

Exercise Classes – Lebanon Community Pool

AQX CLASS: Designed to help individuals recover from injuries, increase strength, power, dynamic loading, flexibility, coordination and endurance. Rental of AQX suit @\$10/month required.

Tues & Thurs 5:30 am.

AQUA AEROBICS-EARLY BIRD: Shallow water, fast-paced, morning exercise class work to improve strength and cardiovascular fitness without stressing joints. Aqua belts and hand buoys are provided.

Mon, Wed & Fri 6:45-7:45 am

AQUA AEROBICS-DEEP WATER: This aerobic exercise class starts in the shallow end, transitions to the deep end and ends in the shallow end. Aqua belts and hand buoys are provided.

Mon Wed Fri 6:00-7:00 pm

AQUA JOGGING-DEEP WATER: Held in the deep end of the pool, low impact workout. Aqua Jogging to music. Aqua belts provided.

Mon-Fri 8:00 am

Mon Wed Fri 6:00-7:00 pm

CORE AEROBICS: Fast-paced water aerobics to music. Held in the main pool and the 92 degree warm water pool. Water walkers may share the warm pool at this time. Hand buoys provided. Water shoes recommended.

Mon Wed Fri 11:00-11:45 am

WARM WATER EXERCISE: Held in the 92 degree warm water pool. Designed for patrons that could benefit from exercising in warm water. These exercises help with circulation, range of motion and toning.

Mon thru Friday 7:00 am, 8:00 am, 11:45 am & 5:00 pm (Starts 6/12/17)

YOGA: Aqua yoga class held in the warm water therapy pool to music. **Tuesdays & Thursdays 11:00—11:45 (starts 5/30/17)**

WATER POLO: Limited to ages 14-adult. Must be able to swim 25 yards. Prior experience with water polo preferred but not required.

Fridays 8:30-9:30 pm (starts 6/16/17)

General Admission	In District	Out of District
Youth Ages 0-17	\$2.75	\$3.25
Adult	\$3.25	\$3.75
Senior (60+)	\$2.75	\$3.25
Family (6 people)*	\$12	\$15

*\$2.00 Each additional

Membership	In District	Out of District
Yearly Youth Ages 0-17	\$150	\$180
Summer June-Jul-Aug	\$38	\$45
Yearly Adult	\$215	\$255
Summer June-Jul-Aug	\$55	\$65
Yearly Senior (60+)	\$145	\$175
Summer June-Jul-Aug	\$36	\$44
Yearly Senior Couple	\$185	\$215
Summer June-Jul-Aug	\$45	\$53
Yearly Family*	\$285	\$330
Summer June-Jul-Aug	\$75	\$80

*2 adults and up to 4 youth per family pass. \$10.00 for each additional child, \$100 for each additional adult.

Lap/Rec Swim Splash Cards 10 Punches	In District	Out of District
Youth Ages 0-17	\$22.00	\$28.00
Adult	\$28.00	\$33.00
Senior (60+)	\$22.00	\$28.00

Instructional Splash Cards 10 Punches	In District	Out of District
Adult	\$30.00	\$35.00
Senior (60+)	\$25.00	\$30.00

Rentals	In District	Out of District
Pool	\$90/hr.	\$95/hr.
Party Room	\$40/hr.	

Swim Lessons – see website	In District	Out of District
Group	\$40.00	\$45.00

Lebanon Community Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30		AQx		AQx			
5:30-7:00	Wm Pool Open	Wm Pool Open	Wm Pool Open	Wm Pool Open	Wm Pool Open		
5:30-8:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
6:45-7:45	Aerobics	Aerobics	Aerobics	Aerobics	Aerobics		
7:00-8:00	Wm water exerc	Wm water exerc	Wm water exerc	Wm water exerc	Wm water exerc		
8:00-9:00	Aqua Jogging	Aqua Jogging	Aqua Jogging	Aqua Jogging	Aqua Jogging		
8:00-9:00	Wm water exerc	Wm water exerc	Wm water exerc	Wm water exerc	Wm water exerc		
9:00-11:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Adults & Lap		
11:00-11:45	Water Walking	Yoga	Water Walking	Yoga	Water Walking		
11:00-11:45	Core Aerobics	Yoga	Core Aerobics	Yoga	Core Aerobics		
11:45-12:45	Wm water exerc	Wm water exerc	Wm water exerc	Wm water exerc	Wm water exerc	Lap Swim	Lap Swim
11:45-1:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	11:30-1:00	Lap Swim
1:00-3:00	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim	12:30-2:00
3:00-6:00	Swim Club	Swim Club	Swim Club	Swim Club	Swim Club	1:00-3:00	Rec Swim
5:00-6:00	Wm water exerc	Wm water exerc	Wm water exerc	Wm water exerc	Wm water exerc	RENTALS	2:00-4:00
6:00-7:00	Aqua Aerobics	Swim Lessons	Aqua Aerobics	Swim Lessons	Aqua Aerobics		RENTALS
6:00-7:00	Wm Pool Open		Wm Pool Open		Wm Pool Open		
6:00-7:00	Aqua Jogging		Aqua Jogging		Aqua Jogging		
7:00-8:30	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim	
8:30-9:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Water Polo		

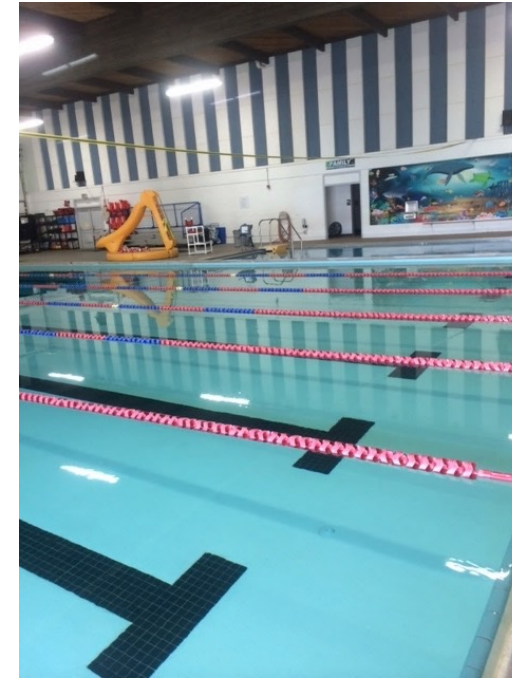
Lebanon Community Pool

1800 S 5th Street

Lebanon OR 97355



(541) 451-8551 www.lebanonpool.org



Director: Lorlee Engler

Office Manager/Programs Coordinator: Jill Smith

Lebanon Aquatic District Board of Directors:

Laurie Dennis, Peg Snyder, Jim Ruef, Hal Brayton, Steve Ness



Mission Statement: Lebanon Aquatic District is committed to year round affordable community education through aquatic skills, health, safety and fun.