

SOUTHWEST INDOOR POOL



6820 SW 45th Ave
Portland, Oregon 97219
503-823-2840

District Aquatic Coordinator

Lisa Osterberg

Recreation Coordinator

LeeAnne Griffin

Recreation Leader

Ianessa Sidhe

Bus Line

#1 Vermont

Disabled Accessible

Entrances, Pools & Spa with Pool Lift up to 300 lbs), Parking, Restrooms

Hours – June 19 - August 26

Monday – Friday 5:15am-9:00pm
Saturday 7:00am-6:00pm
Sunday 9:00am-5:00pm

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

Building Closures & Special Hours

June 18, All Staff Training Closed
July 4 Open 10:00am-5:30pm
Sept 2-15: Closed for annual maintenance

FEATURES INCLUDE:

- Indoor year round
- 6-lane 25-yard lap 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
- Programs offering swim lessons, lap swim, water fitness and recreational play swims

OPEN PLAY SWIM

Monday - Friday

12:30- 3:30pm

Monday/Wednesday/Friday

7:30- 9:00pm

Saturday

1:30- 6:00pm

Sunday

12:30- 5:00pm

FAMILY SWIM

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

Saturday

11:30am-1:30pm

Sunday

10:30am- 12:30pm

SOUTHWEST POOL RENTALS

Saturday

6:05- 7:05pm

Sunday

5:05- 6:05pm



FITNESS SWIM TIMES

LAP SWIM:

Monday - Friday

5:15am- 9:00pm (*lanes vary*)

Saturday

7:00am- 6:00pm (*lanes vary*)

Sunday

9:00am- 5:00pm (*lanes vary*)

We will make every attempt to have 1-2 lap lanes available for 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)

Monday - Friday

4:00- 5:30pm (*3 lanes*)

SUMMER SWIM TEAM

Monday - Friday

7:00- 8:00am or 8:00-9:00am

JR. LIFEGUARD

Monday - Friday

10:00am- 2:00pm
(7/9-7/20) (7/23-8/3) (8/6-8/17)

JR. SWIM INSTRUCTOR

Monday - Friday

3:30- 5:30pm
(7/9-7/20) (7/23-8/3) (8/6-8/17)

SOUTHWEST 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)	\$6.75	\$44.00/\$54.00	\$61.00/\$64.00	\$115.00/\$122.00
Seniors (60+ yrs)	\$5.25	\$34.00/\$42.00	\$47.00/\$50.00	\$89.00/95.00
Teens (13-17 yrs)	\$5.25	\$34.00/\$42.00	\$47.00/\$50.00	\$89.00/95.00
Youth (3-12 yrs)	\$4.00	\$26.00/\$32.00	\$36.00/\$38.00	\$68.00/\$72.00
Toddlers (0-2 yrs)	FREE	FREE	FREE	FREE
Family	N/A	\$70.00/\$86.00	N/A	N/A

*NOTE: Passes valid only at Southwest CC & 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.

SOUTHWEST 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 S.M.I.L.E.*	11:00-11:55am S.M.I.L.E.*	11:00-11:55am S.M.I.L.E.*	11:00-11:55am S.M.I.L.E.*	11:00-11:55am S.M.I.L.E.*	
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	



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.

SOUTHWEST SWIMMING LESSONS

PRESCHOOL / YOUTH LESSONS

10 lessons	Resident \$55.00	Non-resident \$77.00
9 lessons	Resident \$49.50	Non-resident \$69.30

ADULT LESSONS

10 lessons	Resident \$65.00	Non-resident \$91.00
9 lessons	Resident \$58.50	Non-resident \$81.90

SOUTHWEST 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.**

MORNING/EARLY AFTERNOON

8:35 to 9:05am	Goldfish, Penguin (pre), Otter, Seal (youth), Polar Bear
9:10 to 9:40am	Angelfish, Goldfish, Penguin (pre), Otter, Seal
10:00 to 10:30am	Goldfish, Penguin, Otter (pre), Seal (youth), Polar Bear, Dolphin
10:35 to 11:05am	Starfish, Goldfish, Penguin (pre), Otter, Seal (youth), Sea Lion
11:10 to 11:40am	Goldfish, Penguin (pre), Otter, Seal (pre), Polar Bear, Park Shark
11:45am to 12:15pm	Goldfish, Penguin, Otter, Seal (youth), Sea Lion

LATE AFTERNOON / EVENING

3:40 to 4:10pm	Goldfish, Penguin (pre), Otter (youth), Seal, Dolphin
4:15 to 4:45pm	Goldfish, Penguin (pre), Otter (pre), Seal (youth), Polar Bear, Park Shark
4:50 to 5:20pm	Angelfish, Goldfish, Penguin, Otter (youth), Seal (youth), Sea Lion
5:25 to 5:55pm	Starfish, Goldfish, Penguin (pre), Otter, Seal (pre), Polar Bear
6:15 to 6:45pm	Goldfish, Penguin, Otter (pre), Seal (youth), Polar Bear, Sea Lion
6:50 to 7:20pm	Goldfish, Otter, Seal, Dolphin, Adult Beginner

TUESDAY/THURSDAY EVENING

7:25 to 7:55pm	Private/Semi Private Swim Lessons
8:00 to 8:30pm	Private/Semi Private Swim Lessons

FREE "LEARN TO SWIM" LESSONS June 19-22

A special session sponsored by Portland Parks & Recreation. Walk-In (in person) registration only on **Saturday, June 16 from 8:00 to 11:30am at your neighborhood pool.** Sea Lion, Piranha, Dolphin, Park Shark and Diving are not offered this session.

MONDAY THROUGH FRIDAY

2-Week sessions offered at all pools

FREE SESSION	June 19-June 22 (4 lessons)
SESSION 1	June 25-July 6 (9 lessons) no 7/4
SESSION 2	July 9-July 20 (10 lessons)
SESSION 3	July 23-August 3 (10 lessons)
SESSION 4	August 6-August 17 (10 lessons)
SESSION 5	August 20-August 24 (5 lessons)

