

# Pool Schedule Clackamas

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

# East Side

ATHLETIC CLUBS

	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 9:05 - 10:05am	Lap Swim 7:00 - 10:25am	Water Exercise 9:05 - 10:05am	Water Exercise 10:30 - 11:30am	Water Exercise 9:00 - 10:00am	Lap Swim 9:00am - 12:30pm
7:30am							
8:00am							
8:30am							
9:00am	Water Exercise 10:30 - 11:30am	Open Swim 10:05 - 12:00pm	Water Exercise 10:30 - 11:30am	Open Swim 10:05 - 12:00pm	Water Exercise 10:30 - 11:30am	Lap Swim 10:00am - 12:30pm	
9:30am							
10:00am	Lap Swim 11:30am - 3:30pm	Lap Swim 12:00 - 3:30pm	Lap Swim 11:30am - 3:30pm	Lap Swim 12:00 - 3:30pm	Lap Swim 11:30am - 5:30pm	Family Swim 12:30 - 3:00pm	Family Swim 12:30 - 4:30pm
10:30am							
11:00am							
11:30am							
NOON	Swim Lessons (3:30 - 7:30pm)	Swim Lessons (3:30 - 6:00pm)	Swim Lessons (3:30 - 7:30pm)	Swim Lessons (3:30 - 6:00pm)	Swim Team 5:30 - 6:30pm	Open Swim 3:00 - 4:30pm	Lap Swim 4:30 - 6:30pm
12:30pm							
1:00pm							
1:30pm							
2:00pm	Swim Team (4:45 - 7:30pm)	Cascadia Swim (5:00 - 6:00pm)	Swim Team (4:45 - 7:30pm)	Cascadia Swim (5:00 - 6:00pm)	Supervised Pool Play 6:30 - 7:30pm		
2:30pm							
3:00pm	Water Exercise 6:15 - 7:15pm	Water Exercise 6:15 - 7:15pm	Water Exercise 6:15 - 7:15pm	Water Exercise 6:15 - 7:15pm	Open Swim 7:30 - 8:30pm		April 17, 2017
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	Open Swim 7:30 - 9:00pm	Lap Swim 7:30 - 9:00pm	Open Swim 7:30 - 9:00pm	Lap Swim 7:30 - 9:00pm			
5:30pm							
6:00pm	Open Swim 7:30 - 9:00pm	Lap Swim 7:30 - 9:00pm	Open Swim 7:30 - 9:00pm	Lap Swim 7:30 - 9:00pm			
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	Open Swim 7:30 - 9:00pm	Lap Swim 7:30 - 9:00pm	Open Swim 7:30 - 9:00pm	Lap Swim 7:30 - 9:00pm			
8:30pm							

- Open Swim** Individuals and families may use the pool. One lane is available for lap swimming (lane furthest from entry stairs). Youth under age 14 must be accompanied by an individual age 16 or older.
- Lap Swim** Ages 14 and older only. 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.**
- 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! Youth must be accompanied by an adult, 16 or older. **No other activities during Family Swim.**
- Swim Lessons** Swim lessons are fee classes for various ages and skill levels. **One lane (furthest from entry stairs) open during lessons.**
- 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.
- 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 an adult (16 or older). Parents to remain on premise. \*Executive Offering