

# EAST PORTLAND INDOOR POOL



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

## District Aquatic Coordinator

Sue Cox

## Recreation Coordinator

Kim Cunningham

## Bus Line

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

## Disabled Accessible

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

## Hours – June 20 - August 27

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 & Special Hours

June 19 Closed (subject to change)  
July 4 Open 7:00am- 3:30pm  
Sept 4, Labor Day 11:00am- 5:00pm

## 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

### LEISURE POOL: Monday

11:30am-1:00pm (Open Play)  
1:00- 3:15pm (Teen Force only)

### LEISURE POOL: Tue-Fri

1:00- 3:15pm  
7:00- 9:00pm (Teen Force Wed only)

### LEISURE POOL: Saturday & Sunday

1:00- 5:00pm

### LAP POOL: Monday - Friday

1:00- 3:15pm

### LAP POOL: Saturday & Sunday

1:00- 5:00pm

## FAMILY SWIM

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

### LEISURE POOL: Tuesday - Friday

11:30am- 1:00pm

### LEISURE POOL: Saturday & Sunday

11:30am - 1:00pm

## JR. SWIM INSTRUCTOR

### LEISURE & LAP POOLS: Mon-Fri

9:30am- 11:30am  
(7/10-21) (8/7-8/18)

## JR. LIFEGUARD

### LEISURE & LAP POOLS: Mon-Fri

12:00- 3:00pm  
(6/26-7/7) (7/24-8/4)

## FITNESS SWIM TIMES

### LAP SWIM in LAP POOL

6:00- 7:25am (all lanes) **Mon-Fri**  
7:00- 8:55am (all lanes) **Sat**  
9:30- 11:30am (lanes vary) **Mon-Fri**  
11:00am- 1:00pm (all lanes) **Sat/Sun**  
11:30am-1:00pm (adults only) **M-F**  
1:00- 5:00pm (lanes vary) **Sat/Sun**  
3:15- 5:50pm (lanes vary) **M/W/F**  
3:15- 6:45pm (lanes vary) **Tu/Th**  
8:00- 9:00pm (adults only) **M/W/F**

### CURRENT CHANNEL WALK

#### LEISURE POOL: Mon & Wed

7:30- 8:00am (ends 8/9)

#### LEISURE POOL: Tue/Thur/Fri

7:30- 9:30am (ends 8/11)

#### LEISURE POOL: Mon-Fri

9:30- 11:30am

#### LEISURE POOL: Mon/Wed/Fri

5:45- 6:45pm

## EPCC POOL RENTALS

### LEISURE POOL: Saturday & Sunday

8:00- 11:30am  
5:15- 9:15pm

### LAP POOL: Saturday & Sunday

5:15- 9:15pm

## SUMMER SWIM TEAM

### LEISURE & LAP POOLS: Mon- Fri

7:25- 8:25am

## SENIOR & ADAPTIVE SWIM

### LEISURE & LAP POOLS: Mon/Wed/Fri

10:30- 11:30am (1 lane only)\*  
*\*Pool will be shared with swim lesson classes.*

## 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*			
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
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	



### EPCC FREE TEEN SWIMS

Monday 1:00 to 3:15pm

Wednesday 7:00 to 9:00pm

Must have a

“Teen Force Pass”

See page 58

Admission is not guaranteed due to pool capacity limits.  
For information contact the pool.

## SWIM LESSON FEES

### PRESCHOOL / YOUTH LESSONS

10 lessons Resident \$52.50 / Non-Res \$73.50  
9 lessons Resident \$47.25 / Non-Res \$66.25  
5 lessons Resident \$26.25 / Non-Res \$36.75

### ADULT LESSONS

10 lessons Resident \$62.50 / Non-Res \$87.50  
9 lessons Resident \$56.25 / Non-Res \$78.75  
5 lessons Resident \$31.25 / Non-Res \$43.75

## EAST PORTLAND SWIMMING LESSONS

*Times & Levels listed are the same for all Sessions.  
Unless specified otherwise, both pre and youth classes are offered for Penguin, Otter and Seal.  
All swim classes are subject to change.*

LIMITED CLASSES OFFERED  
IN SPANISH!

### MORNING/EARLY AFTERNOON

9:00 to 9:30 am Angelfish, Goldfish, Pez Dorado, Penguin (pre/youth), Otter (youth), Seal (youth)  
9:35 to 10:05 am Starfish, Goldfish, Penguin (pre), Otter (pre), Seal (youth), Polar Bear, Sea Lion  
10:10 to 10:40 am Goldfish, Penguin (pre/youth), Otter (pre/youth), Nutria, Seal (youth), Dolphin  
10:45 to 11:15 am Goldfish, Penguin (pre/youth), Pingüino, Otter (youth), Seal (pre), Polar Bear, Park Shark,

### LATE AFTERNOON / EVENING

3:25 to 3:55 pm Goldfish, Pez Dorado, Penguin (pre/youth), Otter (youth), Seal (youth), Polar Bear, Sea Lion  
4:00 to 4:30 pm Angelfish, Goldfish, Penguin (pre), Otter (pre), Seal (pre/youth), Polar Bear, Dolphin  
4:35 to 5:05 pm Starfish, Goldfish, Penguin (pre), Otter (pre/youth), Nutria, Seal (youth), Park Shark  
5:10 to 5:40 pm Goldfish, Penguin (pre/youth), Pingüino, Seal (pre/youth), Polar Bear, Sea Lion  
5:45 to 6:15 pm Goldfish, Pez Dorado, Penguin (pre/youth), Otter (pre/youth), Seal (youth), Polar Bear  
6:20 to 6:50 pm Starfish, Goldfish, Penguin (pre), Otter (youth), Seal (youth), Teen Beginner, Adult, Adultos Principiantes

### MONDAY THROUGH FRIDAY

2-Week sessions offered at all pools

FREE SESSION June 20-June 23 (4 lessons)  
SESSION 1 June 26-July 7 (9 lessons) no 7/4  
SESSION 2 July 10-July 21 (10 lessons)  
SESSION 3 July 24-August 4 (10 lessons)  
SESSION 4 August 7-August 18 (10 lessons)  
SESSION 5 August 21-August 25 (5 lessons)