



Adventure. Community. Happiness.



Summer 2019 Pool Schedules

Sheldon Pool & Echo Hollow Pool

June 17 - September 2

GetRec.org/pools

Closures/Modified Schedules

Echo Hollow Pool

Jun 21 Summer Kick Off Rec
Swim 1:15-3:15p
Jul 4 Closed for holiday
Sep 1 Closed for holiday

Sheldon Pool

Jun 21 Summer Kick Off Rec
Swim 1:30-3:30p
Jul 4 Closed for holiday
Sep 1-15 Closed for maintenance

Summer Swim & Water Polo League Ages 8-14

Coached by professional and experienced staff, your child will be involved in two team-oriented practices each week and a competition every Friday. Includes a summer season youth pass. Some swimming skill is required and space is limited, so call your local pool today!

Junior Lifeguarding Ages 12-15

Introductory lifeguard training. Junior lifeguard assist and train with a lifeguard that is their instructor. Call the pools for more info.

Junior Swim Instructor Ages 13-15

Introductory water instructor aide. Junior swim instructors assist and train with experienced and professional instructors. Call the pools for more info.

Swim & Tennis Camp Ages 7-14

Learn the basics of tennis, competitive swimming and water polo. Should be able to swim 25 yards. Bring sunscreen, snacks, and a lunch.

Prices	Single	10 Visit Pass	30 Day Pass
Youth (3-17)	\$3.50	\$28	\$33
Adult (18+)	\$4.00	\$34	\$42
Senior (60+)	\$3.50	\$28	\$33
Family*	\$9.00	\$67	\$80

*Additional charges for more than 5 people. Family pass does not include fitness classes.

Echo Hollow Pool

1655 Echo Hollow Rd Eugene OR 97402 541-682-5525

Lap Swim

Indoor

M-F 5:30-8:30a
11:30a-1p
MW 1-3:15p
M-Th 7-8:30p
F 1-5p
6:30-8:30p
Su 11a-3p

Outdoor

M-F 5:30-8:30a
(from 7-8:30a,
2 lanes, starting
Aug 12)
11:30a-1p
TuTh 3:30-7p
Su 11a-1p

Hot Tub

MTuWF 5:30a-8:30p
Th 5:30a-10p
Su 11a-3p

Fitness Center

MTuWF 5:30a-8:30p
Th 5:30a-10p
Su 11a-3p

Rec Swim

M-F 1:15-3:15p
7-8:30p
Su 1:15-3p

Shower Hours

M-F 5:30-8:30a
11:30a-12:30p
Su 11a-1p

Fitness at Echo Hollow

Deep Water Fitness

MWF 6-7a
7:30-8:30a
MW 5:45-6:45p

A.B.C Fitness(deep water)

TuTh 8:45-9:45a

Shallow Water Aerobics

MWF 9:15-10:15a

Arthritis(shallow water)

TuTh 10-11a

Total Body Workout

TuTh 6:30-7:30a

Dry Land Arthritis

MWF 10:45a-11:45a

On Your Own Fitness

M-F 9-11a
Su 11a-1p

Sheldon Pool

2443 Willakenzie Rd Eugene OR 97401 541-682-5314

Lap Swim

M-F 5:30-8a
11:30-1:30p
MWF 5:15-6:30p
TuTh 7-8:30p
Sa 9a-2p

Rec Swim

M-F 1:30-3:30p
MW 7:35-8:30p
F 7:30-8:30p
Sa 12-2p

Fitness Center

M-F 5:30a-8:30p
Sa 9a-2p

Shower Hours

M-F 5:30-9a
Sa 9a-12p

Fitness at Sheldon

Deep Water Fitness

M-F 7:15-8:15a
8:30-9:30a
12-1p
MWF 6-7a
TuTh 5:30-6:30p
Sa 9:30-10:30a

Aquatone

TuTh 8:15-9:15a

Water Walking

MWF 8:15-9:15a

