

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 - Close 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:

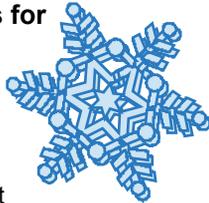
- Indoor year-round
- 6 lane 25-yard lap swimming pool heated to 84 degrees, water depth 3.5 - 9 feet
- Leisure pool with slide and interactive play features heated to 88 degrees, water depth 0 - 5 feet
- Whirlpool spa heated to 102 degrees
- Program offerings: swim lessons, lap swim, water fitness classes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

3:50 - 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