

Pool Schedule Clackamas

9100 SE Sunnyside Rd, Clackamas, OR 97015 503-659-3846
www.EastSideAthleticClub.com

East Side



ATHLETIC CLUBS

Since 1977

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	Lap Swim	Lap Swim 5:15 - 9:00am	Lap Swim	Lap Swim 5:15 - 9:00am	Lap Swim 5:15 - 10:25am	Lap Swim 7:00 - 8:55am	
6:00am	Endurance Swim		Endurance Swim				
7:00am	Lap Swim 7:00 - 10:25am	Water Exercise 9:00 - 10:00am	Lap Swim 7:00 - 10:25am	Water Exercise 9:00 - 10:00am	Water Exercise 10:30 - 11:30am	Lap Swim 10:00am - 12:30pm	Lap Swim 9:00am - 12:30pm
7:30am							
8:00am							
8:30am							
9:00am	Water Exercise 10:30 - 11:30am	Open Swim 10:30 - 12:30pm	Water Exercise 10:30 - 11:30am	Open Swim 10:30 - 12:30pm	Lap Swim 11:30am - 5:30pm	Family Swim 12:30 - 3:00pm	Family Swim 12:30 - 4:30pm
9:30am							
10:00am	Lap Swim 11:30am - 3:30pm	Lap Swim 12:30 - 3:30pm	Lap Swim 11:30am - 3:30pm	Lap Swim 12:30 - 3:30pm	Open Swim 3:00 - 4:30pm		
10:30am							
11:00am	Swim Lessons (3:30 - 7:30pm)	Cascadia Swim (5:00 - 6:00pm)	Swim Lessons (3:30 - 7:30pm)	Cascadia Swim (5:00 - 6:00pm)	Swim Team 5:30 - 7:30pm	Lap Swim 4:30 - 6:30pm	
11:30am							
NOON	Swim Team (4:45 - 7:30pm)	Water Exercise 6:15 - 7:15pm	Swim Team (4:45 - 7:30pm)	Water Exercise 6:15 - 7:15pm	Open Swim 7:30 - 8:30pm		
12:30pm							
1:00pm	Open Swim 7:30 - 9:00pm	Lap Swim 7:30 - 9:00pm	Open Swim 7:30 - 9:00pm	Lap Swim 7:30 - 9:00pm			9/11/17
1:30pm							
2:00pm	Swim Lessons (3:30 - 7:30pm)	Cascadia Swim (5:00 - 6:00pm)	Swim Lessons (3:30 - 7:30pm)	Cascadia Swim (5:00 - 6:00pm)			
2:30pm							
3:00pm	Swim Team (4:45 - 7:30pm)	Water Exercise 6:15 - 7:15pm	Swim Team (4:45 - 7:30pm)	Water Exercise 6:15 - 7:15pm			
3:30pm							
4:00pm	Open Swim 7:30 - 9:00pm	Lap Swim 7:30 - 9:00pm	Open Swim 7:30 - 9:00pm	Lap Swim 7:30 - 9:00pm			
4:30pm							
5:00pm	Swim Lessons (3:30 - 7:30pm)	Cascadia Swim (5:00 - 6:00pm)	Swim Lessons (3:30 - 7:30pm)	Cascadia Swim (5:00 - 6:00pm)			
5:30pm							
6:00pm	Swim Team (4:45 - 7:30pm)	Water Exercise 6:15 - 7:15pm	Swim Team (4:45 - 7:30pm)	Water Exercise 6:15 - 7:15pm			
6:30pm							
7:00pm	Open Swim 7:30 - 9:00pm	Lap Swim 7:30 - 9:00pm	Open Swim 7:30 - 9:00pm	Lap Swim 7:30 - 9:00pm			
7:30pm							
8:00pm	Swim Lessons (3:30 - 7:30pm)	Cascadia Swim (5:00 - 6:00pm)	Swim Lessons (3:30 - 7:30pm)	Cascadia Swim (5:00 - 6:00pm)			
8:30pm							

- Open Swim** Individuals and families may use the pool. One lane is available for lap swimming (lane furthest from entry stairs). Children under age 14 must be accompanied by responsible adult 16 or older.
- Adult Swim/ Lap Swim** Ages 14 and older only. Two lanes will be available during Adult Swim, with the remainder of the pool available for water exercise. All lanes are available during Lap Swim. Swimmers must swim in a circular manner to allow more swimmers to use the same lane. **Lane closest to entry stairs is available for water walking during Lap Swim.**
- Water Exercise** This class combines cardiovascular conditioning and muscle strengthening in the water. **No other activities during Water Exercise. Lane lines will be removed 5 minutes prior to class.**
- Family Swim** Pool play just for families! Children under age 14 must be accompanied by responsible adult 16 or older. **No lanes available during this time.**
- Swim Lessons** Swim lessons are fee classes for various ages and skill levels. **One lane open during swim lessons (furthest from entry stairs). Parents to remain on premise.**
- Swim Team** Recreational swim team for kids age 6 and older. This is a fee program. **No other activities during swim team.**
- Endurance Swim** Join Coach Bryant Howard for weekly group swim workouts. All levels and abilities are welcome to swim. This is a great way to cross train or achieve a new goal. This is a fee program. Visit front desk for details.