

# INDOOR AQUATICS CENTER Effective May 1, 2022

The Indoor Aquatics Center is open at 6:00 am on weekdays, 7:00 am on Saturdays, and 8:00 am on Sundays.  
The Aquatics Center closes one half hour before the club each evening.

**Adult Swim:** No one under the age of 16 is allowed in the Aquatic Center. -- Not guarded.

**Family Swim:** Those under the age of 16 must be accompanied by an adult in the Aquatic Center. -- Not guarded.

**Open Swim:** Those under the age of 12 must be accompanied by an adult in the Aquatic Center.

**All hours:** Any child under the age of 7, or wearing any type of floatation aid must have a parent/adult in the same pool with them at all times.

**During Water Fitness classes, the designated pool is for class participants only. When a Water Fitness class is in the Lap Pool there will be two lanes open for lap swim.**

For your safety and in compliance with OAR 333-60-225E

Spectators are not allowed on pool decks

***This is a state regulation; we appreciate your cooperation.***

We invite all spectators to view the pools from our viewing deck located on the second floor.

## LAP SWIMMING ONLY - Must be 16 years or older or Directors approval

Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday

### Lap Pool Hours

Must be 16 years or older (or Director approval)

6:00 a - 9:30 p	6:00 a - 9:30 p	6:00 a - 9:30 p	6:00 a - 8:30 p	6:00 a - 8:30 p	7:30 a - 8:30 p	8:00 a - 4:30 p
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

### Exercise Pool Hours

Adult Swim 6:00 a - 10:00 a	Adult Swim 6:00 a - 10:00 a	Adult Swim 6:00 a - 10:00 a	Adult Swim 6:00 a - 10:00 a	Adult Swim 6:00 a - 10:00 a	Adult Swim 7:00 a - 10:00 a	Adult Swim 8:00 a - 10:00 a
Family Swim 10:00 a - 4:00 p	Family Swim 10:00 a - 4:00 p	Family Swim 10:00 a - 4:00 p	Family Swim 10:00 a - 4:00 p	Family Swim 10:00 a - 4:00 p	Family Swim 11:00 a - 3:00 p	Family Swim 10:00 a - 4:00 p
	Open Swim 3:00 p - 4:00 p				Open Swim 3:00 p - 7:00 p	
Family Swim 6:00 p - 8:00 p	Family Swim 6:00 p - 8:00 p	Family Swim 6:00 p - 8:00 p	Open Swim 5:00 p - 7:00 p			
				Family Swim 7:00 p - 8:00 p	Family Swim 7:00 p - 8:00 p	
Adult Swim 8:00 p - 9:30 p	Adult Swim 8:00 p - 9:30 p	Adult Swim 8:00 p - 9:30 p	Adult Swim 8:00 p - 8:30 p	Adult Swim 8:00 p - 8:30 p	Adult Swim 8:00 p - 8:30 p	Adult Swim 4:00 p - 4:30 p

## THERAPY POOL

*91° F. Therapy pool hosts physical rehab and therapeutic training. Uniquely designed with stainless steel bars optimum stretching & rehabilitation.*

Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday

### Therapy Pool Hours

Family Swim is available to adults & children during Family Swim Only (Swim Diapers must be worn unless potty Trained)

Family Swim 11:00 a - 1:00 p						Family Swim 1:00 p - 3:00 p
					Family Swim 4:00 p - 6:00 p	
	Family Swim 6:00 p - 8:00 p					

**SAC SWIM INSTRUCTORS MAY TEACH PRIVATE LESSONS AT ANY TIME AND ANY POOL**



**Sunset Athletic Club**

13939 NW Cornell RD . Portland . 503-645-3535 . Sunsetac.com