

FALL 2024 AQUATICS SCHEDULE

SEPTEMBER 30 - DECEMBER 13



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lap Swim 7 am - 9:30 pm Spa Hours 7 am - 9:30 pm Adult Swim Clinics 4 pm - 5 pm	Lap Swim 7 am - 6 pm Spa Hours 7 am - 9:30 pm Masters Swim X 7:30 am - 8:30 am Deep Water X 9 am - 9:45 am Kayak Sessions 6:30 pm - 8 pm Water Polo 8:15 pm - 9:45 pm	Lap Swim 7 am - 9:30 pm Spa Hours 7 am - 9:30 pm Adult Swim Clinics 4 pm - 5 pm Shallow Water X 5:15 pm - 6 pm	Lap Swim 7 am - 7:30 pm Spa Hours 7 am - 9:30 pm Masters Swim X 7:30 am - 8:30 am Open Rec Swim 6 pm - 7:30 pm Water Polo 8:15 pm - 9:45 pm	Lap Swim 7 am - 7:30 pm Spa Hours 7 am - 7:30 pm Intro to Swim X 11:00 am - 11:45 am Open Rec Swim 4 pm - 7:30 pm
SATURDAY	SUNDAY	SPECIAL PROGRAMMING & EVENTS		ADAPTIVE LANE
Lap Swim 8 am - 4:30 pm Spa Hours 8 am - 4:30 pm Youth Swim Clinics 8:30 am - 11:30 am Open Rec Swim 12 pm - 4:30 pm	Lap Swim 12 pm - 8:30 pm Spa Hours 12 pm - 8:30 pm Open Rec Swim 12 pm - 8:30 pm	POOL & SPA CLOSURES Vetern's Day: 11/11 Closed All Day Thanksgiving: 11/28 - 11/29 Women-Only Swim Sunday, October 20th 5 pm - 6:30pm Saturday, November 16th 3 pm - 4:30 pm Men-Only Swim Saturday, October 19th 3 pm - 4:30 pm Sunday, November 17th 5 pm - 6:30 pm Log Roll Thursdays: 10/17, 11/21 6:30 pm - 7:30 pm Sound Waves Thursday, October 10th 5 pm - 7:30 pm Splash Mob Friday, November 15th 5 pm - 7:30 pm		Swimming is a low-impact way to experience movement and relaxation for people of all ability levels. One adaptive priority swim lane is available during all lap swim hours; with an ADA pool lift and stairs, and is reserved for adaptive activities and persons needing accommodations. For more information and accommodations, please email us at aquatics@pdx.edu .

KEY

	AQUATICS
	LEARN/IMPROVE SWIMMING
	GROUP X FITNESS
	OPEN REC SWIM



QUESTIONS OR ACCOMMODATIONS:
 Email our Aquatics team at aquatics@pdx.edu.
 Campus Rec makes every effort to be accessible to all abilities.
 Printed on 100% Recycled Paper