

Pool Schedule Milwaukie

4606 SE Boardman Ave, Milwaukie, OR 97267 503-659-3845
www.EastSideAthleticClub.com



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Lap Swim 5:30-9:15am	Lap Swim 5:30-8:15am	Lap Swim 5:30-9:15am	Lap Swim 5:30-8:15am	Lap Swim 5:30-9:15am	Lap Swim 8:00-9:00am	
6:30am							
8:00am		Water Exercise 8:30-9:30am		Water Exercise 8:30-9:30am			
8:30am							
9:00am							
9:30am	Water Exercise 9:30-10:30am	Adult Swim 9:30-11:00am	Water Exercise 9:30-10:30am	Adult Swim 9:30-11:00am	Water Exercise 9:30-10:30am	Water Exercise 9:15-10:15am	Lap Swim 9:00-10:30pm
10:00am	Swim Lessons 10:30am-12:30pm	Lap Swim 11:00am-1:00pm	Swim Lessons 10:30am-12:30pm	Lap Swim 11:00am-1:00pm	Open Swim 10:30am-12:30pm	Open Swim 10:30am-1:30pm	Open Swim 10:30am-1:00pm
10:30am							
11:00am							
11:30am							
NOON	Lap Swim 12:30-1:30pm	Open Swim 1:00-4:00pm	Lap Swim 12:30-1:30pm	Open Swim 1:00-4:00pm	Lap Swim 12:30-1:30pm	Family Swim 1:30-4:30pm	Supervised Pool Play 1:00-2:00pm
12:30pm							
1:00pm							
1:30pm	Open Swim 1:30-3:30pm	Open Swim 1:00-4:00pm	Open Swim 1:30-3:30pm	Open Swim 1:00-4:00pm	Open Swim 1:30-4:30pm	Family Swim 1:30-4:30pm	Family Swim 2:00-5:30pm
2:00pm							
2:30pm							
3:00pm							
3:30pm	Swim Lessons 3:30-6:00pm	Swim Lessons & Swim Team 4:00-8:00pm	Swim Lessons 3:30-6:00pm	Swim Lessons & Swim Team 4:00-8:00pm	Lap Swim 4:30-6:00pm	Lap Swim 4:30-5:30pm	Lap Swim 5:30-6:30pm
4:00pm							
4:30pm							
5:00pm							
5:30pm	Water Exercise 6:15-7:15pm	Open Swim 8:00-9:30pm	Water Exercise 6:15-7:15pm	Open Swim 7:30-9:30pm	Swim Team 6:00-7:00	Family Swim 7:00-8:30pm	Lap Swim 5:30-6:30pm
6:00pm							
6:30pm							
7:00pm	Open Swim 7:30-9:30pm	Open Swim 8:00-9:30pm	Open Swim 7:30-9:30pm	Open Swim 8:00-9:30pm			9/11/17
7:30pm							
8:00pm							
8:30pm	Open Swim 7:30-9:30pm	Open Swim 8:00-9:30pm	Open Swim 7:30-9:30pm	Open Swim 8:00-9:30pm			9/11/17
9:00pm							

- 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.**
- Supervised Pool Play** If you can swim the width of the pool come join us for supervised games, relays and swimming fun! Children who cannot swim may participate with a responsible adult (16 or older). Parents to remain on premise. *Executive Offering
- Pool Parties** The pool may be rented for private parties. Please inquire at the service desk.