

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 SWIM LESSONS

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.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. | | |
| 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 | |