

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

Bus Line

#1 Vermont

Disabled Accessible

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

Hours – April 1- June 16

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 & Modified Hours

May 27, Memorial Day 10:00am-5:30pm
June 17, All Staff Training Closed

FEATURES INCLUDE

- Indoor year round
- 6-lane 25-yard lap pool heated to 83 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)

4:00- 9:00pm
(Leisure Pool & 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)

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

SWIM LESSON FEES

PRESCHOOL / YOUTH LESSONS

10 lessons

Res \$57.00 Non-Res \$78.75

9 lessons

Res \$51.30 Non-Res \$70.88

8 lessons

Res \$45.60 Non-Res \$63.00

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 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)	\$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.

SOUTHWEST WATER FITNESS SCHEDULE

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

SOUTHWEST SWIMMING LESSONS

Monday / Wednesday

- April 2- May 2 (10 lessons)
- May 7- June 6 (9 lessons)
no class 5/27

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

- April 3- May 3 (10 lessons)
- May 8- June 7 (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

- April 7- June 2 (8 lessons)
no class 5/25

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

- April 8- June 3 (8 lessons)
no class 5/26

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.