

EPCC INDOOR POOL (East Portland Community Ctr.)

740 SE 106th Ave. 97216
Telephone: 503.823.3450

Directors: Sue Cox, Alaina Hammer, Lisa Osterberg

January 2 - March 31

HOURS:
Mon - Fri 6:00am to 9:00pm
Sat 7:00am to 5:00pm
Sun 11:00am to 5:00pm

Hours will be reviewed periodically to best meet participants' needs.

CLOSURES AND SPECIAL HOURS

Dec 24, Christmas Eve Day - Closed

Dec 25, Christmas Day - Closed

Dec 31, New Years Eve Day - Open 8:00am - 5:00pm

Jan 1, New Years Day - Open 11:00am - 5:00pm

See page 15 for Extra Swim times and days and school out days

General Information: Indoor year-round, 4-lane 25-yard lap swimming pool heated to 84 degrees, leisure pool with slide, current channel, vortex, and a 3-lane 20-yard lap swim section heated to 88 degrees, whirlpool spa heated to 102 degrees. Water depths range from 0 feet to 9 feet. Program offerings include swimming lessons, lap swim, water fitness classes and recreational play swims.

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

Disabled Access:

Entrances: Accessible - push button automatic doors

Parking: Accessible - designated parking in lot

Pool & Spa: Accessible - with pool lift
(weight capacity 300 lbs.)

Restrooms: Accessible - ADA lower shower/shower benches

EPCC SLIDE

Because the EPCC Slide is longer & faster than others in the city we feel it is potentially unsafe for anyone under 48" to ride by themselves.



EPCC Daily Pool

MONDAY through FRIDAY

LAP POOL

6:00 - 8:25am Lap Swim (All Lanes)
 8:30 - 9:25am Aquaerobics-Shallow (M/W/F)
 8:30 - 9:25am Aqua Power-Deep (T/Th)
 9:30 - 5:45pm Lap Swim (lanes vary)
 4:00 - 6:00pm Swim Lessons (M-Th)
 5:55 - 6:50pm Aquaerobics-Shallow (M-Th)
 6:55 - 7:50pm Aquaerobics-Shallow (M/W)
 6:55 - 7:50pm Aqua Power-Deep (T/Th)
 8:00 - 9:00pm Lap Swim (M/W/F) - lanes vary

LEISURE POOL

8:00 - 9:00am The River Challenge (M/W)
 9:00 - 11:30am Current Channel Walk (M-Th)
 9:00 - 11:15am Swim Lessons (M-Th)
 9:30 - 11:30am Parent Preschool Swim (Fri only)
 9:30 - 10:25am S.M.I.L.E.
 10:30 - 11:25am S.M.I.L.E. (M/W)

11:30am - 1:00pm Family Swim (T/Th/F) - Slide Fri only

11:30am - 3:00pm Groups (M/W)
 1:00 - 2:00pm Adaptive Senior Swim (T/Th/F)**
 1:00 - 2:00pm Lap Swim (T/Th/F)**
 1:00 - 2:00pm Current Channel Walk (T/Th/F)**
 3:45 - 7:50pm Swim Lessons (T/Th)
 4:00 - 6:50pm Swim Lessons (M/W)
5:30m - 7:00pm Family Swim (Fri only)*
 5:45 - 6:45pm The River Challenge (T/Th)
 5:45 - 8:00pm Lap Swim (F) - lanes vary
7:00 - 9:00pm Open Play Swim (M/W/F)* - No 1/2
 8:00 - 8:55pm AquaZumba (T/Th)

SATURDAY

LAP POOL

7:00 - 8:55am Lap Swim (All Lanes)
 9:00 - 9:55am Aqua Power-Deep
 10:00 - 10:55am Aquaerobics-Shallow
 11:00am - 1:00pm Lap Swim (All Lanes)
1:00 - 5:00pm Open Play Swim*

LEISURE POOL

7:30 - 8:30am The River Challenge (1/12-3/16)
 7:30 - 8:25am Lap Swim
 7:55 - 11:30am Swim Lessons
11:30am - 1:00pm Family Swim*
1:00 - 5:00pm Open Play Swim*

SUNDAY

LAP POOL

11:00am - 1:00pm Lap Swim (All Lanes)
1:00 - 3:30pm Open Play Swim*
 3:30 - 6:20pm Swim Lessons
 5:15 - 6:15pm The Blue Makos

LEISURE POOL

11:30am - 1:00pm Family Swim*
1:00 - 4:30pm Open Play Swim*
 4:40 - 6:20pm Swim Lessons

* Slide available

** Not available on Schools Day Out (see page 15)

SCHOOL
GROUP AGENCY
RENTALS
AVAILABLE DURING
THE DAY.
Call to
prearrange times
503-823-3450.

EPCC Swim Lesson Dates

MONDAY & WEDNESDAY

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

TUESDAY & THURSDAY

Jan 8 - Feb 7 (10 lessons)
Feb 12 - Mar 14 (10 lessons)

SATURDAY

Jan 12 - Mar 16 (10 lessons)

SUNDAY

Jan 13 - Mar 17 (10 lessons)

EPCC Lesson Fees

YOUTH LESSONS/ANGELFISH & STARFISH

10 lessons Resident \$47.50 Non-resident \$61.75
9 lessons Resident \$42.75 Non-resident \$55.57

ADULT LESSONS

10 lessons Resident \$52.50 Non-resident \$68.25
9 lessons Resident \$47.25 Non-resident \$61.42

EPCC Swim Lesson Times

Generally all levels are not offered at each lesson time. Call for information about when specific levels are offered. All classes are subject to change and offered according to demand.

MON & WED	TUE & THUR	SATURDAYS
9:00 - 9:30am	9:00 - 9:30am	8:30 - 9:00am
9:35 - 10:05am	9:35 - 10:05am	9:05 - 9:35am
10:10 - 10:40am	10:10 - 10:40am	9:40 - 10:10am
10:45 - 11:15am	10:45 - 11:15am	10:15 - 10:45am
4:00 - 4:30pm	3:45 - 4:15pm	10:50 - 11:20am
4:35 - 5:05pm	4:20 - 4:50pm	SUNDAYS
5:10 - 5:40pm	4:55 - 5:25pm	3:30 - 4:00pm
5:45 - 6:15pm	5:30 - 6:00pm	4:05 - 4:35pm
6:20 - 6:50pm	6:05 - 6:35pm	4:40 - 5:10pm
	6:40 - 7:10pm	5:15 - 5:45pm
	7:15 - 7:45pm	5:50 - 6:20pm



East Portland General Admission Fees*

For East Portland Community Center and Pool
FEES: City of Portland Residents/Non-Residents

	Drop-In-Visit	Active Pass**	10-Punch Card	20-Punch Card
Adults (18-59 yrs)	\$5.00	\$33.00/\$40.00	\$45.00/\$47.50	\$85.00/\$90.00
Seniors (60+ yrs)	\$4.00	\$26.00/\$32.00	\$36.00/\$38.00	\$68.00/\$72.00
Teens (14-17 yrs)	\$4.00	\$26.00/\$32.00	\$36.00/\$38.00	\$68.00/\$72.00
Children (3-13 yrs)	\$3.50	\$23.00/\$28.00	\$31.50/\$33.50	\$60.00/\$63.00
Toddlers (0-2 yrs)	FREE	FREE	FREE	FREE
Family	N/A	\$54.00/\$65.00	N/A	N/A

*NOTE: Passes valid only at East Portland Community Center 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 (Open Gym) • Adult Volleyball (Open Gym) • Indoor Park • Family Night • Group Exercise Classes

**NOTE: Active Passes will auto-renew each month. Simply pay your first monthly fee upon registering, and all future monthly payments are deducted directly from your debit or credit card.

Lesson Registration

Class fee must be paid when registering for class.

- **WALK-IN REGISTRATION:** Registration begins immediately during pool operating hours and continues through Winter classes.
- **PHONE-IN REGISTRATION:** You may register using Visa/Mastercard by calling 503-823-3450.
- **ON-LINE AT www.PortlandParks.org:** Click on Register for Classes. Search for classes by age category, by keyword, or you narrow your search by specific activity. **On-line registration not available for Buckman Pool.**

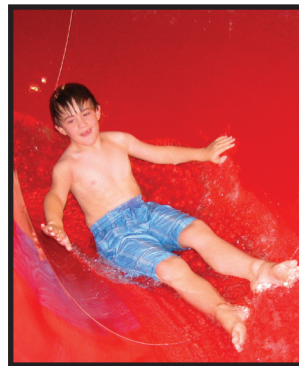


EPCC will be hosting a variety of training classes throughout the year. Pool space may be limited during these times.

THE RIVER CHALLENGE

Looking for another way to spice up your workout? Try our innovative river challenge fitness class! Build endurance while toning muscle and gaining strength in this program guaranteed to keep your heart rate pumping. The River Challenge employs low impact resistance training to work every part of your body. This is a drop-in class.

M/W 8:00 - 9:00am T/Th 5:45 - 6:45pm
Sat 7:30 - 8:30am (1/12-3/16)



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.