

EAST PORTLAND INDOOR POOL



740 SE 106th Ave
Portland, Oregon 97216
503-823-3450

District Aquatic Coordinator

Sue Cox

Recreation Coordinators

Kim Cunningham, Crystal Lus

Recreation Leaders

Celine DeClercq, Megan Heisler

Bus Line

#15 Belmont, #20 Burnside-Stark,
#27 Market-Main

Disabled Accessible

Entrances, Parking, Restrooms, Pool and Spa with Pool Lift

Hours – March 27 - June 18

Monday – Friday 6:00am-9:00pm
Saturday 7:00am-5:00pm
Sunday 11:00am-5:00pm

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

Building Closures

May 29 Memorial Day- open 11am-5pm
June 19 Closed (*subject to change*)

FEATURES INCLUDE

- Indoor year round
- 4-lane 25-yard lap 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
- Programs offering swim lessons, lap swim, water fitness & recreation swims

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

5:30- 7:00pm
Slide open

Saturday & Sunday

11:30am - 1:00pm
Slide open

LAP SWIM TIMES

LAP SWIM - Lap Pool

Monday-Friday
6:00- 8:25am (*all lanes*)

Monday/Wednesday
9:30am- 5:45pm (*lanes vary*)
7:00- 9:00pm (*lanes vary*)

Tuesday/Thursday
9:30am- 6:45pm (*lanes vary*)

Friday
9:30am- 9:00pm (*lanes vary*)

Saturday
7:00am- 8:55pm (*all lanes*)
11:00am- 5:00pm (*lanes vary*)

Sunday
11:00am- 5:00pm (*lanes vary*)

LAP SWIM - Leisure Pool

Tuesday / Thursday / Friday
1:00- 2:00pm**

SENIOR / ADAPTIVE SWIM

Tuesday / Thursday / Friday
1:00- 2:00pm**

CURRENT CHANNEL WALK

Monday - Thursday
9:00- 11:30am

Tuesday / Thursday / Friday
1:00- 2:00pm**

Monday / Wednesday
5:45- 6:45pm

*** Not available on Schools Day Out-see pg 21*

ADULT / PRESCHOOL SWIM

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

Friday

9:30am- 11:30am *Leisure Pool*

EAST PORTLAND CC and POOL GENERAL ADMISSION FEES*

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 and 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.

EAST PORTLAND 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 Apr 8-Jun 3 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 Aqua Yoga*		10:30- 11:15am Aqua Yoga*	Aqua Yoga is not available on Schools Day Out. Ends June 14 for summer.		
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 Aqua Zumba		8:00- 8:55pm Aqua Zumba	* 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.

Monday & Wednesday
10:30- 11:15am
Ends June 14 for summer.
(Not available on Schools Day Out—see page 21)

EAST PORTLAND SWIMMING LESSONS

Monday & Wednesday
 • April 3- May 3 (10 lessons)
 • May 8-June 7 (9 lessons)
no class 5/29

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

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

Tuesday & Thursday
 • April 4- May 4 (10 lessons)
 • May 9 - June 8 (10 lessons)

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

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

Saturday
 • April 8 - June 3 (8 lessons)
no class 5/27

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

Sunday
 • April 9 - June 4 (7 lessons)
no class 4/16, 5/28

Evening Classes
 3:30- 4:00 5:15- 5:45
 4:05- 4:35 5:50- 6:20
 4:40- 5:10 5:15- 6:15 *Blue Makos*

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.

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



SWIM LESSON FEES

PRESCHOOL / YOUTH LESSONS
 10 lessons Resident \$52.50 / Non-Res \$73.50
 9 lessons Resident \$47.25 / Non-Res \$66.25
 8 lessons Resident \$42.00 / Non-Res \$59.00
 7 lessons Resident \$36.75 / Non-Res \$51.50

ADULT LESSONS
 10 lessons Resident \$62.50 / Non-Res \$87.50
 9 lessons Resident \$56.25 / Non-Res \$78.75
 8 lessons Resident \$50.00 / Non-Res \$70.00
 7 lessons Resident \$43.75 / Non-Res \$61.25