

AQUATICS CENTERS

Below are links to community pools and aquatics centers in Portland that offer adult lap swim and instruction.

Clackamas County

- [North Clackamas Parks & Recreation District](#). Aquatics Center fitness classes in seasonal catalog. Lap swim.
- [Clackamas Community College](#). Water fitness classes listed in Community Education catalog, 3 locations.
- [City of Oregon City](#). Water exercise programs described on Swimming Pool page.
- [Sherwood Regional Family YMCA](#). Lap pool, water exercise. Website Aquatics page.



Clark County

- [Clark County Family YMCA](#). Adult swim lessons. Aquatics page of website.
- [Vancouver Parks & Recreation](#). Click Catalog button. 3 pools, Water exercise classes.
- Vancouver Public Schools. [Propstra Aquatic Center](#). All ages. Adult swim lessons. [Jim Parsley Center](#).

Multnomah County

- [City of Gresham, Aquatic Centers](#), Mt. Hood Community College, Gresham High School. Water fitness, adult programs and lessons.
- [City of Portland, Oregon](#). Swim Pool and Lessons page. Deep, shallow, and moving water fitness classes. Recreation catalog; links to local pools; check local pool schedule.

Washington County

- [City of Forest Grove Aquatics Center](#). Adult lessons and fitness classes.
- [City of Hillsboro Shute Park Aquatic Center](#). Adult lessons and fitness classes.
- [City of Sherwood](#), 4 outdoor pools.
- [City of Tigard pool](#). Check Activity Guide for swim schedule.
- [Tigard-Tualatin Aquatic District](#). Adult lessons, fitness exercise.
- [Portland Community College](#). Sylvania Campus. Adult swim classes. Community Education catalog.
- [Tualatin Hills Parks and Recreation](#). 8 community pools. Adult lessons and aquatic fitness, open swim.
- [Sherwood Regional Family YMCA](#). 25 yard, 3 lane pool. Water fitness.

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Please contact BOTLPORTLAND@gmail.com whenever you spot something we need to change, add or delete.