

# SOUTHWEST INDOOR POOL



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

**District Aquatic Coordinator**  
Lisa Osterberg

**Recreation Coordinators**  
LeeAnne Griffin, Megan Stout

**Recreation Leader**  
Alex Orazio, Iannessa Sidhe

**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)*  
Dec 24-25, Christmas Eve/Day Closed  
Dec 31, New Year's Eve Close 2:30pm  
Jan 1, New Year's 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

7:15- 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)\**

*\* Times may vary due to staffing levels*

## 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- 1:00pm  
*(Slide open)*

### Sunday

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

## SOUTHWEST CC and POOL GENERAL ADMISSION FEES\*

*FEES: City of Portland Residents*

	Drop-In-Visit	Active Pass**	10-Punch Card	20-Punch Card
Adults (18-59 yrs)	\$7.00	\$46.00	\$63.00	\$119.00
Seniors (60+ yrs)	\$5.50	\$36.00	\$50.00	\$94.00
Teens (13-17 yrs)	\$5.50	\$36.00	\$50.00	\$94.00
Youth (3-12 yrs)	\$4.25	\$28.00	\$38.00	\$72.00
Toddlers (0-2 yrs)	FREE	FREE	FREE	FREE
Family	N/A	\$73.00	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.

## 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 (11/12/18-2/22/19)

3:00- 4:00pm

## SWIM LESSON FEES

### PRESCHOOL / YOUTH LESSONS

10 lessons

Res \$57.00 Non-Res \$80.00

9 lessons

Res \$51.30 Non-Res \$72.00

8 lessons

Res \$45.60 Non-Res \$64.00

### ADULT LESSONS

10 lessons

Res \$67.00 Non-Res \$94.00

9 lessons

Res \$60.30 Non-Res \$84.60

8 lessons

Res \$53.60 Non Res \$75.20

## 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	
*8:00- 8:55am Aqua Yoga		*8:00- 8:55am Aqua Yoga			
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.L.E.*	11:00-11:55am S.M.I.L.L.E.*	11:00-11:55am S.M.I.L.L.E.*	11:00-11:55am S.M.I.L.L.E.*	11:00-11:55am S.M.I.L.L.E.*	
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	

## SOUTHWEST SWIMMING LESSONS

### Monday & Wednesday

- Jan 7 - Feb 6 (9 lessons) *no 1/21*
- Feb 11 - Mar 13 (9 lessons) *no 2/18*

#### 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  
6:00- 6:30  
6:35- 7:05

### Tuesday & Thursday

- Jan 8 - Feb 7 (9 lessons) *no 1/22*
- Feb 12- Mar 14 (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  
4:55- 5:25  
5:30- 6:00

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

### Saturday

- Jan 12 - Mar 16 (8 lessons)  
*no 1/19, 2/16*

#### Morning Classes

8:30- 9:00  
9:05- 9:35  
9:40- 10:10  
10:30- 11:00

11:05- 11:35  
11:45- 12:15  
*11:45- 12:45*  
*Blue Makos*

### Sunday

(Private & Semi-Private lessons only)

- Jan 13- Mar 17 (8 lessons)  
*no 1/20, 2/17*

#### 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.



*Work for Portland Parks  
and Recreation  
as a Lifeguard or  
Swim Instructor.*

#### LIFEGUARDS:

\$12.00 to \$14.25/hr

#### SWIM INSTRUCTORS:

\$12.50 to \$14.75/hr

*Call 503-823-5130 for information*



## SWCC 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.*