



# Adult Swimming

## Hours & Info

Schedule below is subject to change. For the most up-to-date schedule, visit [GetRec.org/pools](http://GetRec.org/pools) or give the pools a call.

### Lap Swims Ages 13+

No matter what your level is, we have a lane for you. Lap lanes are available for slow, medium and fast swimmers. Children ages 12 and younger must be accompanied by an adult and must be swimming laps.

Echo Hollow Pool, Jan 2-May 18 & Jun 3-16

Indoor Pool	Outdoor Pool
M-Th 5:30-6:30a 11a-1p	M-F 5:30-8a 10:30a-2p
F 5:30a-1p	Sa 5:30-8:30p
Sa 11a-12:30p	Sa 11a-2p

Sheldon Pool, Jan 2-Jun 16

MW 5:30-10a 12-1:30p 7-8:30p	F 5:30a-1p 5-7p	Su 10:30a-1:30p
TuTh 7-8:30a 10a-1:30p 5:30-7p		

### On-Your-Own Water Fitness Ages 13+

Space in the pool for on-your-own fitness.

Echo Hollow Pool, Jan 2-May 18 & Jun 3-16

Indoor Pool	Outdoor Pool
M-Th 11a-1p	M-F 10:30a-2p
F 6:30a-1p	Sa 11a-2p
M-Th 5:30-6:30p	
F 5:30-6:30p (shallow end only)	
Sa 11a-12:30p (shallow end only)	

Sheldon Pool, Jan 2-Jun 16

Deep Water	Shallow Warm Water Pool
M-Th 5:30-10a	MWF 8-9a
MW 12-1:30p	11a-12p
TuTh 11a-1:30p	TuTh 8:30-9:30a
F 5-9a	M-Th 2:30-3:30p
11:30a-1p	F 1-2p
5:30-7p	5:30-7p
Su 10:30a-12p	Su 10a-11p

Shallow Water Lap Pool

MWF 7-9a
TuTh 10-11:30a
F 7-11:30a

## Fitness Centers

Our fitness centers offer cardiovascular equipment, including treadmills and stair masters, as well as weight equipment designed to work specific muscle groups.

Use of the fitness centers requires an orientation if you haven't used the facility before, and we must have a signed consent form on file. Open to adults ages 18 or older.

- Youth age 16 to 17 must have a guardian signed consent form on file.
- Youth age 13 to 15 must have a guardian signed consent form on file and must have an adult present.
- Youth age 12 and younger are not permitted to use the fitness centers.

Echo Hollow Pool, Jan 2-May 18 & Jun 3-16

M-F 5:30a-8:30p

Sa 11a-2p

Sheldon Pool, Jan 2-Jun 16

M-Th 5:30a-8:30p

F 5:30a-2p

3:30-7p

Su 9a-2p

## Spa Hours

Echo Hollow Pool, Jan 2-May 18 & June 3-16

See outdoor lap swim hours.

Sheldon Pool, Jan 2-Jun 16

M-Th 5:30a-8:30p

F 5:30a-2p

3:30-7p

Su 9a-2p

## Closures/Modified Schedules

Amazon Pool

May 20

Open for spring season

For hours see [GetRec.org/amazonpool](http://GetRec.org/amazonpool)

Echo Hollow Pool

Dec 17-31 Holiday schedule

Jan 1 Closed for holiday

Jan 12 Free fitness day

Jan 15 Closed for holiday

Feb 19 Closed for holiday

Mar 25-30 Spring Break schedule

May 19-Jun 2 Closed for maintenance

Sheldon Pool

Dec 17-31 Holiday schedule

Jan 1 Closed for holiday

Jan 12 Free fitness day

Jan 15 Closed for holiday

Feb 19 Closed for holiday

Mar 25-30 Spring Break schedule

May 27 Closed for holiday

Jun 2 Closed for staff training

See No School Swim Days, pages 32-33, for additional schedule changes.

## Water Volleyball

Enjoy a fun pick-up game of water volleyball. Flotation belts are available. Drop-in, pool fees apply.

Echo Hollow Pool, Indoor Pool

Jan 2-May 18 & Jun 3-16

MW 1-2:30p, F 5:30-7p, Sa 12:30-2p

## Special Events

### 100 Mile Aqua Challenge

This year-long challenge motivates water lovers to stay active and reach the goal of swimming or aqua jogging 100 miles – the equivalent of swimming across the English Channel four times. Participants will track miles, yards or laps. For more information about the challenge, our partners and how to get involved, visit [GetRec.org/challenge](http://GetRec.org/challenge). See page 66.

Amazon, Echo Hollow & Sheldon Pools

### Free Fitness Day

Join us for free fitness activities all day. Whether you prefer to lap swim, work out in one of our fitness centers, take an instructed land or water fitness class or do on-your-own fitness in one of our pools we have something for you and it's free. We will have classes and demonstrations throughout the day so you can try something new. Pick up a Free Fitness Day schedule at your favorite pool in January.

Jan 12 at Echo Hollow & Sheldon Pools

## Water Fitness

See pages 60-61.

Pool Fees	Single Visit	10 Visit Pass	30 Day Pass	90 Day Pass
<b>Youth</b> (3-17)	\$5.50	\$40	\$48	\$116
<b>Adult</b> (18+)	\$6.00	\$46	\$59	\$143
<b>Senior</b> (60+)	\$5.50	\$40	\$48	\$116
<b>Family*</b>	\$18.00	\$99	\$119	\$286

All entry requires an admission fee for ages 3 and up. Children age 2 and under are free with a paid adult. Passes 20% extra for nonresidents. \*Additional charges for more than 5 people.

**Swim Diapers Policy:** City of Eugene swim facilities require swim diapers that are elastic fitting around the legs and waist for non-toilet trained individuals.



# 100 MILE AQUA CHALLENGE

Stay active, reach for a long-term goal and swim 100 miles over the course of a year.

[GetRec.org/challenge](http://GetRec.org/challenge)

