

SOUTHWEST INDOOR POOL



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

District Aquatic Coordinator
Lisa Osterberg

Bus Line
#1 Vermont

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

Hours
Monday – Friday 5:15am- 9:00pm
Saturday 7:00am- 6:00pm
Sunday 9:00am- 6:25pm
Hours will be reviewed periodically to best meet participants' needs.

Building Closures & Special Hours
(See page 21 for more details)
Sept 1-14, Annual Maintenance Closed
Sept 18, Staff Training Closed
Sept 26, Staff Training Closed
Nov 22, Thanksgiving Closed
Dec 24-25, Christmas Eve/Day Closed
Dec 31, New Years Eve Closes at 2:00pm
Jan 1, New Years Day 10:30am-5:30pm

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 & recreation swims

OPEN PLAY SWIM

Monday & Wednesday

7:00- 9:00pm
(Leisure Pool and Slide open)

Tuesday & Thursday

Swim Lessons *(no Open Play swims)*

Friday

2:30- 4:00pm *(Leisure Pool only)*
4:00- 9:00pm *(Leisure Pool and Slide open)*

Saturday

1:00- 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 not available)

Friday

11:00am- 2:30pm
(Slide not available)

Saturday

11:45am- 1:30pm
(Slide open)

Sunday

10:00am- 12:30pm
(Slide open)

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/\$6.75	\$44/\$54	\$61/\$64	\$115/\$122
Seniors (60+ yrs)	\$5.25/\$5.25	\$34/\$42	\$47/\$50	\$89/95
Teens (13-17 yrs)	\$5.25/\$5.25	\$34/\$42	\$47/\$50	\$89/95
Youth (3-12 yrs)	\$4.00/\$4.00	\$26/\$32	\$36/\$38	\$68/\$72
Toddlers (0-2 yrs)	FREE	FREE	FREE	FREE
Family	N/A	\$70/\$86	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.

LAP 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)*

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

PIL Swim Team

Monday - Friday (11/12/18-2/15/19)

7:30- 9:00pm

Jesuit HS Swim Team

Monday - Friday (11/12/18-2/15/19)

3:00- 4:00pm

SWIM LESSON FEES

PRESCHOOL / YOUTH LESSONS

10 lessons	Res \$57.00	Non-Res \$80.00
8 lessons	Res \$45.60	Non-Res \$64.00
7 lessons	Res \$39.90	Non-Res \$56.00

ADULT LESSONS

10 lessons	Res \$67.00	Non-Res \$94.00
8 lessons	Res \$53.60	Non-Res \$75.20
7 lessons	Res \$45.90	Non-Res \$65.80

SOUTHWEST WATER FITNESS SCHEDULE

MON	TUES	WED*	THURS	FRI	SAT
6:00- 6:55am Aquaerobics		6:00- 6:55am Aquaerobics 8:00-8:55am Aqua Yoga *		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	

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.

Wednesdays

Sept 19- Dec 12 (*no class 9/26*)
8:00- 8:55am



SOUTHWEST CC POOL RENTALS & 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

Monday & Wednesday

- Oct 1- Oct 24 (8 lessons)
no class 10/28, 10/31
- Nov 5- Dec 5 (7 lessons)
no class 11/12, 11/18, 11/21

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
5:10- 5:40
5:45- 6:15
6:20- 6:50

Tuesday & Thursday

- Oct 2- Nov 1 (10 lessons)
- Nov 6- Dec 6 (8 lessons)
no class 11/20, 11/22

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 6:20- 6:50
4:20- 4:50 6:55- 7:25
4:55- 5:25 7:30- 8:00
5:30- 6:00

Saturday

- Oct 6- Dec 8 (8 lessons)
no class 11/10, 11/24

Morning Classes

8:30- 9:00 11:05- 11:35
9:05- 9:35 11:45- 12:15
9:40- 10:10 11:45- 12:45
10:30- 11:00 *Blue Makos*

Sunday

(Private & Semi-Private lessons only)

- Oct 7- Dec 9 (8 lessons)
no class 11/11, 11/25

Evening Classes

4:10- 4:40
4:45- 5:15
5:20- 5:50
5:55- 6:25

PRIVATE & SEMI-PRIVATE LESSONS

Quiet setting and exceptional instruction.
Our lessons are popular and fill fast.
Call 503.823.2851 to register.