

# 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

## ADA Accessibility

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

## Hours – June 18 - August 25

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 17, Staff Training Day Closed  
July 4 7:00am-3:30pm

## 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: Mon-Fri

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

### LEISURE POOL: Sat/Sun

1:00- 5:00pm

### LAP POOL: Mon-Fri

1:00- 3:00pm

### LAP POOL: Sat/Sun

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: Mon-Fri

11:30am- 1:00pm

### LEISURE POOL: Sat/Sun

11:30am- 1:00pm

## JR. SWIM INSTRUCTOR

### LEISURE & LAP POOLS: Mon-Fri

9:30am- 11:30am  
(7/8-19) (8/5-8/16)

## JR. LIFEGUARD

### LEISURE & LAP POOLS: Mon-Fri

12:00- 3:00pm  
(6/24-7/5) (7/22-8/2)

## 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*) **Mon-Fri**  
1:00- 5:00pm (*lanes vary*) **Sat/Sun**  
3:15- 5:50pm (*lanes vary*) **Mon/Wed/Fri**  
3:15- 6:45pm (*lanes vary*) **Tue/Thur**  
8:00- 9:00pm (*adults only*) **Mon/Wed/Fri**

## CURRENT CHANNEL WALK

### LEISURE POOL: Mon/Wed

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

### LEISURE POOL: Tue/Thur/Fri

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

### LEISURE POOL: Mon-Fri

9:30- 11:30am

### LEISURE POOL: Mon/Wed/Fri

5:45- 6:45pm

## EPCC POOL RENTALS

### LEISURE POOL: Sat/Sun

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

### LAP POOL: Sat/Sun

5:15- 9:15pm

## SUMMER SWIM TEAM

### LEISURE & LAP POOLS: Mon-Fri

7:25- 8:25am (*Ends 8/9*)

## 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**	20-Punch Card
Adults (18-59 yrs)	\$6.00	\$39.00/\$48.00	\$102.00/\$108.00
Seniors (60+ yrs)	\$4.75	\$31.00/\$38.00	\$81.00/\$86.00
Teens (13-17 yrs)	\$4.75	\$31.00/\$38.00	\$81.00/\$86.00
Children (3-12 yrs)	\$4.25	\$28.00/\$34.00	\$72.00/\$77.00
Toddlers (0-2 yrs)	FREE	FREE	FREE
Family	N/A	\$64.00/\$77.00	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 SWIM"

**Wednesday  
7:00 to 9:00pm  
Must have a  
"Teen Force Pass"**

*(See page 48)*

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

## SWIM LESSON FEES

### PRESCHOOL / YOUTH LESSONS

10 lessons Res \$57.00 Non-Res \$80.00  
9 lessons Res \$51.30 Non-Res \$72.00  
5 lessons Res \$28.50 Non-Res \$40.00

### ADULT LESSONS

10 lessons Res \$67.00 Non-Res \$94.00  
9 lessons Res \$60.30 Non-Res \$84.60  
5 lessons Res \$33.50 Non-Res \$47.00

## 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.***

*Classes offered in Spanish are listed here in **bold**.  
Not intended for Spanish Immersion Students*

### MORNING/EARLY AFTERNOON

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

### LATE AFTERNOON / EVENING

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

## MONDAY THROUGH FRIDAY 2-Week sessions offered at all pools

**FREE SESSION June 18-June 21 (4 lessons)**

SESSION 1 June 24-July 5 (9 lessons) no 7/4  
SESSION 2 July 8-July 19 (10 lessons)  
SESSION 3 July 22-August 2 (10 lessons)  
SESSION 4 August 5-August 16 (10 lessons)  
SESSION 5 August 19-August 23 (5 lessons)