

# Pool Schedule Milwaukie

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

# East Side



# ATHLETIC CLUBS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Lap Swim 5:00-9:15am	Lap Swim 5:00-8:15am	Lap Swim 5:00-9:15am	Lap Swim 5:00-8:15am	Lap Swim 5:00-9:15am	Lap Swim 8:00-9:00am	
6:30am							
8:00am							
8:30am		Water Exercise 8:30-9:30am		Water Exercise 8:30-9:30am			
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	Swim Lessons 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	Open Swim 1:30-4:30pm	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	Water Exercise 6:15-7:15pm	Open Swim 8:00-9:30pm	Water Exercise 6:15-7:15pm	Swim Lessons & Swim Team 4:00-8:00pm	Swim Team 6:00-7:00	Family Swim 7:00-8:30pm	Lap Swim 5:30-6:30pm
6:00pm							
6:30pm	Open Swim 7:30-9:30pm	Open Swim 8:00-9:30pm	Open Swim 7:30-9:30pm	Open Swim 8:00-9:30pm	Family Swim 7:00-8:30pm	Lap Swim 4:30-5:30pm	Lap Swim 5:30-6:30pm
7:00pm							
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	Family Swim 7:00-8:30pm	Lap Swim 4:30-5:30pm	Lap Swim 5:30-6:30pm
8:30pm							
9:00pm	Open Swim 7:30-9:30pm	Open Swim 8:00-9:30pm	Open Swim 7:30-9:30pm	Open Swim 8:00-9:30pm	Family Swim 7:00-8:30pm	Lap Swim 4:30-5:30pm	Lap Swim 5:30-6:30pm
9:00pm							

EXECUTIVE

April 14, 2017

- 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.
- 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! 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. **Two lanes open during morning lessons, one lane open during afternoon lessons (furthest from entry stairs).**
- 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 an adult (16 or older). Parents to remain on premise. \*Executive Offering
- Pool Parties** **The pool may be CLOSED for private parties during Family Swim or Open Swim.** Please inquire at the service desk for information.