

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 and Steve Kavanagh
Recreation Leaders: Megan Heisler, Celine DeClercq

AUGUST 29-JANUARY 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.



For Closures and Special Hours see page 22

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 SWIM LESSONS

MONDAY & WEDNESDAY

Oct 10 - Nov 9 (10 lessons)
Nov 14 - Dec 14 (9 lessons) no class 11/23

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

Oct 11 - Nov 10 (10 lessons)
Nov 14 - Dec 15 (9 lessons) no class 11/24

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

Oct 8 - Dec 10 (9 lessons) no class 11/26

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

Oct 9 - Dec 11 (9 lessons) no class 11/27

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

** Not available on Schools Day Out, see page 22

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 (begins 10/10)

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 22.

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 (10/8-12/11 no class 11/27) The River Challenge*
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.E.*	9:30-10:25am S.M.I.L.E.*	9:30-10:25am S.M.I.L.E.*	9:30-10:25am S.M.I.L.E.*	9:30-10:25am S.M.I.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. See page 22		
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 AquaPower ends 9/21)	6:55-7:50pm Aqua SuperFit	6:55-7:50pm AquaPower (ends 9/21)	6:55-7:50pm Aqua SuperFit	* Class held in Leisure Pool	