and older

PENGUIN	<ul style="list-style-type: none"> • For the non-swimmer. First time taking lessons. • This class works towards front glides with kicks (10 ft) and unassisted back floats.
OTTER	<ul style="list-style-type: none"> • Must be comfortable in the water and be able to do a front glide with kick for 10 ft and unassisted back floats. • This class works towards back glides with kicks for 10 ft, front crawl with arms no side breathing for 15 ft, and five side breathing breaths with arm circles on the wall.
SEAL	<ul style="list-style-type: none"> • Must be able to do back glides with kicking for 10 ft, front crawl with no side breathing for 15 ft, and do five side breathing breaths with arms on the wall. • This class works towards front crawl with arms and side breathing for 30 ft and back crawl with arms for 30 ft.
POLAR BEAR	<ul style="list-style-type: none"> • Must be comfortable in deep water and be able to swim front crawl with arms and side breathing for 30 ft and back crawl with arms for 30 ft. • This class works towards front crawl with side breathing for 50 ft and back crawl with arms for 50 ft.
SEA LION	<ul style="list-style-type: none"> • Must be comfortable in the deep water and be able to swim front crawl with side breathing for 50 ft and back crawl for 50 ft. • This class works towards front crawl for 25 yds, back crawl for 25 yds, and elementary backstroke for 25 yds.
PIRANHA	<ul style="list-style-type: none"> • Optional after Sea Lion • Must be able to complete Sea Lion skills or equivalent. • This class works towards front and back racing starts, 50 yds front crawl with turn, and back crawl for 25 yds.
DOLPHIN	<ul style="list-style-type: none"> • Must be comfortable in the deep water and be able to swim front crawl with side breathing for 25 yds, back crawl for 25 yds and elementary backstroke for 25 yds. • This class works towards diving into the pool then swimming front crawl 50 yds, back crawl for 50 yds, elementary backstroke for 25 yds and breaststroke for 25 yds.
PARK SHARK 1 & 2	<ul style="list-style-type: none"> • Must be comfortable in the deep water and be able to dive into the pool and swim front crawl for 50 yds, swim back crawl for 50 yds, and swim breaststroke for 50 yds. • This class works towards swimming front crawl, back crawl, and breaststroke all for 100 yds, swim side stroke for 50 yds, do a pike or tuck dive to 8 ft, underwater swim for 20 ft, surface and tread water for 5 minutes, long shallow dive and swim 100 yds individual medley, and compact jump and approach stroke 10 yds with rescue tube.

ADULT LESSONS

For Beginner and Intermediate swimmers.



Work for Portland Parks & Recreation as a Lifeguard or Swim Instructor.

The Benefits are Great!

- Over 700 Positions
- 12 Indoor and Outdoor Pools
- Flexible Hours
- Excellent Training
- Benefits for You and Your Community
- Good Wages

SWIM INSTRUCTOR

The swim lesson program offered through Portland Parks & Recreation was developed by Portland Parks & Recreation. Swim instructor certification classes are offered throughout the fall, winter, and spring, and is required of all Portland Parks & Recreation swim instructors.

Prerequisites:

- 1. Age 15 or older by the first day of class**
- 2. Must be a strong and skilled swimmer**
- 3. Must be able to demonstrate good form and technique for 25 yards of each of the following:**
 - Front crawl with side breathing
 - Back Crawl
 - Elementary backstroke
- 4. Must demonstrate a mature attitude**
- 5. This course is only for swim instructor candidates who will be applying to work at Portland Parks & Recreation.**

LIFEGUARD

Portland Parks & Recreation Aquatics requires that all lifeguards be StarGuard certified. Certification classes are offered throughout the fall, winter, and spring, and is required of all Portland Parks & Recreation lifeguards.

Prerequisites:

- 1. Age 15 or older by the first day of class**
- 2. Must be able to swim continuous non-stop:**
 - 300 yards of breaststroke or freestyle
- 3. Must be able to:**
 - Feet first surface dive to bottom of pool and retrieve 10 pound brick
 - Tread water 30 seconds with hands on head, then move while treading to where you can touch
- 4. Must demonstrate a mature attitude**
- 5. This course is only for lifeguard candidates who will be applying to work at Portland Parks & Recreation**

Upon certification, candidates can apply for a job with Portland Parks & Recreation.

Successful completion of certification classes does not guarantee employment.

All training classes are challenging, and require that certification candidates be strong, skilled swimmers. All training courses require that candidates participate in vigorous physical training. You must be in good physical condition to participate. If you have any health related problems that might present a health or safety hazard while participating in training, please notify PP&R aquatics department prior to enrolling. You may be required to seek the opinion of your medical doctor before being permitted to enroll.

LIFEGUARD CERTIFICATION

For lifeguard candidates without a current StarGuard lifeguard certification. Students successfully completing the course receive first aid, CPR, and StarGuard certifications. **This course is only for lifeguard candidates who will be applying to work at a Portland Parks & Recreation facility.**

Prerequisites: Age 15 or older by first day of class, swim continuous non-stop 300 yards breaststroke or freestyle, feet first surface dive to bottom of pool and retrieve 10 pound brick, tread water 30 seconds with hands on head then move while treading to where you can touch

Bring to Class: Swim suit, towel, paper, pen, notebook, food, water, warm clothes, verification of age, StarGuard textbook and proof of completion of online program

Cost:

\$175 (classes limited to 32 students)
 \$125 for lifeguards with current ARC, NASCO, E&A or YMCA lifeguard certification, and/or current PP&R employees with Swim Instructor/Water Fitness Instructor certifications
 \$225 (Total price if register for Lifeguard Certification and Swim Instructor Training)

- 1057053 Held at East Portland CC Pool**
 Tue 12:00pm-9:00pm 12/27
 Wed-Fri 1:00pm-9:00pm 12/28-30
- 1057054 Held at Matt Dishman CC Pool**
 Sat 9:00am-6:00pm 1/21
 Sun 8:00am-4:00pm 1/22
 Sat-Sun 8:00am-4:00pm 1/28-29
- 1057055 Held at East Portland CC Pool**
 Sat 7:30am-4:30pm 2/25
 Sun 8:00am-4:00pm 2/26
 Sat-Sun 8:00am-4:00pm 3/4-5
- 1057056 Held at East Portland CC Pool**
 Mon 12:00pm-9:00pm 3/27
 Tue 1:00pm-9:00pm 3/28
 Wed-Thur 1:00pm-9:00pm 3/29-30
- 1057057 Held at Mt. Scott CC Pool**
 Mon 12:00pm-9:00pm 3/27
 Tue 1:00pm-9:00pm 3/28
 Wed-Thur 1:00pm-9:00pm 3/29-30
- 1057058 Held at East Portland CC Pool**
 Sat 7:30am-4:30pm 4/1
 Sun 8:00am-4:00pm 4/2
 Sat-Sun 8:00am-4:00pm 4/8-9
- 1057059 Held at East Portland CC Pool**
 Sat 7:30am-4:30pm 4/22
 Sun 8:00am-4:00pm 4/23
 Sat-Sun 8:00am-4:00pm 4/29-30
- 1057060 Held at East Portland CC Pool**
 Sat 7:30am-4:30pm 5/6
 Sun 8:00am-4:00pm 5/7
 Sat-Sun 8:00am-4:00pm 5/20-21

LIFEGUARD REVIEW

For lifeguards with current StarGuard lifeguard certification. **First Aid, CPR, and lifeguard skills will be reviewed and audited with an update given on any policy revisions.**

Prerequisites: StarGuard certification valid through first day of class.

Bring to Class: Swim suit, towel, paper, pencil, notebook and StarGuard textbook.

Cost: \$40 for Portland Parks & Recreation Lifeguards **ONLY** if you have worked for PP&R in the past year.

All classes held at East Portland CC Pool unless otherwise noted.

- 1057064 Sat 12/17 8:00am-6:00pm**
- 1057065 Sun 12/18 8:00am-6:00pm**
- 1057066 Sun 12/18 8:00am-6:00pm (MSCC)**
- 1057067 Tue 12/27 8:00am-6:00pm (MSCC)**
- 1057068 Sun 1/22 8:00am-6:00pm**
- 1057069 Sun 2/5 8:00am-6:00pm (Columbia)**
- 1057070 Sun 2/5 8:00am-6:00pm**
- 1057071 Sat 3/25 8:00am-6:00pm**
- 1057072 Sun 3/26 8:00am-6:00pm**
- 1057073 Sun 3/26 8:00am-6:00pm (MSCC)**
- 1057074 Sun 4/9 8:00am-6:00pm (MSCC)**
- 1057075 Sun 4/30 8:00am-6:00pm (MSCC)**



Work for Portland Parks and Recreation as a Lifeguard or Swim Instructor.

LIFEGUARDS: \$10.00 to \$13.00/hr

SWIM INSTRUCTORS: \$10.50 to \$13.50/hr

Call 503-823-5130 for information

SWIM INSTRUCTOR

SWIM INSTRUCTOR TRAINING

Required for PP&R Swim Instructors. Students successfully completing the training program receive Swim Instructor Certification.

Prerequisites:

Must be age 15 or older by the first day of class and able to swim 25 yards of each of the following:

- Front crawl with side breathing • Back crawl
- Elementary backstroke • Breaststroke

Cost: \$100 (classes limited to 24 students)
\$50 for non-PP&R swim instructors with current ARC or YMCA instructor certification, and/or current PP&R employees with Lifeguard or Water Fitness Instructor certifications.

- 1057643 Held at EPCC Pool**
M-Th 8:00am-2:00pm 12/19-22
- 1057714 Held at Mt Scott CC Pool**
M-Th 8:00am-2:00pm 12/19-22
- 1057646 Held at Mt Scott CC Pool**
Fri 5:00pm-9:30pm 1/20 & 1/27
Sat 8:00am-3:30pm 1/21 & 1/28
- 1057647 Held at East Portland CC Pool**
Fri 5:00pm-9:30pm 2/24 & 3/3
Sat 8:00am-3:30pm 2/25 & 3/4
- 1057648 Held at East Portland CC Pool**
M-Th 8:00am-2:00pm 3/27-3/30
- 1057649 Held at Mt Scott CC Pool**
M-Th 8:00am-2:00pm 3/27-3/30
- 1057703 Held at Columbia Pool**
Fri 5:00pm-9:30pm 4/7 & 4/14
Sat 8:00am-3:30pm 4/8 & 4/15
- 1057704 Held at Southwest CC Pool**
Fri 5:00pm-9:30pm 4/7 & 4/14
Sat 8:00am-3:30pm 4/8 & 4/15
- 1057705 Held at East Portland CC Pool**
Fri 5:00pm-9:30pm 4/21 & 4/28
Sat 8:00am-3:30pm 4/22 & 4/29
- 1057706 Held at Columbia Pool**
Fri 5:00pm-9:30pm 4/21 & 4/28
Sat 8:00am-3:30pm 4/22 & 4/29
- 1057713 Held at Southwest CC Pool**
M-Th 8:00am-2:00pm 7/24-7/27

SWIM INSTRUCTOR RECERTIFICATION

Required course for all currently certified Portland Parks and Recreation Swim Instructors. Program changes and updates will be discussed. Course is required every 2 years.

Prerequisites: Must hold a current Portland Parks and Recreation Swim Instructor Card.

Cost: FREE

- 1057709 Held at East Portland CC Pool**
Sat 9:00am-1:00pm 12/17
- 1057710 Held at East Portland CC Pool**
Sat 9:00am-1:00pm 3/25
- 1057711 Held at East Portland CC Pool**
Sat 9:00am-1:00pm 5/6
- 1057712 Held at East Portland CC Pool**
Sat 9:00am-1:00pm 6/24



WATER FITNESS INSTRUCTOR

Water Fitness Instructor Training

Required for PP&R Water Fitness Instructors.

PREREQUISITES:

Must be age 15 or older by the first day of class.

COST:

\$85 (classes limited to 20 students)
\$55 (for current PP&R employees with Lifeguard or Swim Instructor certifications)

- 1057733 Held at Matt Dishman CC Pool**
Fri 6:00-9:00pm 2/17, 24 & 3/3
Sat 9:00am-2:00pm 2/18, 25 & 3/4

Within one year of employment a national certification is required for Portland Parks Water Fitness Instructors.

National Aquatic Exercise Association Certification is offered early Spring 2017.

Contact Larissa Doty for details at
503-823-3166 or
Larissa.Doty@PortlandOregon.gov

Upon certification, candidates can apply for a job with Portland Parks & Recreation.

Successful completion of certification classes does not guarantee employment.

GROUP and DAYCARE GUIDELINES

For the safety of your group, counselors and supervisors must be in the water supervising the children at all times. Please follow the group ratios below:

- 1 adult per 3 children ages 5 years old and under.
- 1 adult per 4 children of mixed ages, over 6 years old and under 6 years old.
- 1 adult per 10 children ages 6 and older.

All counselors must sign in at the front desk and be within sight and sound of every child for your entire visit. Lifejackets are available for all non-swimmers.

Thank You!

Locker Rooms & Lockers

Lockers are available for day use only. Please bring your own lock to secure your personal belongings (lockers are not available at Columbia Pool, however we do provide a bag-check system). The use of lockers is at your own risk. Portland Parks and Recreation accepts no responsibility for lost or stolen items. Please leave valuables at home. We request that children age 6 or older use the locker room of their own gender. Columbia, Dishman, East Portland, Mt. Scott, and Southwest Pools are equipped with family changing rooms that are available for families with children and/or individuals with disabilities requiring assistance or special accommodations (ie. single individuals who feel uncomfortable using main locker rooms). All other individuals must use gender specific locker rooms.



Portland Parks and Recreation accepts no responsibility for lost or stolen items. Please leave valuables at home. We request that children age 6 or older use the locker room of their own gender. Columbia, Dishman, East Portland, Mt. Scott, and Southwest Pools are equipped with family changing rooms that are available for families with children and/or individuals with disabilities requiring assistance or special accommodations (ie. single individuals who feel uncomfortable using main locker rooms). All other individuals must use gender specific locker rooms.



Like us on Facebook.

www.facebook.com/waderthegator

www.facebook.com/PortlandParks

INCLUSION SERVICES FOR PEOPLE WITH SPECIAL NEEDS

Portland Parks and Recreation's Aquatic Inclusion process aims to insure that all students are given access to our programs. It is our goal to include students in classes through a couple of options.

1. Pair student with an instructor who can provide for the inclusion student as well as the rest of a whole group class.
2. Pair student with instructor in a reduced ratio class to provide extra attention to student and other classmates. This class ratio is typically one (1) teacher to three (3) students.
3. Pair student with their own inclusion assistant within a group class where the class ratio will be (2) teachers and six (6) students.
4. Provide student with a one-on-one class. It is always our primary goal to include students in group classes where they can interact, socialize, learn and play with other students.

Here are the steps for Inclusion for Aquatics:

- Pick which pool you are interested in having inclusion at and sign up for the lesson level that you think best suits your child.
- Contact that pool and ask for the Lead Instructor or Pool Manager. Notify them that you signed your child for (x) class and that you will need an accommodation.

Columbia: 503-823-3669

Creston: 503-823-3672 (Summer Only) **

East Portland CC: 503-823-1990

Grant: 503-823-3674 (Summer Only)**

Matt Dishman CC: 503-823-4512

Montavilla: 503-823-3675 (Summer Only)**

Mt. Scott CC: 503-823-1683

Peninsula: 503-823-3677 (Summer Only)**

Pier: 503-823-3678 (Summer Only)**

Sellwood: 503-823-3679 (Summer Only)**

Southwest CC: 503-823-2851

Wilson: 503-823-3680 (Summer Only)**

****AQUATIC ADMINISTRATION:** 503-823-5130

(You can call and set up your accommodation before summer for any of our Outdoor pools from April 20-June 3)

- If you need a 1:1 or 1:3 class ratio, when contacting the pool be sure to tell this to staff and you can fill out the accommodation request form (may be done over the phone).
- We have a 10-working-day notification policy. In the summer this policy is extremely important. More people utilize our services during this time of year. Staffing and availability of inclusion assistants can be limited. To provide the best services possible, we need the maximum amount of time to match up assistants and schedule them. If it's less than 5 days, we will do our best in accommodating the participant. The level of service that can be provided may be limited.

FASHION, FITNESS & FUN.
Just add water.

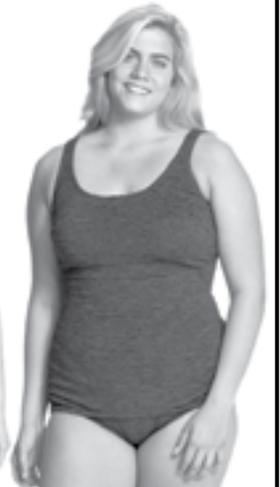
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TILLAMOOK

NE 42ND

HOLLYWOOD
2030 NE 42nd Ave.

NW FLANDERS

NW 11TH

NW EVERETT

PEARL
318 NW 11th Ave.

The Blue Makos . . .

Dive into action with the Blue Makos! Are you into speed, competition, and perfecting our technique? Strut your stuff in this pre-competitive league, racing against other pools in Portland at quarterly mock-swim meets. Receive one hour per week of expert coaching in a fun, supportive environment. Participants will be given instruction on butterfly, backstroke, breaststroke and freestyle, including competitive dives and turns. It is a great place to begin your journey to competitive swimming.

Participants must be able to swim the length of the pool: Front Crawlstroke and Backstroke.
 (This correlates to passing Sea Lion level in the Portland Parks and Recreation swim lesson program.)

A pre-competitive swim league participants ages 6-16 will enjoy:

- 1 hour weekly swim practices at all pools
- Expert tips from an experienced swim coach
- A fun, supportive, learning environment
- Instruction on each of the four competitive strokes including dives and turns
- **A mock swim meet on Sunday, March 19 from 8:00-10:30am at Matt Dishman Pool**
- Every swimmer will receive a Blue Makos swim cap!



Practice Schedule

Columbia	Saturday	12:15 - 1:15pm	Jan 14 - Mar 18	10 classes + meet 3/19
EPCC	Sunday	5:15 - 6:15pm	Jan 15 - Mar 12	9 classes + meet 3/19
MDCC	Tues/Thur	4:00 - 4:30pm	Jan 10 - Mar 16	20 classes + meet 3/19
MDCC	Sunday	5:00 - 6:00pm	Jan 15 - Mar 12	9 classes + meet 3/19
MDCC	Sunday	6:00 - 7:00pm	Jan 15 - Mar 12	9 classes + meet 3/19
MSCC	THURSDAY HOME SCHOOL	1:00 - 2:00pm	Jan 12 - Mar 16	10 classes + meet 3/19
MSCC	Saturday	12:00 - 1:00pm	Jan 14 - Mar 18	10 classes + meet 3/19
MSCC	Sunday	3:20 - 4:20pm	Jan 15 - Mar 12	9 classes + meet 3/19
MSCC	Sunday	4:30 - 5:30pm	Jan 15 - Mar 12	9 classes + meet 3/19
MSCC	Sunday	5:40 - 6:40pm	Jan 15 - Mar 12	9 classes + meet 3/19
SWCC	Saturday	11:30 am - 12:30pm	Jan 14 - Mar 18	10 classes + meet 3/19

Cost

9 classes (1 hr) \$61.25 resident / \$85.75 non resident
 10 classes (1 hr) \$68.00 resident / \$95.25 non-resident
 20 classes (1/2 hr) \$68.00 resident / \$95.25 non-resident

Spring Term Dates

April 4 - June 3
 Meet on Sunday June 4



Summer Swim League 2017

Dual Meets: Saturdays July 1, 15 and 29
 Championship Meet: Saturday, August 12

WORK THE

WATER

Work for Portland Parks and Recreation as a Lifeguard or Swim Instructor.



Over 700 Positions • 12 Indoor and Outdoor Pools
• Flexible Hours • Excellent Training • Benefits for You and Your Community • Good Wages

Lifeguards \$10.00 to \$13.00/hr
Swim Instructors \$10.50 to \$13.50/hr

Call Today for More Information
503-823-5130

SCUBA

Unsure if SCUBA is for you? Take this 1-day course which will give you the opportunity to learn the basics of SCUBA, and a chance to try it out in the pool.

COST: \$25 Resident; \$35 Non-Resident
Course # 1064253

Date: 2/5 Time: 3:00 – 8:45pm

Course # 1064255

Date: 3/5 Time: 3:00 – 8:45pm

LOCATION: Mt. Scott Community Center & Pool



SCUBA OPEN WATER Certification Class

Course # 1064254

COST: \$75 Resident/\$105 Non-Resident non-refundable deposit plus additional \$320 at first class and \$125 for food & lodging for Open Water Weekend in Puget Sound

Dates: 2/5, 3/5, 3/12 Time: 3:00 – 8:45pm

LOCATION:

2/5 & 3/5 at Mt. Scott CC (classroom and pool)
3/12 at Adventure Sports SCUBA

24023 NE Shea Lane, Unit #109, Wood Village, OR
for classroom, and Mt. Scott Pool for pool time

Pool Rentals and Party Packages

For that special time when friends and family want to get together, call us and we'll help make your event **FUN and MEMORABLE!**

Portland Parks and Recreation offers many choices for planning your special event.

Call your local pool for information and ask how we can help you.

503.823.5130 or portlandparks.org



A great place to work and play



PORTLAND PARKS & RECREATION
Healthy Parks, Healthy Portland

Help build community!

Go to PortlandParks.org for employment information,
or call 503-823-5118

Professional | Advancement Oriented



**Smoke and tobacco-free parks
help keep kids healthy.**

Let's get out and play!



**PORTLAND
PARKS & RECREATION**
Healthy Parks, Healthy Portland
portlandparks.org



**Multnomah
County**
Health Department
multco-itsstartshere.org

LOOKING FOR A REWARDING JOB THAT PAYS WELL?

Yes, but...

I'm not a great swimmer.

I don't know how to swim.

TEEN ONLY SWIM LESSONS will help prepare you for a job
with Portland Parks & Recreation Aquatics!



**ONLY \$20
for 10 LESSONS!**

**Financial Assistance Available*

For more details, visit:

www.portlandoregon.gov/parks/aquaticstraining
OR

Call (503) 823 - 5130



PortlandParks.org • Amanda Fritz, Commissioner • Mike Abbaté, Director



**PORTLAND
PARKS & RECREATION**
Healthy Parks, Healthy Portland

COLUMBIA INDOOR POOL

7701 N Chautauqua Boulevard, 97217
Telephone: 503.823.3669

District Aquatic Coordinator: Larissa Doty
Recreation Coordinator: Alaina Bott

January 3 - March 26

HOURS: **Mon-Thur** 6:00am-1:00pm & 4:00-8:00pm
Fri 6:00am-1:00pm & 4:00-7:00pm
Sat 9:45am - 5:00pm
Sun 12:00 - 5:00pm

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

CLOSURES AND SPECIAL HOURS:

Dec 10 - Jan 2, Closed for annual maintenance
Jan 11 - Closed after 6:30pm Closed for Swim Meet
Jan 18 - Closed after 6:30pm Closed for Swim Meet
Jan 25 - Closed after 6:30pm Closed for Swim Meet
Feb 1- Closed after 6:30pm Closed for Swim Meet

See page 21 for Extra Swim times and days and school out days

General Information: • Indoor year round
• 25 yard swimming pool heated to 86 degrees, water depths 1.5 - 7 feet.
• Program offerings include swim lessons, lap swim, water fitness classes, and recreational play swims.

Bus Lines: #4 Fessenden, #35 Greeley,
#44 Mocks Crest, #75 Chavez/Lombard

Disabled Access:

Entrances: Accessible - ramp to pool house
Parking: Accessible - on street
Pool: Accessible - with pool lift (weight capacity 300 lbs.)
Family Changing Rooms: Accessible - ADA shower

FAMILY SWIM*

*Children under 18 years of age must be supervised by a parent or guardian in the water.

MONDAY - FRIDAY 10:00am - 1:00pm
SATURDAY 12:00 - 1:00pm

COLUMBIA RECREATIONAL PLAY SWIM TIMES

OPEN PLAY SWIM

MONDAY - THURSDAY
4:00 - 8:00pm, Shallow Only
Wednesdays, Jan 11-Feb 1
4:00 -6:30pm

FRIDAY
4:00 - 7:00pm, Shallow Only
(Free from 4:00 - 6:00pm)

SATURDAY
1:00 - 5:00pm

SUNDAY
1:00 - 5:00pm
(Free TEEN SWIM 3:00 - 5:00pm)



COLUMBIA POOL and CJCC FITNESS COMBO PASS

Create multiple workouts with ONE great pass!

Why stop with admission to Charles Jordan Community Center's fitness room, scheduled open gym times and other group exercise classes when you can now include admission to Columbia Pool.
Diversify your workout with lap swim, water fitness & open swim times at Columbia Pool.

FEES: City of Portland Residents ONLY

	10 VISITS	20 VISITS	3-MONTH
Adults (18-59 yrs)	\$45.00	\$85.00	\$120.00
Seniors (60 yrs & up)	\$36.00	\$68.00	\$96.00
Youth (14-17 yrs)	\$36.00	\$68.00	\$96.00

CHARLES JORDAN COMMUNITY CENTER
PH: 503.823.3631 9009 N Foss • Portland, OR 97203

Pool Swim Fees for Columbia Pool

FEES: City of Portland Residents/Non Residents

	Drop-In-Visit	Season Pass***	10-Punch Card	20-Punch Card
Adults (18-59 yrs)	\$4.25	\$102.00/\$122.40	\$38.25/\$45.90	\$72.25/\$86.70
Seniors (60+ yrs)	\$4.00	\$70.00/\$84.00	\$36.00/\$43.20	\$68.00/\$81.60
Youth (3-17 yrs)	\$3.25	\$78.00/\$93.60	\$29.25/\$35.10	\$55.25/\$66.30
Toddlers (0-2 yrs)	FREE	FREE	FREE	FREE
Family**	N/A	\$168.00/\$201.60	\$168.00/\$201.60	N/A

*NOTE: Passes valid only at Columbia Pool. Admission includes use of the following drop-in amenities on a first-come, first-served basis during scheduled times. **Open Play Swim** (children under 48" tall must be accompanied in the water by an adult) • **Parent/Preschool Swim** • **Family Swim** (all youth 17 years and under must be accompanied in the water by an adult) • **Lap Swim** • **Water Fitness** •

**NOTE: Family membership denotes a couple (married or domestic or a single parent and their legal dependants living in the same residence.

***NOTE: Season Swim Pass is Pro-Rated Monthly

WATER FITNESS SCHEDULE				
MON	TUES	WED	THURS	FRI
9:00 - 9:55am AquaPower				
10:00 - 10:55am Aquaerobics				
11:00 - 11:55am SMILE	11:00 - 11:45am AquaYoga	11:00 - 11:55am SMILE	11:00 - 11:45am AquaYoga	11:00 - 11:55am Pregnancy Fitness
6:05 - 7:00pm Aquaerobics	6:05 - 7:00pm Aquaerobics	6:05 - 7:00pm Aquaerobics	6:05 - 7:00pm Aquaerobics	
7:05 - 8:00pm AquaPower	7:05 - 8:00pm Aqua Yoga	7:05 - 8:00pm AquaPower	7:05 - 8:00pm Aqua Yoga	

COLUMBIA FITNESS SWIM TIMES

LAP SWIM - LANES VARY
Monday - Friday
 6:00pm - 1:00pm
 6:00pm - 8:00pm (ends at 7pm on Friday's)
 (ends at 6:30pm on Wednesdays Jan 11-Feb1)
Saturday **Sunday**
 9:45am - 5:00pm 1:00 - 5:00pm

Lap Swim: We will make every attempt to have 1-2 lap lanes available, at all designated times, for adult lap swimmers. Up to 5 lanes will be available at designated times, call 503-823-3669 for a complete schedule of lap lanes available during operating hours.

FAST Masters Swim Team:
 Tue/Thur 6:00 - 7:30am (2 lanes)

PAC (Portland Aquatic Club):
 Mon/Wed/Fri 6:00 - 7:30am (3 lanes)
 Mon-Fri 4:30 - 6:00pm (all deep lanes)

PIL:
 Mon-Thur 7:00 - 8:00pm
 Fri 6:00 - 7:00pm

AQUA YOGA

By bringing Yoga to the water, there is no gravity and the water will take the pressure off your joints. It will help develop strength, static balance and will increase overall range of motion.
Aqua Yoga is for all skill levels and abilities.

Tues & Thurs: 11:00 - 11:45am & 7:05 - 8:00pm

COLUMBIA INSTRUCTIONAL SWIM TIMES

MONDAY & WEDNESDAY
 Feb 13 - Mar 15 (9 lessons) no class 2/20
Afternoon/Evening Classes
4:45 - 5:15 **5:20 - 5:50** **5:55 - 6:25**
6:30 - 7:00 **7:05 - 7:35**

TUESDAY & THURSDAY
 Jan 10 - Feb 9 (10 lessons)
 Feb 14 - Mar 16 (10 lessons)
4:45 - 5:15 **5:20 - 5:50** **5:55 - 6:25**
6:30 - 7:00 **7:05 - 7:35**

SATURDAY
 Jan 14 - Mar 18 (10 lessons)
Morning Classes
 **9:45 - 10:15** **10:20 - 10:50**
10:55 - 11:25 **11:30 - 12:00**
12:15 - 1:15 - Blue Makos 

SWIM LESSON FEES

YOUTH LESSONS/ANGELFISH & STARFISH

10 lessons Resident \$52.50 Non-resident \$73.50
9 lessons Resident \$47.25 Non-resident \$66.25

ADULT LESSONS

10 lessons Resident \$62.50 Non-resident \$87.50
9 lessons Resident \$56.25 Non-resident \$78.75

Pool Party Package!
 Columbia Pool offers private pool rentals as well as Party Packages.



PARTY PACKAGE:

- 1 hour use of Party Space • Decorations
- Setup & Cleanup (by our staff)
- Place Settings • Pool Admissions

Children under 48" must be accompanied in the water by an adult 18 yrs or older.

To book your party contact Alaina Bott at Alaina.Bott@PortlandOregon.gov

WATER FITNESS CLASSES

**Portland Parks & Recreation offers water fitness classes 6 days a week –
in the deep end, in the shallow end and in moving water!**

Check your local pool schedule for class offerings and times.

AQUA POWER

Experience the difference in deep water. This class uses buoyant and resistant equipment to provide an excellent cardiovascular workout with zero impact! Aqua Power is designed for all levels. Participants should be comfortable in deep water.

Check individual pool schedules for available times.



AQUAEROBICS

Energize yourself with this invigorating workout! This shallow water class focuses on cardiovascular fitness with special attention to strength and flexibility. All fitness and swimming levels are welcome!

Check individual pool schedules for available times.

S.M.I.L.E.

(Slow Movement Intensity Lowered Exercise)

This shallow water class focuses on improving circulation, strength, range of motion and flexibility through low-impact exercise.

Check individual pool schedules for available times. All participants welcome!

AQUA YOGA

By bringing Yoga to the water, there is no gravity and the water will take the pressure off your joints. It will help develop strength, static balance and increase overall range of motion.

This low-impact class will help develop strength & balance while relaxing in the water. Aqua Yoga is for all skill levels and abilities.

This is a drop-in class at Columbia & EPCC Pools only.

AQUA ZUMBA

Achieve long-term benefits while experiencing an exciting calorie-burning, body-energizing, 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.

This is a drop-in class at EPCC & MSCC only.

PREGNANCY FITNESS

Energize your pregnancy! This shallow water class focuses on pregnancy fitness with special attention to improved circulation and flexibility.

Check individual pool schedules for available times.

THE RIVER CHALLENGE

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 at EPCC pool only.

CURRENT CHANNEL WALK / RUN

Walk or run against the Current Channel at EPCC or MSCC pool for an excellent cardiovascular workout. Improve circulation and strength with this low-impact activity.

Check EPCC Pool and MSCC Pool schedules for times. No instructor present.

WATER FITNESS INSTRUCTOR

National Aquatic Exercise Association Certification is offered early Spring 2017.

Contact Larissa Doty for details at 503-823-3166 or Larissa.Doty@PortlandOregon.gov

Water Warriors 2017 Fitness Challenge: **THE MT. HOOD TOUR**



Workout 16 times in the month to earn your Water Warrior prize!

Each water workout (Lap Swim or Water Fitness class) completed during the month of January gets you one step closer on your tour around the beauty of the Pacific NW, as you swim your way around Mt Hood national forest area.

**Register at your local PP&R pool starting December 1.
Track your progress daily on sheets provided starting January 1.**

EPCC INDOOR POOL (East Portland Community Ctr.)

740 SE 106th Ave. 97216
Telephone: 503.823.3450

District Aquatic Coordinator: Sue Cox
Recreation Coordinators: Crystal Ius & Lisa Osterberg
Recreation Leader: Celine DeClercq, Megan Heisler

January 2 - April 2

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

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 21 for Extra Swim times and days.

- General Information:**
- Indoor year-round
 - 4 lane 25-yard lap swimming pool heated to 84 degrees, water depth 3.5 - 9 feet
 - Leisure pool with slide, current channel, vortex and a 3-lane 20-yard lap swim section heated to 88 degrees, water depth 0 - 5 feet
 - Whirlpool spa heated to 102 degrees
 - Program offerings: swim lessons, lap swim, water fitness classes & 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

EPCC will be hosting a variety of training classes throughout the year. Pool space may be limited during these times.

EPCC RECREATIONAL PLAY SWIM TIMES

OPEN PLAY SWIM

MONDAY / WEDNESDAY / FRIDAY

7:00 - 9:00pm, Leisure Pool Only & Slide Open

TUESDAY & THURSDAY

SWIM LESSONS, no open play swims

FRIDAY - Teen Force (FREE)

4:00 - 5:30pm, Leisure Pool Only & Slide Open

SATURDAY

1:00 - 5:00pm, Both Pools, Slide Open

SUNDAY

1:00 - 3:30pm, Both Pools, Slide Open

3:30 - 4:30pm, Leisure Pool Only & Slide Open

FAMILY SWIM*

**Children under 18 years of age must be supervised by a parent or guardian in the water.*

TUESDAY / THURSDAY / FRIDAY

11:30am - 1:00pm

Slide available Friday only

FRIDAY

5:30pm - 7:00pm

Slide Open

SATURDAY

11:30am - 1:00pm

Slide Open

SUNDAY

11:30am - 1:00pm

Slide Open



PARENT PRESCHOOL SWIM**

***Children must be 5 years and under. Parent or guardian must accompany children in the water.*

FRIDAY

9:30 - 11:30am, Leisure Pool

EPCC General Admission Fees*

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.

EPCC INSTRUCTIONAL SWIM TIMES

MONDAY & WEDNESDAY

Jan 9 - Feb 8 (9 lessons) no class 1/16
Feb 13 - Mar 15 (9 lessons) no class 2/20



Morning Classes

9:00 - 9:30 10:10 - 10:40
9:35 - 10:05 10:45 - 11:15

Afternoon/Evening Classes

4:00 - 4:30 5:10 - 5:40 6:20 - 6:50
4:35 - 5:05 5:45 - 6:15

TUESDAY & THURSDAY

Jan 10 - Feb 9 (10 lessons)
Feb 14 - Mar 16 (10 lessons)

Morning Classes

9:00 - 9:30 10:10 - 10:40
9:35 - 10:05 10:45 - 11:15

Afternoon/Evening Classes

3:45 - 4:15 5:30 - 6:00 6:40 - 7:10
4:20 - 4:50 6:05 - 6:35 7:15 - 7:45
4:55 - 5:25

SATURDAY

Jan 14 - Mar 18 (10 lessons)



Morning Classes

7:50 - 8:20 9:35 - 10:05 10:45 - 11:15
8:25 - 8:55 10:10 - 10:40 11:20 - 11:50
9:00 - 9:30

SUNDAY

Jan 15 - Mar 19 (10 lessons)

Evening Classes

3:30 - 4:00 4:40 - 5:10 5:15 - 5:45
4:05 - 4:35 5:15 - 6:15 5:50 - 6:20
(Blue Makos)

SWIM LESSON FEES

YOUTH LESSONS/ANGELFISH & STARFISH

10 lessons Resident \$52.50 Non-resident \$73.50
9 lessons Resident \$47.25 Non-resident \$66.25

ADULT LESSONS

10 lessons Resident \$62.50 Non-resident \$87.50
9 lessons Resident \$56.25 Non-resident \$78.75

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.

AQUA YOGA

By bringing Yoga to the water, there is no gravity and the water will take the pressure off your joints. It will help develop strength, static balance and will increase overall range of motion.

Aqua Yoga is for all skill levels and abilities.

Mon & Wed 10:30 - 11:15am

EPCC FITNESS SWIM TIMES

LAP SWIM - LAP POOL

Monday - Friday

6:00am - 8:25am - All Lanes

Monday / Wednesday

9:30am - 5:45pm - Lanes Vary
7:00pm - 9:00pm - Lanes Vary

Tuesday / Thursday

9:30am - 6:45pm - Lanes Vary

Friday

9:30am - 9:00pm - Lanes Vary

Saturday

7:00am - 8:55am - All Lanes
11:00am - 5:00pm - Lanes Vary

Sunday

11:00am - 5:00pm - Lanes Vary



LAP SWIM - LEISURE POOL

Tuesday / Thursday / Friday

1:00pm - 2:00pm**

SENIOR / ADAPTIVE SWIM

Tuesday / Thursday / Friday

1:00pm - 2:00pm**

CURRENT CHANNEL WALK

Monday-Thursday

9:00am - 11:30am

Tuesday / Thursday / Friday

1:00pm - 2:00pm**

Monday / Wednesday

5:45pm - 6:45pm

*** Not available on Schools Day Out, see page 21*

WATER FITNESS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT
8:00-9:00am The River Challenge*		8:00-9:00am The River Challenge*			7:30-8:30am The River Challenge* 1/14-3/18
8:30-9:25am Aquaerobics	8:30-9:25am AquaPower	8:30-9:25am Aquaerobics	8:30-9:25am AquaPower	8:30-9:25am Aquaerobics	9:00-9:55am AquaPower
9:30-10:25am S.M.I.L.L.E.*	9:30-10:25am S.M.I.L.L.E.*	9:30-10:25am S.M.I.L.L.E.*	9:30-10:25am S.M.I.L.L.E.*	9:30-10:25am S.M.I.L.L.E.*	10:00-10:55am Aquaerobics
10:30-11:15am AquaYoga*		10:30-11:15am AquaYoga*	AquaYoga is not available on School Day Out.		
5:55-6:50pm Aquaerobics	5:45-6:45pm The River Challenge*	5:55-6:50pm Aquaerobics	5:45-6:45pm The River Challenge*		
	6:55-7:50pm Aqua SuperFit		6:55-7:50pm Aqua SuperFit		
	8:00-8:55pm AquaZumba		8:00-8:55pm AquaZumba	* Class held in Leisure Pool	

OPEN PLAY, FAMILY AND PARENT/PRESCHOOL SWIM TIMES

(O) = OPEN PLAY SWIM

(F) = FAMILY PLAY SWIM

(P) = PARENT/PRESCHOOL SWIM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Columbia Pool	10am-1pm (F) 4-8pm (O)	10am-1pm (F) 4-8pm (O)	10am-1pm (F) 4-8pm (O) <i>(Jan 11-Feb 1 ends at 6pm)</i>	10am-1pm (F) 4-8pm (O)	10am-1pm (F) 4-7pm (O)	12-1pm (F) 1-5pm (O)	1-5pm (O)
East Portland CC Pool	7-9pm (O)	11:30am-1pm (F)	7-9pm (O)	11:30am-1pm (F)	9:30-11:30am (P) 11:30am-1pm (F) 4:00-5:30pm (O) <i>Teen Force Free</i> 5:30-7pm (F) 7-9pm (O)	11:30am-1pm (F) 1-5pm (O)	11:30am-1pm (F) 1-4:30pm (O)
Matt Dishman CC Pool	12-4:20pm (F) 7:30-9pm (O) <i>(begins 2/22)</i>	12-4:20pm (F)	12-4:20pm (F) 7:30-9pm (O) <i>(begins 2/24)</i>	12-4:20pm (F)	9am-5:30pm (F) <i>(beginning 2/20)</i> 9am-7:30pm (F) 8-9pm (O) - Teen Only	12-2pm (F) 2-6pm (O)	10:30-1:30pm (F) 1:30-3pm (O)
Mt Scott CC Pool	9-11:30am (P) 11:30am-1pm (F)	11:30am-1pm (F) 7-8:30pm (O)	9-11:30am (P) 11:30am-1pm (F)	11:30am-1pm (F) 7-8:30pm (O)	9-11:30am (P) 11:30am-1pm (F) 4-8:30pm (O)	12-1pm (F) 1-6:00pm (O)	12-1pm (F) 1-4:20pm (O)
Southwest CC Pool	11:30-1:30pm (F) 7-9pm (O)	11:30-1:30pm (F)	11:30-1:30pm (F) 7-9pm (O)	11:30-1:30pm (F)	11am-2:30pm (F) 2:30-9pm (O)	11:30-1:30pm (F) 1:30-6pm (O)	10:30-12:30pm (F) 12:30-4pm (O)

SAFETY IS A TEAM EFFORT.

LIFEGUARDS & PARENTS SHARE THE RESPONSIBILITY.

Remember, Non-Swimmers and children under 48" must be within arms reach of a Swimming Adult or Guardian 18 years or older.

Lifejackets are available at all pools!



YOU can help maintain TOP WATER QUALITY

DO NOT swim if you have had any intestinal illness, stomach ache or diarrhea in the past five days. Youngsters who are not toilet trained must wear swim diapers (Available for \$1). Please take a cleansing shower before swimming. No street shoes are allowed on the pool deck.

Thank you!



• OPEN PLAY SWIM

Swimming and diving areas are open to all ages. Non-swimmers and children under 48 inches tall must be supervised in the water by an adult swimmer.

• FAMILY PLAY SWIM

Enjoy shallow water, play mats, innertubes, water basketball and more. Children 17 years and younger must be accompanied in water by parent or guardian.

• PARENT/PRESCHOOL SWIM

Enjoy the pool with a younger crowd. Children must be 5 years and under. Parent or guardian must accompany children in the water.

Closures, Extra Swim Times & Special Hours!

EAST PORTLAND CC POOL

Dec 19-23	Winter Break		11:30-1:00pm	Family Swim
			1:00-4:00pm	Open Swim
		Fri Only -	4:00-5:30pm	Open Swim
		Fri Only -	4:00-5:30pm	Teen Force Free
		M/W/F Only -	7:00-9:00pm	Open Swim
Dec 24	Christmas Eve Day	Closed		
Dec 25	Christmas Day	Closed		
Dec 26-30	Winter Break		11:30-1:00pm	Family Swim
			1:00-4:00pm	Open Swim
		Fri Only -	4:00-5:30pm	Open Swim
		Fri Only -	4:00-5:30pm	Teen Force Free
		M/W/F Only -	7:00-9:00pm	Open Swim
Dec 31	New Years Eve Day		11:30-1:00pm	Family Swim
			1:00-5:00pm	Open Swim
Jan 1	New Years Day		11:30-1:00pm	Family Swim
			4:00-5:30pm	Open Swim
			4:00-5:30pm	Teen Force Free
			1:00-5:00pm	Open Swim
Jan 16	Holiday - MLK Day		11:30-1:00pm	Family Swim
			1:00-4:00pm	Open Swim
			7:00-9:00pm	Open Swim
Feb 20	Holiday - Pres. Day		11:30-1:00pm	Family Swim
			1:00-4:00pm	Open Swim
			7:00-9:00pm	Open Swim
Mar 27-30	Spring Break		11:30-1:00pm	Family Swim
			1:00-4:00pm	Open Swim
		Fri Only -	4:00-5:30pm	Open Swim
		Fri Only -	4:00-5:30pm	Teen Force Free
		M/W/F Only -	7:00-9:00pm	Open Swim

MATT DISHMAN CC POOL

Dec 19-30	Winter Break		1:30-3:00pm (M-F)
Dec 24	Christmas Eve Day		12:00-1:00pm
			1:00-3:00pm
Dec 25	Christmas Day	Closed	
Dec 31	New Years Eve Day		12:00-1:00pm
			1:00-3:00pm
Jan 1	New Years Day	Closed	
Jan 16	Holiday - MLK Day		1:15-3:45pm
Jan 27	Teacher Planning Day		1:15-3:45pm
Feb 20	Holiday - Pres. Day		1:15-3:45pm
Mar 27-31	Spring Break		1:30-3:00pm

SPRING 2017:

View and register for PP&R Spring classes on-line February 22 at www.PortlandParks.org

MT SCOTT CC POOL Leisure Pool Only

Dec 19-22, 26-29	Winter Break		1:00-4:00pm
Dec 23, 30	Winter Break		1:00-8:30pm
Dec 24	Christmas Eve Day		Regular schedule until 2:30pm
Dec 25	Christmas Day	Closed	
Dec 31	New Years Eve Day		Regular schedule until 2:30pm
Jan 1	New Years Day	Closed	
Jan 2	Winter Break		1:00-4:00pm
Jan 16	Holiday - MLK Day		1:00-4:00pm
Jan 27	Teacher Planning Day		1:00-8:30pm
Feb 20	Holiday - Pres. Day		1:00-4:00pm
Mar 27-30	Spring Break		1:00-4:00pm
Mar 31	Spring Break		1:00-8:30pm

SOUTHWEST CC POOL

Dec 19-22	Winter Break		11:30-1:00pm	Family Swim
			1:00-9:00pm	Open Swim
Dec 23	Winter Break		11:00-1:00pm	Family Swim
			1:00-9:00pm	Open Swim
Dec 24	Christmas Eve Day	Closed		
Dec 25	Christmas Day	Closed		
Dec 26-29	Winter Break		11:30-1:00pm	Family Swim
			1:00-9:00pm	Open Swim
Dec 30	Winter Break		11:00-1:00pm	Family Swim
			1:00-9:00pm	Open Swim
Dec 31	New Years Eve Day		11:30-1:00pm	Family Swim
			1:00-2:30pm	Open Swim
Jan 1	New Years Day		11:30-1:00pm	Family Swim
			1:00-5:30pm	Open Swim
Jan 2	Winter Break		11:30-1:00pm	Family Swim
			1:00-9:00pm	Open Swim
Jan 16	Holiday - MLK Day		11:30-1:00pm	Family Swim
			1:00-9:00pm	Open Swim
Jan 27	Teacher Planning		11:00-1:00pm	Family Swim
			1:00-9:00pm	Open Swim
Feb 20	Holiday - Pres. Day		11:30-1:00pm	Family Swim
			1:00-9:00pm	Open Swim
Mar 27-30	Spring Break		11:30-1:00pm	Family Swim
			1:00-9:00pm	Open Swim
Mar 31	Spring Break		11:00-1:00pm	Family Swim
			1:00-9:00pm	Open Swim

During the extra swim times above the slide opens at noon

WINTER 2017:

View and register for Portland Parks & Recreation Winter classes on-line November 23 at www.PortlandParks.org



MDCC INDOOR POOL (Matt Dishman Community Ctr.)

77 NE Knott Street 97212
Telephone: 503.823.3673

District Aquatic Coordinator: Larissa Doty
Recreation Coordinators: Christine Hickman, Evan Lilly
Recreation Leaders: Kaylyn Peterson

January 3 - March 27

HOURS:
Mon-Fri: 5:30am - 9:00pm
Sat: 9:00am - 6:00pm
Sun: 10:30am - 6:00pm

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

CLOSURES AND SPECIAL HOURS:

- Dec 24, Christmas Eve Day - Open 9:00am - 3:00pm
- Dec 25, Christmas Day - Closed
- Dec 31, New Years Eve Day - Open 9:00am - 3:00pm
- Jan 1, New Years Day - Closed
- Jan 6 - Closed after 5:30pm Closed for Swim Meet
- Jan 13 - Closed after 5:30pm Closed for Swim Meet
- Jan 20 - Closed after 5:30pm Closed for Swim Meet
- Jan 27 - Closed after 5:30pm Closed for Swim Meet
- Feb 3 - Closed after 5:30pm Closed for Swim Meet
- Feb 10 - Closed after 3:00pm Closed for Swim Meet
- Feb 11 - Closed after 12:00pm Closed for Swim Meet

See page 21 for Extra Swim times and days and school out days.

General Information:

- Indoor year-round
- L-Shaped 6 lane 25-yard lap swimming pool heated to 84 degrees, water depth 2-12 feet. Has a one meter diving board.
- Whirlpool spa heated to 102 degrees
- Program offerings: swim lessons, lap swim, water fitness classes & recreational play swims

MDCC RECREATIONAL PLAY SWIM TIMES

OPEN PLAY SWIM

MONDAY & WEDNESDAY
7:30 - 9:00pm (beginning 2/21)

FRIDAY - TEEN ONLY
8:00 - 9:00pm (beginning 2/17)

SATURDAY
2:00 - 6:00pm

SUNDAY
1:30 - 3:00pm

POOL RENTALS AND PARTY PACKAGES

Rentals available on Saturday and Sunday evenings. Party Packages available during Family & Open Swim. For more information please call 503-823-3179.

FAMILY SWIM*

*Children under 18 years of age must be supervised by a parent or guardian in the water.

MONDAY - THURSDAY
12:00pm - 4:20pm

FRIDAY
9:00am - 5:30pm
until 7:30pm beginning 2/17

SATURDAY
12:00pm - 2:00pm

SUNDAY
10:30am - 1:30pm



Bus Lines: #6 MLK; #4 Fessenden; #40 Mocks Crest; #33 Fremont

Parking: Lot entrance off Knott Street

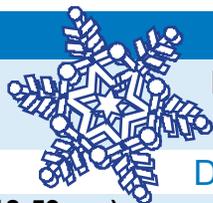
Disabled Access:

Entrances: Accessible - push button automatic doors

Pool & Spa: Accessible - with pool lift (weight capacity 300 lbs.)

Parking: Accessible - designated parking spots in lot

Restrooms: Accessible - ADA lower shower/shower benches



For Matt Dishman Community Center and Pool FEES: City of Portland Resident Fees

	Drop-In-Visit	Active Pass**	10-Punch Card	20-Punch Card
Adults (18-59 yrs)	\$5.00	\$32.50	\$45.00	\$85.00
Seniors (60+ yrs)	\$4.00	\$26.00	\$36.00	\$68.00
Teens (14-17 yrs)	\$4.00	\$26.00	\$36.00	\$68.00
Youth (3-13 yrs)*	\$3.00	\$19.50	\$27.00	\$51.00
Toddlers (0-2 yrs)	FREE	FREE	FREE	FREE
Family	N/A	\$53.75	N/A	N/A

*NOTE: Passes valid only at Matt Dishman Community Center and Pool. Admission includes use of the following drop-in amenities on a first-come, first-served basis during scheduled times. **Open Play Swim** (children under 48" tall must be accompanied in the water by an adult) • **Parent/Preschool Swim** • **Family Swim** (all youth 17 years and under must be accompanied in the water by an adult)

• **Lap Swim** • **Water Fitness** • **Whirlpool/Spa** (must be age 16 & over) • **Fitness Room** (must be age 14 & over) • **Basketball**

Active Passes will auto-renew each month. Simply pay your first monthly fee upon registering, and all future monthly payments are deducted directly from your debit or credit card. *Family membership denotes a couple (married or domestic) or a single parent and their legal dependents living in the same residence.

MDCC INSTRUCTIONAL SWIM TIMES

MONDAY & WEDNESDAY

Jan 9 - Feb 8 (9 lessons) no class 1/16
Feb 13 - Mar 15 (9 lessons) no class 2/20

Morning Classes		
9:00 - 9:30	9:40 - 10:10	10:20 - 10:50
Afternoon/Evening Classes		
4:30 - 5:00	5:05 - 5:35	5:40 - 6:10
6:15 - 6:45	6:50 - 7:20	

TUESDAY & THURSDAY

Jan 10 - Feb 9 (10 lessons)
Feb 14 - Mar 16 (10 lessons)



Morning Classes		
9:00 - 9:30	9:40 - 10:10	10:20 - 10:50
Afternoon/Evening Classes		
4:30 - 5:00	5:05 - 5:35	5:40 - 6:10
6:15 - 6:45	6:50 - 7:20	

SATURDAY

Jan 14 - Mar 18 (9 lessons) no class 2/11

Morning Classes		
9:10 - 9:40	9:45 - 10:15	10:20 - 10:50
10:55 - 11:25	11:30 - 12:00	

SUNDAY

Jan 15 - Mar 19 (10 lessons)

Evening Classes		
3:05 - 3:35	3:40 - 4:10	4:15 - 4:45
4:50 - 5:20	5:25 - 5:55	

5:00 - 6:00 or 6:00 - 7:00 - *Blue Makos*

Private & Semi-Private Lesson Only Times

6:00 - 6:30 6:35 - 7:05

SWIM LESSON FEES

YOUTH LESSONS/ANGELFISH & STARFISH

10 lessons	Resident \$52.50	Non-resident \$73.50
9 lessons	Resident \$47.25	Non-resident \$66.25

ADULT LESSONS

10 lessons	Resident \$62.50	Non-resident \$87.50
9 lessons	Resident \$56.25	Non-resident \$78.75



MDCC FITNESS SWIM TIMES

LAP SWIM

Monday - Friday

5:30am - 4:00pm - Lanes Vary
6:05pm - 7:30pm - Lanes Vary
(beginning 2/20 til 8:00pm)

Saturday

12:00pm - 6:00pm - Lanes Vary*

Sunday

10:30am - 3:00pm - Lanes Vary*
(*During Open Swims, Lap Swim space will be limited to 2 lanes)



TWILIGHT LAP SWIM

Tuesday / Thursday

8:00pm - 9:00pm - Lanes Vary (beginning 2/21)

Lap Swim: We will make every attempt to have 1-2 lap lanes available, at all times, for adult lap swimmers. Up to 5 lanes will be available at designated times, call 503-823-3673 for a complete schedule of lap lanes available during operating hours.

PAC (Portland Aquatic Club): Mon-Fri 4:00-6:00pm

PIL: Mon-Fri 7:35-9:00pm (Nov 14-Feb 17)

WATER FITNESS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT
6:00 - 6:55am Aquaerobics and Aquapower	6:00 - 6:55am Aquapower	6:00 - 6:55am Aquaerobics and Aquapower	6:00 - 6:55am Aquapower	6:00 - 6:55am Aquaerobics and Aquapower	
7:00 - 9:15am 11:15am - 12pm Aquaerobics/ Aquapower (no instructor)	7:00 - 9:15am 11:15am - 12pm Aquaerobics/ Aquapower (no instructor)	7:00 - 9:15am 11:15am - 12pm Aquaerobics/ Aquapower (no instructor)	7:00 - 9:15am 11:15am - 12pm Aquaerobics/ Aquapower (no instructor)	7:00 - 9:15am 11:15am - 12pm Aquaerobics/ Aquapower (no instructor)	
9:15 - 10:10am Aquaerobics and Aquapower	9:10 - 10:05am Aquapower				
10:15 - 11:10am SMILE*	10:10 - 11:05am Aquaerobics				
6:05 - 7:00pm Aquapower	6:05 - 7:00pm Pregnancy Fitness	6:05 - 7:00pm Aquapower	6:05 - 7:00pm Pregnancy Fitness	6:05 - 7:00pm Aquapower (begins 2/17)	
7:05 - 8:00pm Aquaerobics	7:05 - 8:00pm Aquapower	7:05 - 8:00pm Aquaerobics	7:05 - 8:00pm Aquapower	7:05 - 8:00pm Aquaerobics (begins 2/17)	

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.

MSCC INDOOR POOL
(Mt. Scott Community Ctr.)
 5530 SE 72nd Ave. 97206
 Telephone: 503.823.3183

District Aquatic Coordinator: Adam McGowan
Recreation Coordinators: Jamie Burrows, Steve Kavanagh
Recreation Leaders: Megan Stout, Alex Orazio

January 2 - March 27

HOURS: **Mon-Fri:** 5:30am - 8:30pm
Sat: 7:00am - 6:00pm
Sun: 12:00pm - 5:30pm

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

CLOSURES AND SPECIAL HOURS:

Dec 24, Christmas Eve Day – Open 7:00am-2:30pm

Dec 25, Christmas Day – Closed

Dec 31, New Years Eve Day – Open 7:00am-2:30pm

Jan 1, New Years Day – Closed

See page 21 for Extra Swim times and days and school out days.

General Information: • Indoor year-round

- 6 lane 25-yard lap swimming pool heated to 84 degrees, water depth 3.5 - 9 feet
- Leisure pool with slide, current channel, vortex and interactive play features heated to 88 degrees, water depth 0 - 3.5 feet
- Whirlpool spa heated to 102 degrees
- Program offerings: swim lessons, lap swim, water fitness classes & recreational play swims

Bus Lines: #10 Harold, #14 Hawthorne

Disabled Access:

Entrances: Accessible - (automatic doors on west entrance on SE 72nd)

Parking: Designated in lot and on 72nd & Harold

Pool & Spa: Accessible - pool lift (weight capacity 300 lbs)

Restrooms: Accessible

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 reduction from pass holder costs. When possible, the times and dates of closings will be posted in advance to inform pass holders.

MSCC RECREATIONAL PLAY SWIM TIMES

OPEN PLAY SWIM

MONDAY & WEDNESDAY

SWIM LESSONS, no open play swims

TUESDAY & THURSDAY

7:00 - 8:30pm, Leisure Pool & Slide Open

FRIDAY

4:00 - 8:30pm, Leisure Pool & Slide Open

SATURDAY

1:00 - 6:00pm, Slide & Rope Swing Open

SUNDAY

1:00 - 4:20pm, Slide & Rope Swing Open
(Rope closes at 3:15pm)

SCHOOL GROUP & AGENCY RENTALS AVAILABLE DURING THE DAY.
 Call to prearrange times
 503-823-3676.

FAMILY SWIM*

**Children under 18 years of age must be supervised by a parent or guardian in the water.*

MONDAY - FRIDAY

11:30am - 1:00pm

Slide only available Friday

SATURDAY

12:00pm - 1:00pm

Leisure Pool & Slide Open

SUNDAY

12:00pm - 1:00pm

Leisure Pool & Slide Open



PARENT PRESCHOOL SWIM**

***Children must be 5 years and under. Parent or guardian must accompany children in the water.*

MONDAY / WEDNESDAY / FRIDAY

9:00 - 11:30am, Leisure Pool

During Parent/Preschool Swims please use Current Channel with caution!

Mt. Scott General Admission Fees*

For Mt. Scott 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	\$97.00/\$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 Mt. Scott Community Center and Pool. These fees will include use of the following amenities, during their regularly scheduled times: • Lap Swim • Open Play Swim • Parent/Preschool Swim • Family Play Swim • Water Fitness Classes • Fitness Room • Adult Basketball (Open Gym) • Adult Volleyball (Open Gym) • Roller Rink

**NOTE: Active Passes will auto-renew each month. Simply pay your first monthly fee upon registering, and all future monthly payments are deducted directly from your debit or credit card.

MSCC INSTRUCTIONAL SWIM TIMES

MONDAY & WEDNESDAY
 Jan 9 - Feb 8 (9 lessons) no class 1/16
 Feb 13 - Mar 15 (9 lessons) no class 2/20

Afternoon/Evening Classes

3:25 - 3:55	4:00 - 4:30	4:35 - 5:05
5:10 - 5:40	5:45 - 6:15	6:20 - 6:50
6:55 - 7:25		

TUESDAY & THURSDAY
 Jan 10 - Feb 9 (10 lessons)
 Feb 14 - Mar 16 (10 lessons)

Morning Classes

9:00 - 9:30	9:35 - 10:05
10:10 - 10:40	10:45 - 11:15

Afternoon/Evening Classes

1:00 - 2:00 - *Blue Makos Th Only*

4:00 - 4:30	4:35 - 5:05	5:10 - 5:40
5:45 - 6:15	6:20 - 6:50	

SATURDAY
 Jan 14 - Mar 18 (10 lessons)

Morning Classes

8:25 - 8:55	9:00 - 9:30	9:35 - 10:05
10:10 - 10:40	10:45 - 11:15	11:20 - 11:50

12:00 - 1:00 - *Blue Makos*

SUNDAY
 Jan 15 - Mar 19 (10 lessons)

Evening Classes

3:20 - 3:50	3:55 - 4:25	4:30 - 5:00
5:05 - 5:35	5:40 - 6:10	
6:15 - 6:45		

SWIM LESSON FEES

YOUTH LESSONS/ANGELFISH & STARFISH

10 lessons	Resident \$52.50	Non-resident \$73.50
9 lessons	Resident \$47.25	Non-resident \$66.25

ADULT LESSONS

10 lessons	Resident \$62.50	Non-resident \$87.50
9 lessons	Resident \$56.25	Non-resident \$78.75

MSCC FITNESS SWIM TIMES

LAP SWIM (ALL AGES) - LANES VARY
 (Not held on "School's Out" days, see page 21)

Monday / Wednesday
 5:30 - 9:00am & 1:00 - 4:30pm
 6:00pm - 8:30pm

Tuesday / Thursday
 5:30 - 11:30am, 1:00 - 4:30pm, 6:00 - 7:00pm

Friday
 5:30 - 9:00am, 1:00 - 4:00pm

Saturday **Sunday**
 7:00am - 12:00pm 4:20pm - 5:30pm

ADULT LAP SWIM - LANES VARY
 (18 years of age and older)

Monday / Wednesday / Friday
 9:00am - 1:00pm
 4:00pm - 8:30pm (Friday Only)

Tuesday / Thursday
 11:30am - 1:00pm
 7:00pm - 8:30pm

Saturday **Sunday**
 12:00 - 6:00pm 12:00 - 4:20pm

LAP SWIM & ADULT LAP SWIM:
 We will make every attempt to have 1-2 lap lanes available, at all designated times, for lap swimmers. Up to 6 lanes will be available at designated times, call 503-823-3183 for a complete schedule of lap lanes available during operating hours.

PAC (Portland Aquatic Club) Mon-Fri 4:45-6:00pm

PIL (Portland Interscholastic League) Mon-Fri 3:30 - 4:45pm

CYO Swim Teams Mon-Fri 7:00 - 8:30pm

CURRENT CHANNEL RUN / WALK
Monday - Friday 9:00am - 11:30am
 During Parent/Pre please use Current with caution.



MT. SCOTT CC
SPA HOURS
 (SPA AVAILABLE TO THOSE 16 YEARS AND OLDER)

MON - FRI
 5:30am - 8:30pm

SATURDAY
 7:00am - 6:00pm

SUNDAY
 12:00 - 5:30pm

NOTE: Pregnant women and those with heart disease, diabetes or high blood pressure should consult with their physician before using the spa.

WATER FITNESS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT
6:00 - 6:55am AquaPower	6:00 - 6:55am AquaPower	6:00 - 6:55am AquaPower	6:00 - 6:55am AquaPower	6:00 - 6:55am AquaPower	
7:00 - 7:55am Aquaerobics		7:00 - 7:55am Aquaerobics		7:00 - 7:55am Aquaerobics	
9:05 - 10:00am Aquaerobics	9:05 - 10:00am AquaPower	9:05 - 10:00am Aquaerobics	9:05 - 10:00am AquaPower	9:00 - 9:55am Aqua Zumba	9:00 - 9:55am AquaPower
10:15 - 11:10am SMILE	10:15 - 11:10am SMILE	10:15 - 11:10am SMILE	10:15 - 11:10am SMILE	10:15 - 11:10am SMILE	10:00 - 10:55am Aquaerobics
6:05 - 7:00pm Aquaerobics	6:05 - 7:00pm AquaPower	6:05 - 7:00pm Aqua Zumba	6:05 - 7:00pm AquaPower		

SWCC INDOOR POOL
(Southwest Community Ctr.)
 6820 SW 45th Ave. 97219
 Telephone: 503.823.2840

District Aquatic Coordinator: Andy Amato,
Recreation Coordinators: LeeAnne Griffin, Sarah Wiggins
Recreation Leader: Paige Pelker, Teresa O'Loughlin

January 3 - April 2

HOURS: **Mon-Fri** 5:15am - 9:00pm
Sat 7:00am - 6:00pm
Sun 9:00am - 6:25pm

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

CLOSURES AND SPECIAL HOURS:

Dec 24-25, Christmas Holiday - Closed
Dec 31, New Years Eve Day - Closed at 2:30pm
Jan 1, New Years Day - Open 10:00am - 5:30pm

See page 21 for Extra Swim times and days and school out days.

General Information: • Indoor year-round

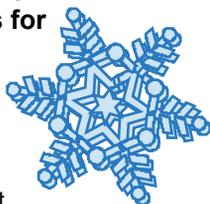
- 6 lane 25-yard lap swimming pool heated to 84 degrees, water depth 3.5 - 9 feet
- Leisure pool with slide and interactive play features heated to 88 degrees, water depth 0 - 5 feet
- Whirlpool spa heated to 102 degrees
- Program offerings: swim lessons, lap swim, water fitness classes & recreational play swims

Note: Spa closes at 5pm on Saturdays for weekly maintenance

Bus Lines: #1 Vermont

Disabled Access:

- Entrances:** Accessible;
- Parking:** Designated in lot;
- Lap Pool:** Accessible with pool lift (weight capacity 300 lbs)
- Leisure Pool:** Accessible with wheelchair ramp and aqua wheelchair provided
- Spa:** Accessible with pool lift (weight capacity 300 lbs)
- Restrooms:** Accessible.



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 reduction from pass holder costs. When possible, the times and dates of closings will be posted in advance to inform pass holders.

SWCC RECREATIONAL PLAY SWIM TIMES

OPEN PLAY SWIM

MONDAY & WEDNESDAY
 7:00 - 9:00pm, Leisure Pool & Slide Open

TUESDAY & THURSDAY
 SWIM LESSONS, no open play swims

FRIDAY
 2:30 - 9:00pm, Leisure Pool & Slide Open

SATURDAY
 1:30 - 6:00pm, Slide & Rope Swim Open

SUNDAY
 12:30 - 4:00pm, Slide & Rope Swim Open

FAMILY SWIM*

**Children under 18 years of age must be supervised by a parent or guardian in the water.*

MONDAY - THURSDAY
 11:30am - 1:30pm
 Slide will not be available

FRIDAY
 11:00am - 2:30pm
 Slide available after 12pm

SATURDAY
 11:30am - 1:30pm
 Slide Open

SUNDAY
 10:30am - 12:30pm
 Slide Open



POOL RENTALS AND PARTY PACKAGES

Rentals available on Saturday and Sunday evenings
 Party Packages available during Family & Open Swim
 For more information please call 503-823-2849

SWCC General Admission Fees*

For Southwest Community Center and Pool at Gabriel Park
FEES: City of Portland Residents/Non-Residents

	Drop-In-Visit	Active Pass**	10-Punch Card	20-Punch Card
Adults (18-59 yrs)	\$6.50	\$43.00/\$56.00	\$57.50/\$61.70	\$110.00/\$117.00
Seniors (60+ yrs)	\$5.00	\$32.50/\$41.00	\$45.00/\$47.50	\$85.00/\$90.00
Teens (13-17 yrs)	\$5.00	\$32.50/\$41.00	\$45.00/\$47.50	\$85.00/\$90.00
Children (3-12 yrs)	\$3.75	\$24.50/\$30.00	\$33.50/\$35.50	\$63.60/\$67.40
Toddlers (0-2 yrs)	FREE	FREE	FREE	FREE
Family	N/A	\$68.50/\$81.25	N/A	N/A

***NOTE:** Passes valid only at Southwest Community Center 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 directly from your debit or credit card.

SWCC INSTRUCTIONAL SWIM TIMES

MONDAY & WEDNESDAY

Jan 9 - Feb 8 (9 lessons) no class 1/16
Feb 13 - Mar 15 (9 lessons) no class 2/20



Morning Classes

9:00 - 9:30 10:10 - 10:40
9:35 - 10:05 10:45 - 11:15

Afternoon/Evening Classes

4:00 - 4:30 5:10 - 5:40 6:20 - 6:50
4:35 - 5:05 5:45 - 6:15

TUESDAY & THURSDAY

Jan 10 - Feb 9 (10 lessons)
Feb 14 - Mar 16 (10 lessons)



Morning Classes

9:00 - 9:30 10:10 - 10:40
9:35 - 10:05 10:45 - 11:15

Afternoon/Evening Classes

3:50 - 4:20 5:35 - 6:05 7:20 - 7:50
4:25 - 4:55 6:10 - 6:40 8:00 - 8:30
5:00 - 5:30 6:45 - 7:15

SATURDAY

Jan 14 - Mar 18 (10 lessons)



Morning Classes

8:30 - 9:00 9:40 - 10:10 10:50 - 11:20
9:05 - 9:35 10:15 - 10:45 11:30 - 12:00

11:30 - 12:30 - Blue Makos

SUNDAY

Jan 15 - Mar 19 (10 lessons)
Private & Semi-Private Lessons Only

Evening Classes

4:10 - 4:40 5:20 - 5:50
4:45 - 5:15 5:55 - 6:25

SWIM LESSON FEES

YOUTH LESSONS/ANGELFISH & STARFISH

10 lessons Resident \$52.50 Non-resident \$73.50
9 lessons Resident \$47.25 Non-resident \$66.25
8 lessons Resident \$42.00 Non-resident \$59.00

ADULT LESSONS

10 lessons Resident \$62.50 Non-resident \$87.50
9 lessons Resident \$56.25 Non-resident \$78.75
8 lessons Resident \$50.00 Non-resident \$70.00

**Private or Semi-Private Swim Lessons
on Sunday afternoons at SWCC.**

CLASS TIMES: 4:10 pm 4:45 pm
 5:20 pm 5:55 pm

Quiet setting and exceptional instruction!

**Our lessons are popular and fill fast.
Call 503-823-2851 to register.**

SWCC FITNESS SWIM TIMES

LAP SWIM

Monday - Friday
5:15am - 9:00pm - Lanes Vary
Saturday
7:00am - 6:00pm - Lanes Vary
Sunday
9:00am - 6:25pm - Lanes Vary



Lap Swim: We will make every attempt to have 1-2 lap lanes available, at all times, for adult lap swimmers. Up to 6 lanes will be available at designated times, call 503-823-2840 for a complete schedule of lap lanes available during operating hours.

PAC (Portland Aquatic Club): Mon-Fri 4:00-5:30pm
Jesuit: Mon-Fri 3:00-4:00pm (Nov 14-Feb 10)
PIL: Mon-Fri 7:30-9:00pm (Nov 14-Feb 16)

WATER FITNESS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT
6:00 - 6:55am Aquaerobics		6:00 - 6:55am Aquaerobics		6:00 - 6:55am Aquaerobics	
9:00 - 9:55am Aquaerobics and AquaPower	9:00 - 9:55am AquaPower	9:00 - 9:55am Aquaerobics and AquaPower	9:00 - 9:55am AquaPower	9:00 - 9:55am Aquaerobics and AquaPower	9:00 - 9:55am AquaPower
10:00 - 10:55am Aquaerobics and AquaPower	10:00 - 10:55am Pregnancy Fitness*	10:00 - 10:55am Aquaerobics and AquaPower	10:00 - 10:55am Pregnancy Fitness*	10:00 - 10:55am Aquaerobics and AquaPower	10:00 - 10:55am Aquaerobics
11:00 - 11:55am SMILE*	11:00 - 11:55am SMILE*	11:00 - 11:55am SMILE*	11:00 - 11:55am SMILE*	11:00 - 11:55am SMILE*	
	1:30 - 2:30pm Aqua Yoga		1:30 - 2:30pm Aqua Yoga		
5:35 - 6:30pm AquaPower	5:35 - 6:30pm AquaPower	5:35 - 6:30pm AquaPower	5:35 - 6:30pm AquaPower	5:35 - 6:30pm AquaPower	
6:35 - 7:30pm Aquaerobics	6:35 - 7:30pm Pregnancy Fitness	6:35 - 7:30pm Aquaerobics	6:35 - 7:30pm Pregnancy Fitness		

* Class held in Leisure Pool

AQUA YOGA

By bringing Yoga to the water, there is no gravity and the water will take the pressure off your joints. It will help develop strength, static balance and will increase overall range of motion.

Aqua Yoga is for all skill levels and abilities.

Tues & Thurs: 1:30 - 2:30pm

CITYWIDE RECREATION GUIDE



SPECIALTY FACILITIES

- COMMUNITY MUSIC CENTER
- INTERSTATE FIREHOUSE CULTURAL CENTER
- LAURELHURST DANCE STUDIO
- MULTNOMAH ARTS CENTER
- PORTLAND TENNIS CENTER

COMMUNITY MUSIC CENTER

3350 SE Francis Street | 503-823-3177

portlandoregon.gov/parks/cmc

Community Music Center offers music programs and professional level instruction for all ages. Disciplines include general music, choir, chamber music, ensembles, orchestra, piano, guitar, violin, cello, music jams, Suzuki Strings, and more. Most group classes run from September to June, with extended activities offered during the summer

INTERSTATE FIREHOUSE CULTURAL CENTER

5340 N Interstate Avenue | 503-823-3620

portlandoregon.gov/parks/ifcc

Interstate Firehouse Cultural Center is committed to creating an environment in which people of every ethnic and cultural background come together as artists and audience to explore, preserve and celebrate their diversity. Programs include early childhood dance, ballet, hip-hop, tap, AIR recreation, and musical theatre.

LAURELHURST DANCE STUDIO

3756 SE Oak Street | 503-823-3662

portlandoregon.gov/parks/dance

Laurelhurst Dance Studio offers dance programs for early childhood, youth, teen, and adult groups. Disciplines include general dance, jazz, tap, hip-hop, ballroom, cultural, ballet, and more. Unique

CITYWIDE RECREATION GUIDE

to the Laurelhurst Dance Studio are the Youth Ballet Academy and the Portland Recreational Dance Company. These programs feature school-year programming that allow for outstanding training and performance opportunities with the guidance of professional level instruction.

MULTNOMAH ARTS CENTER

7688 SW Capitol HWY | 503-823-2787

portlandoregon.gov/parks/mac

Multnomah Arts Center offers vibrant arts education in both visual and performing arts at an affordable cost to students of all ages. The high quality programs include jewelry, metalsmithing, photography, printmaking and book arts, drawing, painting, textiles, mixed media, woodshop and sculpture, ceramics, literary arts, theater, dance, music, and more!

PORTLAND TENNIS CENTER

324 NE 12th Avenue | 503-823-3189

portlandoregon.gov/parks/ptc

Portland Tennis Center features eight indoor courts and four outdoor courts and is open every day of the week from 6:00 AM to 10:00 PM. Group and individual lessons are offered throughout the year for all ages. Other programs include tennis mixers, World Team Tennis, USTA Leagues, and City Leagues.



URBAN PARKS

DIRECTOR PARK

815 SW Park Avenue

portlandoregon.gov/parks/directorpark

Located in the heart of downtown Portland, this public piazza is a gathering place for the community, a theatre to highlight arts and culture, and a space that emanates the best of what Portland has to offer. Director Park includes a restaurant, Teachers Fountain, a covered terrace, a Big Chess board, and many great places to gather, or sit and relax. The park supports local arts and culture by offering many opportunities to enjoy music and dance, stroll through art displays, or host a private event.

HOLLADAY PARK

NE 11th Avenue & Holladay Street

portlandoregon.gov/parks/holladaypark

Holladay Park is located on the east side of Portland in the Lloyd District. A large public gathering space with plaza and grassy areas, this park offers respite for neighbors and is centrally located for busy commuters. The Holladay Park Partnership connects with neighbors, community stakeholders, and PP&R to positively activate Holladay Park by offering daily activities, weekly programming, and special events for all ages.

CITYWIDE RECREATION GUIDE



PROGRAMS & SERVICES

- 5K SERIES
- ADAPTIVE & INCLUSIVE RECREATION
- COMMUNITY GARDENS
- ENVIRONMENTAL EDUCATION
- PARKS FOR NEW PORTLANDERS
- PORTLAND PUBLIC GOLF
- PP&R SKATEBOARDING
- SENIOR RECREATION
- SUMMER FREE FOR ALL
- TEEN FORCE

5K SERIES

503-823-2525

portlandoregon.gov/parks/5k

Portland Parks & Recreation's 5k Series are family-friendly 5k races that take place monthly from May through October throughout Portland parks. Perfect for all ages and abilities, the 5k Series is a fun and exciting way for the community to come together and support healthy lifestyle choices.

ADAPTIVE & INCLUSIVE RECREATION

5304 N Interstate Avenue | 503-823-4333

portlandoregon.gov/parks/air

Adaptive & Inclusive Recreation offers community-based recreation activities and leisure services specially designed for children, teens and adults who have a disability and/or special needs. Services are designed to assist people in developing and using their leisure time in ways that enhance their health, well-being, and independence. Programs include trips, art, cooking, dance, fitness and sports, and music.

COMMUNITY GARDENS

6437 SE Division Street | 503-823-1612

portlandoregon.gov/parks/communitygardens

With 50 community gardens located throughout the city, the Community Gardens program provides gardening opportunities, plus lifestyle benefits, residents in Portland. Developed and operated by volunteers and PP&R staff, this robust program offers individuals and families a place to grow their own healthy food. Plots are assigned to new gardeners for each summer season in February, March and April, and continue through June as plots are available. Plots are assigned on a first-come, first-served basis.

ENVIRONMENTAL EDUCATION

2909 SW 2nd Avenue | 503-823-3601

portlandoregon.gov/parks/ee

The Environmental Education program offers diverse experiences in Portland's parks, gardens, and natural areas. Classes, guided walks, day camps, volunteer opportunities, and special events focus on the forest, grassland, and water ecosystems available throughout our city. From young children to older adults, all ages can find active involvement and discovery of nature close to home!

CITYWIDE RECREATION GUIDE

PARKS FOR NEW PORTLANDERS

1120 SW Fifth Avenue, Ste. 1302 | 503-260-2487
parksfornewportlanders.org

Parks for New Portlanders (PNP) is a program initiated by PP&R to provide recreation opportunities for immigrant and refugee communities. PNP works with partners and city leaders to design culturally relevant programs, making sure services are welcoming to communities of color, new immigrants and refugees. With one in five Portlanders being foreign-born, addressing the needs of this new and diverse population is crucial as they transition to Portland's community.

PORTLAND PUBLIC GOLF

portlandoregon.gov/parks/golf

Portland Public Golf offers affordable, quality golf to Portland's residents and visitors alike. These six beautiful, and nationally recognized, golf courses offer 9- and 18-hole rounds, practice ranges, lessons for youth and adult, and spectacular options for tournament play. In addition, many sites have clubhouses available for rental parties. Located around the metro area, Portland public golf courses are Eastmoreland, Heron Lakes - Great Blue, Heron Lakes - Greenback, RedTail, Rose City, and the newly acquired Colwood Golf Course.

PP&R SKATEBOARDING

6433 NE Tillamook Street | 503-823-4328
portlandoregon.gov/parks/skate

PP&R offers skateboarding classes, clinics, day camps and private lessons for ages four and up in community centers, SUN Community Schools, and in Portland's parks. Skate programs get participants up and skateboarding by educating them in skate park etiquette and skateboard anatomy/function, practicing safe stance and bailing out, and finally by boosting confidence and ability in balance, mechanics and control.

SENIOR RECREATION

6433 NE Tillamook Street | 503-823-4328
portlandoregon.gov/parks/sr

Senior Recreation is dedicated to ensuring access to recreational, educational, and wellness opportunities for adults age 60+. These well-attended programs are offered throughout Portland and include excursions and van trips, health and wellness, gardening, fitness, computers, biking, book club, Brainpower Boost, arts and crafts, language, floral design, golf, cooking, dance, music, drawing, Hike for Health, Metro Movers, and more!

SUMMER FREE FOR ALL

portlandoregon.gov/parks/sffa

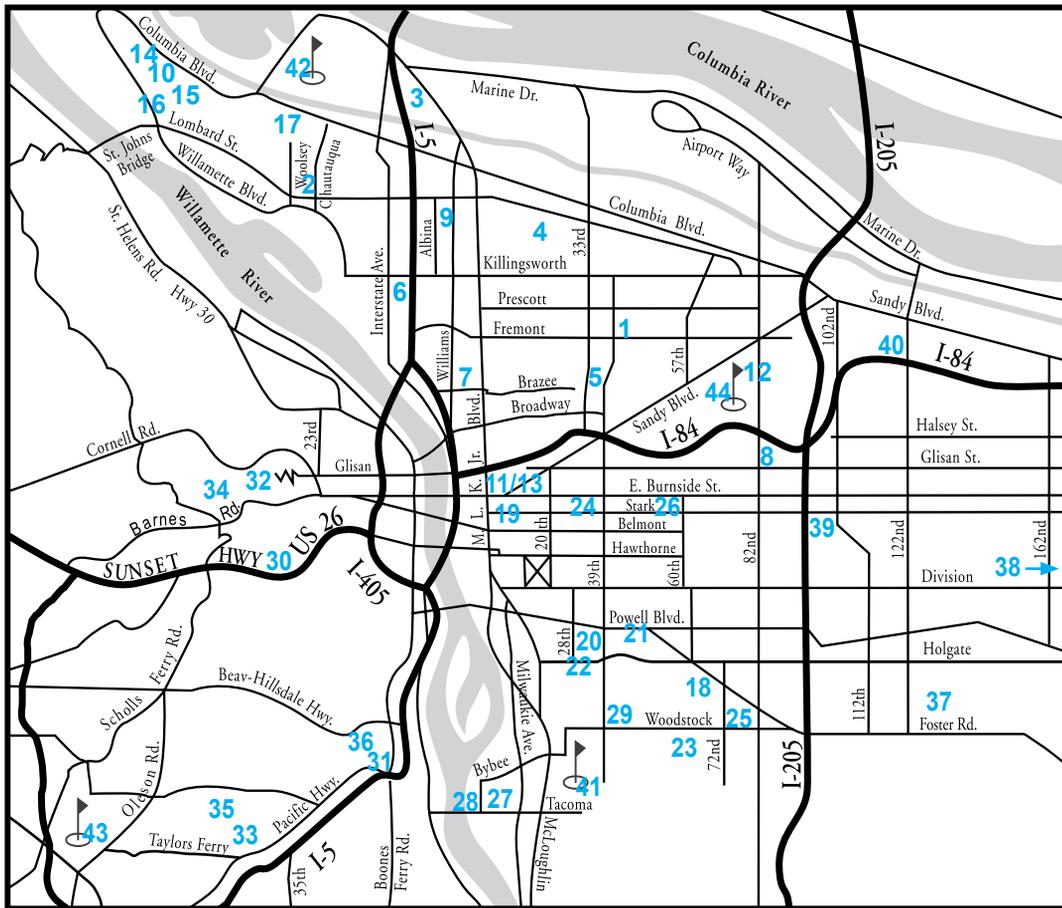
Summer Free For All is Portland Parks & Recreation's premiere community outreach effort. This wildly popular summer series of free outdoor activities is held in Portland's parks all over the city and is supported by community sponsors, donations, and in-kind contributions. Each summer, PP&R expects to serve more than 320,000 attendees by offering a collection of concerts, movies, playground programs, summer lunches for youth, a traveling climbing wall, and much more.

TEEN FORCE

6433 NE Tillamook Street | 503-823-4328
portlandoregon.gov/parks/teenforce

Teen Force strives to reflect the energy and excitement of the teens themselves in the awesome trips, classes, drop-in activities, events, and volunteer/service learning outings offered. Teen Force sites include: Charles Jordan, East Portland, Matt Dishman, Montavilla, and Mt. Scott Community Centers. Additional teen programs are available through local centers, SUN Community School sites, and Environmental Education.

Get active – we have a facility in your neighborhood!



Can't find what you're looking for in this catalog?

PP&R offers more than 4,000 classes and activities each term throughout the Portland area.

Search and register for PP&R classes at PortlandParks.org

Or, call a PP&R facility listed here to receive their catalog through the mail.

Recreation Programs and Facilities – referenced to the map

NORTH & NORTHEAST PORTLAND

1. **Beaumont SUN Community School**
4043 NE Fremont • 503-916-5615
2. **Columbia Swim Pool**
7701 N. Chautauqua • 503-823-3669
3. **Delta Park Sports Complex**
Delta Park • 503-823-1656
4. **Faubion SUN Community School**
3039 NE Rosa Parks Way • 503-916-5694
5. **Grant Swim Pool** (summer only)
2300 NE 33rd • 503-823-3674
6. **IFCC - Interstate Firehouse Cultural Center**
5340 N. Interstate • 503-823-4322
7. **Matt Dishman Community Center & Swim Pool**, 77 NE Knott • 503-823-3673
8. **Montavilla Community Center & Swim Pool** (summer only) 8219 NE Glisan
503-823-4101 • Pool: 503-823-3675
9. **Peninsula Park Community Center & Swim Pool** (summer only)
700 N. Rosa Parks Way
503-823-3620 • Pool: 503-823-3677
10. **Pier Park Swim Pool** (summer only)
N. Seneca & St Johns • 503-823-3678
11. **Portland Tennis Center**
324 NE 12th • 503-823-3189
12. **Roseway Heights SUN Community School**
7334 NE Siskiyou • 503-916-5865
13. **Senior Recreation**
426 NE 12th • 503-823-4328 V/TDD
14. **Sitton SUN Community School**
9930 N. Smith • 503-916-5654
15. **St Johns Community Center**
8427 N. Central • 503-823-3192
16. **St Johns Racquet Center**
7519 N. Burlington • 503-823-3629
17. **Charles Jordan Community Center**
9009 N. Foss • 503-823-3631

Get active – we have a facility in your neighborhood!

SOUTHEAST PORTLAND

- 18. **Arleta SUN Community School**
5109 SE 66th • 503-916-6332
- 19. **Buckman Swim Pool** **CLOSED**
320 SE 16th • 503-823-3668
- 20. **Community Music Center**
3350 SE Francis • 503-823-3177
- 21. **Creston Swim Pool** (summer only)
SE 44th & Powell • 503-823-3672
- 22. **Grout SUN Community School**
3119 SE Holgate • 503-916-6421
- 23. **Lane SUN Community School**
7200 SE 60th • 503-916-2910
- 24. **Laurelhurst Studio**
3756 SE Oak • 503-823-4101
- 25. **Mt Scott Community Center & Swim Pool**
5530 SE 72nd • 503-823-3183
- 26. **Mt Tabor SUN Community School**
5800 SE Ash • 503-916-2915
- 27. **Sellwood Community Center**
1436 SE Spokane • 503-823-3195
- 28. **Sellwood Swim Pool** (summer only)
SE 7th & Miller • 503-823-3679
- 29. **Woodstock Community Center**
5905 SE 43rd • 503-823-3633

WEST PORTLAND

- 30. **Children’s Museum**
Washington Park • 503-223-6500
- 31. **Fulton Park Community Center**
68 SW Miles • 503-823-3180
- 32. **Hillside Community Center**
653 NW Culpepper Terr • 503-823-3181
- 33. **Multnomah Arts Center**
7688 SW Capitol Hwy • 503-823-2787
- 34. **Pittock Mansion**
3229 NW Pittock Drive • 503-823-3624
- 35. **Southwest Community Center & Swim Pool**
6820 SW 45th • 503-823-2840
- 36. **Wilson Swim Pool**
1151 SW Vermont • 503-823-3680

EAST PORTLAND

- 37. **Alice Ott SUN Community School**
12500 SE Ramona • 503-823-2279
- 38. **Centennial SUN Community School**
17650 SE Brooklyn • 503-762-3463
- 39. **East Portland Community Center & Pool**
740 SE 106th • 503-823-3450
- 40. **Parkrose SUN Community School**
12003 NE Shaver • 503-408-2640

GOLF COURSES

- 41. **Eastmoreland Golf Course**
2425 SE Bybee Blvd • 503-775-2900
- 42. **Heron Lakes Golf Course – Great Blue and Greenback**
3500 N. Victory Blvd • 503-289-1818
- 43. **RedTail Golf Course**
8200 SW Scholls Ferry Rd • 503-646-5166
- 44. **Rose City Golf Course**
2200 NE 71st • 503-253-4744

OTHER PP&R PROGRAMS AND FACILITIES:

Information Hotline – in Spanish, too! 503-823-PLAY

Adaptive and Inclusive Recreation	503-823-4328 V/TDD
Crystal Springs Rhododendron Garden	503-771-8386
Customer Service & Permit Center	503-823-2525
Environmental Education	503-823-3601
Hoyt Arboretum	503-865-8733
Japanese Gardens	503-223-1321
Lan Su Chinese Garden	503-228-8131
Leach Botanical Garden	503-823-9503
Portland Community Gardens	503-823-1612
Portland International Raceway (PIR)	503-823-RACE
Portland Parks Foundation	503-802-5757
Rose Garden Store – Washington Park	503-227-7033
Sports Office	503-823-5126
Urban Forestry (tree care)	503-823-4489
Volunteer Program	503-823-5121

For complete information on Portland Parks & Recreation, go to www.PortlandParks.org

REGISTRATION: Receipt of full payment is required for registration, unless otherwise arranged. If you have a non-resident pass, please let us know. Please call if you receive a returned check or declined bank card notice, either of which void registration.

RESIDENT / NON-RESIDENT DEFINITIONS

A resident is:

- anyone who occupies a permanent residence inside the city limits of Portland. At the discretion of a Community Center Director, proof of home address may be required. Acceptable address verification may include a 1) drivers license, 2) Oregon ID card, 3) property tax statement, 4) utility bill or lease agreement with current home address.
- any child living within the school boundaries of the Reynolds and Centennial School Districts who is attending a SUN Community School. Through a partnership between the City and County, a child attending a SUN Community School is eligible to register for programs at any SUN Community School location without paying a non-resident fee.

Anyone else is considered a non-resident (NR) and will be assessed a NR fee. NR fees do not apply to drop-in activities.

Non-residents who wish to register for PP&R activities may choose one of these options:

- pay the additional 40% non-resident fee.
- purchase a non-resident pass as either an individual or family for a period of three, six, nine or twelve months from the date of purchase. Once a non-resident pass is purchased, you can sign up for classes and memberships at the resident rate. Inquire about this option at time of registration.

Non-resident passes are not refundable. Passes are activated at the date of purchase and must be valid at the time of registration through the last day of class to be eligible for the resident fee.

Non-Resident Pass Prices

3 Month Pass:	Individual - \$25	Family - \$50
6 Month Pass:	Individual - \$45	Family - \$90
9 Month Pass:	Individual - \$65	Family - \$130
One Year Pass:	Individual - \$85	Family - \$170

A family is defined as a unit that resides at the same address. Children and/or close relatives should be included in a family consistent with IRS dependency status. At the discretion of the Community Center Director, a family's most recent tax forms may be required as proof of dependency status.

CLASS ENROLLMENT: Our classes must meet minimum and maximum enrollment standards. Classes may fill quickly or be canceled due to low enrollment.

WITHDRAWAL & REFUNDS: Please notify us at least five (5) business days (Monday-Friday), unless otherwise specified, before the start of your program so that we can refund or credit your account for the registration fee. Pre-paid materials and admission tickets cannot be refunded. Participants needing to withdraw after the program has begun are offered a prorated credit or refund based upon when the request is made.

SCHOLARSHIPS: City of Portland residents, regardless of age, who require financial assistance may apply for partial scholarships. Contact individual centers for information.

CUSTOMER SATISFACTION: Your satisfaction is our goal! Portland Parks & Recreation strives for 100% customer satisfaction. If you are not satisfied with a recreation program or service, please let us know.

NOTICE OF NON-DISCRIMINATION: PP&R programs and services reflect the cultural diversity of our community. We do not discriminate on the basis of religion, race, color, gender, national origin, sexual orientation, age or ability.

SPECIAL NEEDS: Within the American with Disability Act (ADA), a person with a disability or special need who desires assistance with registration and/or participation in general PP&R programs can contact Inclusion Services at 503-823-4328 V/TTY. If you request assistance through Inclusion Services, a minimum of 10 business days (Monday-Friday) advance notice is required. If you need a sign language interpreter or FM loop amplifier, please contact 503-823-4328 V/TTY, at least five business days in advance of the activity or class. Information about programs and services is available online for those needing a voice synthesis; visit our website at www.PortlandParks.org. For additional ADA information, call 503-823-2223 V/TTY.

PHOTO POLICY: Portland Parks & Recreation (PP&R) reserves the right, and may give permission to the media, to photograph classes, programs, and participants at any of our facilities and properties or any sponsored activity. Please be aware that these photos are for promotional purposes and may be used in future publications and media communications in any format.

If you do not wish to be photographed, please inform staff and we will make reasonable efforts to honor your request. If you see staff taking pictures, and you do not wish to be photographed, please let us know.

If you see a photo of yourself or a family member that causes you concern, please notify us. As a courtesy, we will make every reasonable effort to dispose of the image, and will not use it in future publications. However, we will not be able to retrieve, destroy or discontinue existing printed publications in which the photograph may have been included.

INFORMATION HOTLINE: For information on other PP&R services & programs, call the Parks Information Hotline at 503-823-PLAY (7529), Mon-Fri, 8:30am-5pm.

INCLEMENT WEATHER: If the City of Portland public school districts (Portland Public, Parkrose, David Douglas, Reynolds, and Centennial) are closed because of weather conditions, PP&R classes and youth basketball in those school districts are cancelled. However, some sites may be open for drop-in activities. Call the specific PP&R facility for information and opening/closing times. If inclement weather is forecast on weekends or holidays, call the PP&R facility or program for operating hours and activity cancellations.

Register Now – One of Five Ways

-  **ONLINE at PortlandParks.org** – Click on the “Register Now” top tab and follow the tips. Search for classes by age category, by keyword, or narrow your search by specific activity or course number.
-  **PHONE** – Complete this registration form and call any PP&R site using the phone numbers on the map pages. You may also phone in your registration to the PP&R Customer Service Hotline at 503-823-2525, Monday through Friday, 8:30am-5:15pm. Only Visa or MasterCard accepted with phone-in registration.
-  **MAIL** – Mail in your completed registration form to the program center address. Include full payment using your Visa, MasterCard or check payable to the City of Portland. Mail-in registration is also received at the PP&R Customer Service Center, 1120 SW Fifth Ave, Suite 1302, Portland, OR 97204.
-  **FAX** – Complete the registration form and fax it to the program center fax number with full payment using your Visa or MasterCard. Faxes are accepted 24 hours a day, seven days a week, but are processed during regular business hours.
-  **IN PERSON** – Any PP&R facility is able to process your registration, including the Customer Service Center located on the first floor of the Portland Building at 1120 SW 5th Ave. All Community Centers are open for walk-in registration during business hours.

CHECK ONE: New Customer Taken class with PP&R before My account information has changed

Main Contact Name _____ Birthdate _____ M ___ F ___

CIRCLE ONE: African immigrant American Indian/Alaska Native Black/African American Hispanic/Latino Native Hawaiian/Pacific Islander
 White Slavic/Eastern European Immigrant Asian Multi-Racial Other

Home Address _____ City/St/Zip _____

Home Phone (____) _____ Work Phone (____) _____

Cell Phone (____) _____ Email Address _____

Emergency Contact Name & Phone Number _____

Portland Parks & Recreation welcomes individuals with disabilities and special needs into programs. Please describe any accommodations needed for successful inclusion: _____

PARTICIPANT INFORMATION

Name (last, first)	Birthdate	M/F	Class Title	Course #	Class Location	Start Date	Cost

NON-RESIDENTS of the City of Portland pay a 40% surcharge. Or you may purchase a non-resident pass at the amounts listed below. List pass price or 40% surcharge in column at right and add to your total.

I already have a non-resident pass. Kind of card _____ Purchase date ____/____/____
 Passholder name _____

I need a pass. *Circle one:* 3 month | 6 month | 9 month | 1 year *Circle one:* Individual | Family
 Name of person(s) needing card _____
 3 month pass: individual, \$25; family, \$50 | 6 month pass: individual, \$45; family, \$90
 9 month pass: individual, \$65; family, \$130 | 1 year pass: individual, \$85; family, \$170

I do not want a pass. I choose to pay the 40% surcharge.

	Subtotal
	40% non-resident surcharge or pass
	TOTAL

PAYMENT INFORMATION

CHECK Check number _____ (make check payable to the City of Portland)

CREDIT CARD Information VISA

Account # _____ - _____ - _____ Expires _____ MasterCard

Cardholder's Name _____ Signature _____

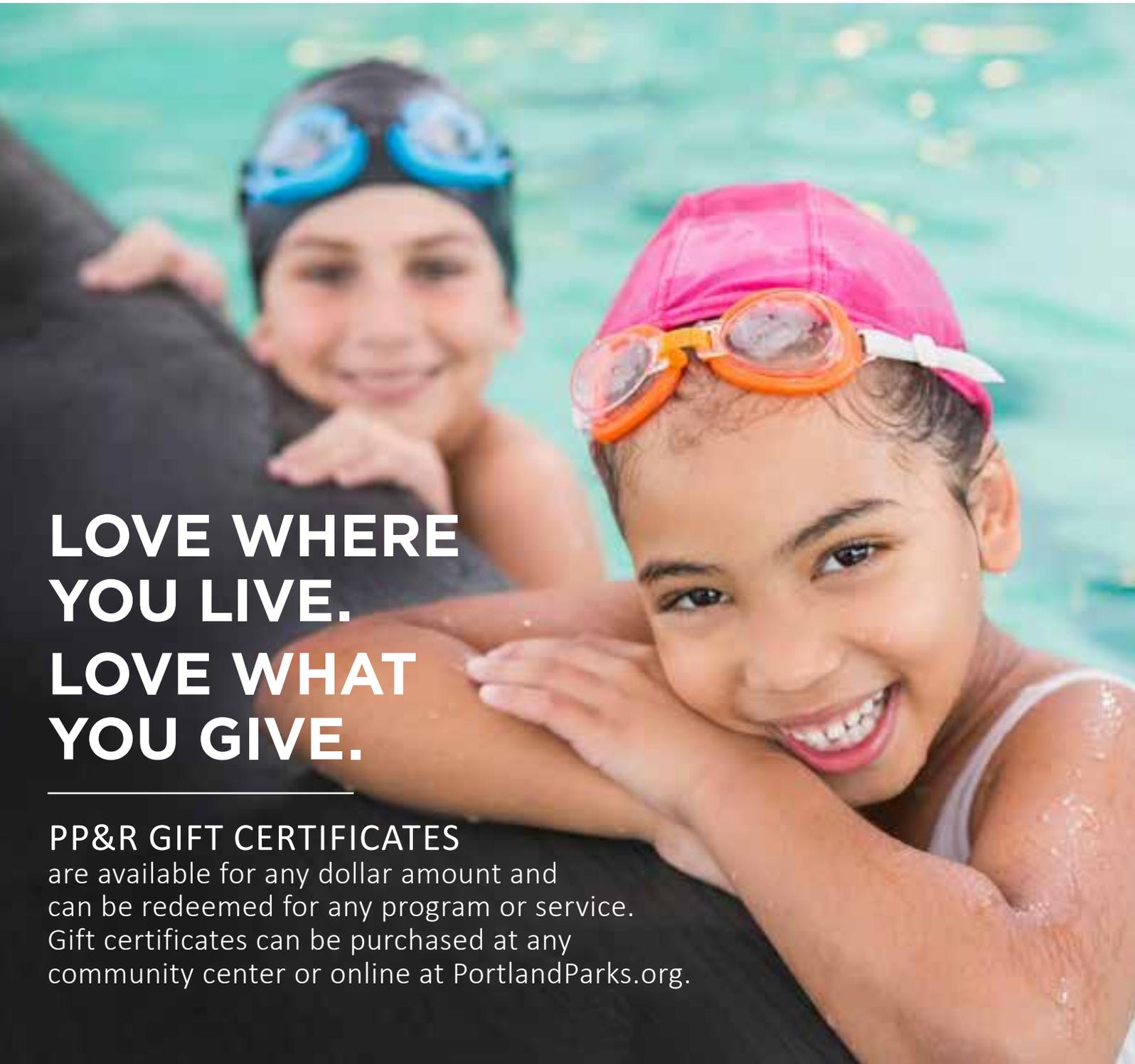
Please print



Aquatics Division
2909 SW 2nd Avenue
Portland, Oregon 97201

PortlandParks.org

PRSR STD
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PORTLAND, OR
PERMIT NO. 653

A photograph of two young girls in a swimming pool. The girl in the foreground is wearing a pink swim cap and orange goggles, smiling broadly. The girl in the background is wearing a black swim cap and blue goggles, also smiling. The water is a clear, light blue color.

**LOVE WHERE
YOU LIVE.
LOVE WHAT
YOU GIVE.**

PP&R GIFT CERTIFICATES

are available for any dollar amount and can be redeemed for any program or service. Gift certificates can be purchased at any community center or online at PortlandParks.org.