

EAST PORTLAND INDOOR POOL



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

District Aquatic Coordinator
Sue Cox

Recreation Coordinators
Kim Cunningham, Jamie Doscher

Recreation Leaders
Paige Pelker, Martin Hahn

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

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

Hours
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
See page 21 for details
Dec 24-25, Christmas Closed
New Year's Eve 11:00am- 5:00pm
New Year's 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

Monday/Wednesday/Friday
7:00- 9:00pm
(Leisure Pool only, Slide open)

Tuesday/Thursday
Swim Lessons *(no Open Play swims)*

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. Leisure Pool only.

Tuesday/Thursday/Friday
11:30am- 1:00pm *(Slide Friday only)*

Friday
5:30- 7:00pm *(Slide open)*

Saturday & Sunday
11:30am- 1:00pm *(Slide open)*

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)*

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

Sunday
11:00am- 4:30pm *(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

PIL SWIM TEAM

Monday-Friday 11/13- 2/8
3:45- 5:00pm *(2 lanes)*

EAST PORTLAND 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)	\$6.00	\$39.00	\$54.00	\$102.00
Seniors (60+ yrs)	\$4.75	\$31.00	\$43.00	\$81.00
Teens (13-17 yrs)	\$4.75	\$31.00	\$43.00	\$81.00
Children (3-12 yrs)	\$4.25	\$28.00	\$38.00	\$72.00
Toddlers (0-2 yrs)	FREE	FREE	FREE	FREE
Family	N/A	\$64.00	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 The River Challenge* 1/12-3/16 (no 1/19, 2/16)
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
10:40- 11:25am Aqua Yoga*		10:40- 11:25am Aqua Yoga*			
5:55- 6:50pm Aquaerobics	5:45- 6:45pm The River Challenge*	5:55- 6:50pm Aquaerobics	5:45- 6:45pm The River Challenge*		
	7:00- 7:55pm Aqua SuperFit		7:00- 7:55pm Aqua SuperFit	* Class held in Leisure Pool	
	8:00- 8:55pm Aqua Zumba		8:00- 8:55pm Aqua Zumba		



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

10:40- 11:25am

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.



EAST PORTLAND 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

3:45- 4:15
4:20- 4:50
4:55- 5:25
5:45- 6:15
6:20- 6:50

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
5:45- 6:15
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

7:30- 8:00 10:05- 10:35
8:05- 8:35 10:40- 11:10
8:40- 9:10 11:15-11:45
9:15- 9:45

Sunday

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

Afternoon/Evening Classes

3:30- 4:00
4:05- 4:35
4:50- 5:20
5:25- 5:55
6:00- 6:30
5:25- 6:25 Blue Makos

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