

# 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 – April 1 - June 16

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 & Modified Hours

May 27, Memorial Day 11:00am-5:00pm  
June 17, All Staff Training Closed

## 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 available Friday only*

### Friday

5:30- 7:00pm  
*Slide open*

### Saturday / Sunday

11:30am- 1:00pm  
*Slide open*

## EAST PORTLAND 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)  | \$6.00        | \$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.

## 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

7:00am- 8:55pm (*all lanes*)

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

#### Sunday

11:00am- 5:00pm (*lanes vary*)  
*(Spa closes at 4:00pm on Sundays for cleaning)*

## 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

*\*\* Not available on Schools Day Out-see pg 21*

## ADULT / PRESCHOOL SWIM

*Children must be 5 years and under. Parent or guardian must accompany children in the water. No Slide.*

### Friday

9:30am- 11:30am *Leisure Pool*

## EAST PORTLAND WATER FITNESS SCHEDULE

| MON                                  | TUES                                 | WED                                  | THURS                                | FRI                            | SAT   |
|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------|---|
| 8:00- 9:00am<br>The River Challenge* |                                      | 8:00- 9:00am<br>The River Challenge* |                                      |                                | 7:30- 8:30am<br>Apr- Jun 2<br>(no 5/25)<br>The River Challenge* |
| 8:30- 9:25am<br>Aquaerobics          | 8:30- 9:25am<br>AquaPower            | 8:30- 9:25am<br>Aquaerobics          | 8:30- 9:25am<br>AquaPower            | 8:30- 9:25am<br>Aquaerobics    | 9:00- 9:55am<br>AquaPower                                       |
| 9:30- 10:25am<br>S.M.I.L.L.E.*       | 9:30- 10:25am<br>S.M.I.L.L.E.*       | 9:30- 10:25am<br>S.M.I.L.L.E.*       | 9:30- 10:25am<br>S.M.I.L.L.E.*       | 9:30- 10:25am<br>S.M.I.L.L.E.* | 10:00- 10:55am<br>Aquaerobics                                   |
| 10:40- 11:25am<br>Aqua Yoga*         |                                      | 10:40- 11:25am<br>Aqua Yoga*         | Aqua Yoga ends June 12 for summer.   |                                |   |
| 5:55- 6:50pm<br>Aquaerobics          | 5:45- 6:45pm<br>The River Challenge* | 5:55- 6:50pm<br>Aquaerobics          | 5:45- 6:45pm<br>The River Challenge* |                                |   |
|                                      | 7:00- 7:55pm<br>Aqua SuperFit        |                                      | 7:00- 7:55pm<br>Aqua SuperFit        |                                |   |
|                                      | 8:00- 8:55pm<br>Aqua Zumba           |                                      | 8:00- 8:55pm<br>Aqua Zumba           | * 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.

#### **Monday & Wednesday**

10:40- 11:25am

*Ends June 12 for summer.*

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**

- April 1- May 1 (9 lessons) *no 4/8*
- May 6- June 5 (9 lessons) *no 5/27*

#### 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**

- April 2- May 2 (10 lessons)
- May 7- June 6 (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**

- April 6- June 1 (9 lessons) *no 5/25*

#### Morning Classes

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

### **Sunday**

- April 7- June 2 (8 lessons) *no 4/21, 5/26*

#### 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 |