Exercise Classes

***AQUA AEROBICS-EARLY BIRD*:** Shallow water, fast-paced, morning exercise class working to improve strength and cardiovascular fitness without stressing joints. Aqua belts and hand buoys are provided.
Mon, Wed & Fri 6:45 am

***AQUA JOGGING-DEEP WATER*:** Held in the deep end of the pool, low impact – fast paced aqua jogging routine. Aqua belts provided.
Mon-Fri 8:00 am

***AQUA YOGA*:** Held in the warm pool. A gentle water exercise class using basic exercises, principles, and movements of yoga and adapts them to a shallow-water environment.
Mon-Wed-Fri 10:00

***CORE AEROBICS*:** Fast-paced water aerobics to music. Held in the main pool. Hand buoys provided. Water shoes recommended.
Mon-Wed-Fri 11:00

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–Fri 8:00 & 12:00-- Mon, Wed & Fri 5:00 pm

***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 pm

MINNOWS AND MOMS: No instructor. A time for Moms, Dads, Grandparents to play in the warm pool with their little ones.
Mon-Fri 11:00

Renew Active by UnitedHealthcare

SilverSneakers

Silver&Fit

General Admission	In District	Out of District
Adult (18-59)	$5.00	$6.25
Senior (60+)	$4.50	$5.75
Youth (0-17)	$4.50	$5.75
Family (4 people)	$19	$24
Minnows & Moms	$3.75	$3.75
Admission to Classes		
Adult (18-59)	$5.75	$7.25
Senior (60+)	$5.25	$6.50
10 Visit Splash Card – No instructor		
Adult (18-59)	$49	$62
Senior (60+)	$43	$54
Youth (0-17)	$43	$54
Minnows and Moms –parent+child	$68	$68
10 Visit Instructional Splash Card (Instructor led class)		
Adult (18-59)	$55	$69
Senior (60+)	$50	$63
Memberships		
Adult (18-59) ***3 month***	$187	$233.75
Senior (60+) ***3 month***	$147	$183.75
Senior Couple ***3 month***	$174	$217.50
Youth (0-17) ***3 month***	$147	$183.75
Family ***3 month*** (2 adults+up to 4 kids-same household) Add adult=$25 add kid=$5	$242	$302.50
Adult (18-59) ***Year pass***	$374	$467.50
Senior (60+) ***Year pass***	$294	$367.50
Senior Couple ***Year pass***	$348	$435
Youth (0-17) ***Year pass***	$294	$367.50
Family ***Year Pass*** (2 adults+up to 4 kids-Same household) Add adult=$100 add kid=$10	$485	$606.75
Swimming Lessons		
7 or 8 Classes per session	$50	$62
Pool Rentals		
Pool (1 hour up to 50 people)	$125	$156

Lebanon Community Pool

1800 S 5th Street
Lebanon OR 97355
(541) 451-8551
www.lebanonpool.org

Effective September 1, 2024

Executive Director: Lorlee Engler

Office Manager/Programs Administrator Jill Smith

Pool Operator Jim Knaup

Lebanon Aquatic District Board of Directors:

Mark McAllister, Darla Bulmer, Laurie Dennis, Jereme Guenther, Kim Kendall

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

Pool Schedule WINTER 2024-25

Main Pool	Warm Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-8:00		Lap Swim	Aqx/Lap	Lap Swim	Aqx/Lap	Lap Swim	
5:30-8:00		Warm pool open	Warm pool open	Warm pool open	Warm pool open	Warm pool open	
6:30-7:45		Aerobics	Lap Swim	Aerobics	Lap Swim	Aerobics	
8:00-9:00		Warm Water Class	Warm Water Class	Warm Water Class	Warm Water Class	Warm Water Class	
8:00-9:00		Aqua Jogging	Aqua Jogging	Aqua Jogging	Aqua Jogging	Aqua Jogging	
9:00-10:00		3rd Gr & LHS PE	3rd Gr & LHS PE	3rd Gr & LHS PE	3rd Gr & LHS PE	3rd Gr & LHS PE	
10:00-11:00		Yoga	Lessons	Yoga	Lessons	Yoga	
11:00-12:00		Minnows	Minnows	Minnows	Minnows	Minnows	10:00-1:00
11:00-12:00		Core Aerobics	Lap Swim	Core Aerobics	Lap Swim	Core Aerobics	Lap Swim
12:00-1:00		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	10:00-11:00
12:00-1:00		Warm Water Class	Warm Water Class	Warm Water Class	Warm Water Class	Warm Water Class	Adults Warm Pool
1:00-3:00		CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	11:00-1:00
3:15-6:00		Swim Teams	Swim Teams	Swim Teams	Swim Teams	Swim Teams	Warm pool open
3:15-5:00		Adult Warm pool open	Adult Warm pool open	Adult Warm pool open	Adult Warm pool open	Adult Warm pool open	1:00-3:00
5:00-6:00		Warm Water Class	Lessons	Warm Water Class	Lessons	Warm Water Class	Rec Swim
6:00-7:00		Warm pool open		Warm pool open		Warm pool open	
6:00-7:00		Aerobics	5:00-7:00	Aerobics	5:00-7:00	Aerobics	
7:00-8:30		Rec Swim	Lap Swim	Rec Swim	Lap Swim	Rec Swim	
8:30-9:30		Late Lap		Late Lap		Late Lap	

**Schedule subject to change

CLOSED SUNDAY

Family Swim: 6 & under to have person 16 or over within arms reach of child. Over 6 & under 10 to have someone 16 or older in the building. 10 & over may be dropped off at the pool without a parent.