

LAKE
OSWEGO

Parks
& Rec

FAQs

Frequently Asked Questions

Lake Oswego Recreation & Aquatics Center



Frequently Asked Questions (FAQs)

Membership FAQs

Lake Oswego Public Golf Course FAQs

Aquatics Center FAQs

Fitness Center FAQs

Gymnasium FAQs

FAQs

Frequently Asked Questions

LORAC Membership



Frequently Asked Questions (FAQs)

When will the LORAC open?

Pre-sale memberships are now closed.

What if I missed the pre-sale membership?

When will the pre-sale membership begin and end?

Is there a minimum or maximum number of memberships that can be sold?

What is included in the membership?

***What is the difference of membership fitness classes and specialty fitness classes?**

What if I am away or out of town and can't use my membership?

Can a membership be canceled and refund issued?

What constitutes a resident for the LORAC?

What type of programming will you offer?

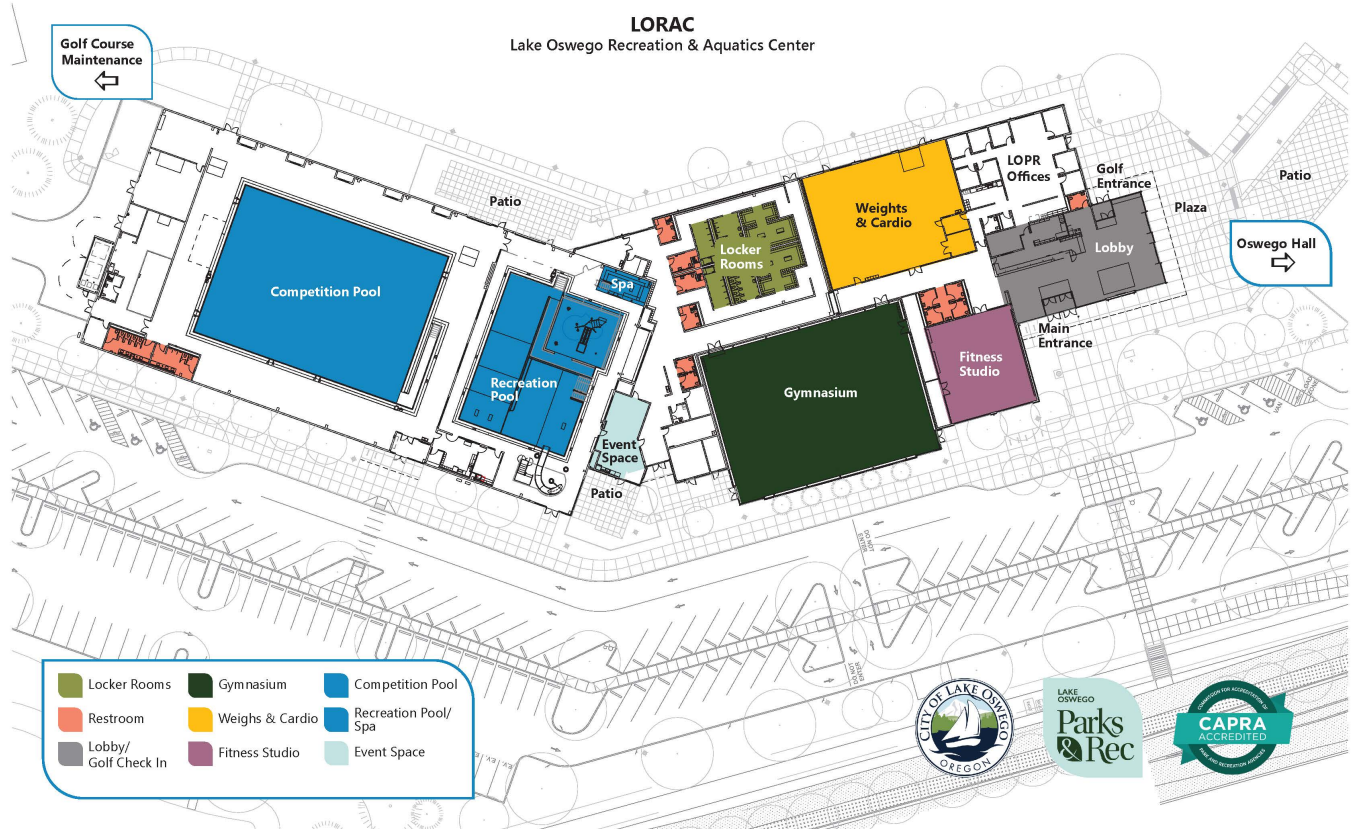
Is there childcare?

Can I book an event, meeting space, or the pool for private parties?

Do you need a membership for the golf course?

ADA | Sustainability | Oswego Hall

Memberships are available online or by stopping and talking with our friendly front desk staff!



Is there a minimum or maximum number of memberships that can be sold?

No

What is included in the membership?

- Access to Cardio Workout Room for ages 14+ with waiver and orientation during open hours
- Membership Open Play Gymnasium Sports
- Recreation & Family Swim, Lap Swimming & Independent Swim Lane Workouts
- Parent/Preschool Swim, Senior Swim
- Membership Studio Fitness Classes*, including: Strength Combo, Power Hour, Flow Yoga
- Membership Water Fitness Classes*, including: Shallow Aqua-X, Deep Aqua-X

**Please note specialty fitness classes are not included in membership.*

What is the difference of membership fitness classes and specialty fitness classes?

Membership fitness classes are included in the membership with a regular, ongoing schedule. Specialty fitness classes are fee based, require pre-registration, and are scheduled in 6 to 8-week series.

What if I am away or out of town and can't use my membership?

LORAC can pause all membership types (3 month, Annual or Annual 12 Month to Month) for a minimum of 30 days and maximum of 90 days and then reinstate it upon return to LORAC with an adjusted expiration date. The pause beginning date must be within 7 days of request. A membership is allowed one pause per membership term, in 30, 60 or 90 days increments per membership.

Can a membership be canceled and refund issued?

Yes, a 3 month and an Annual membership can be canceled and a refund issued within one month of expiration date. With less than one month on membership, no refunds are given. Refund amount will be prorated. An Annual 12 Month to Month Membership cannot be cancelled during the 12-month term and is non-refundable. Memberships are non-transferable.

What constitutes a resident for the LORAC?

A resident is a person or persons who rents or owns property within the Lake Oswego city limits, or an individual who lives within the Lake Oswego School District (LOSD) boundaries, or a student with an LOSD issued ID number.

What type of programming we offer?

We will have everything from fitness classes to swim lessons, open gym, pickleball, and more.

Is there childcare?

While we won't be offering childcare at this time, we hope you'll still be able to join us.

Can I book an event, meeting space, or the pool for private parties?

Yes! We have several spaces available. Check out our rental page for details.

Do you need a membership for the golf course?

No membership is required—simply pay as you go and enjoy the game! Our fee structure is designed to offer both value and flexibility, whether you're a seasoned golfer or just starting out. Fees are located on the side under attachments. Please note that the Lake Oswego Golf Course and the Lake Oswego Recreation & Aquatics Center are open at the same time. Designed with your convenience in mind, both facilities will share a common front desk, parking, restrooms, and lobby areas—ensuring a seamless and connected experience for every visitor.

ADA

- Proper grading and pathways for access
- Bathroom and locker room are compliant
- All pools will be ADA accessible, including 2 pool lifts in the competition pool and 1 in the recreation pool
- Braille signage / tactile ADA signage

Sustainability

- Concrete mix design that uses low-carbon alternatives to reduce CO2 emissions
- A regenerative media filtration system will reduce power, chemical, and water usage
- Design is projecting a 46% energy savings for the building.
- All lighting is LED
- The project meets the State of Oregon's 1.5% for Green Energy Technology using solar on the roof of the natatorium
- Sink, shower, and toilets are low-flow and sensor operated to limit water use
- The project meets many of the City's goals and priorities, including EV charging stations, safe and convenient bicycle parking, and more
- Building design and material selection focus on long-term durability, maintenance, and low or no VOC emissions
- Finish materials and furniture selections were made with a preference for recycled content and local materials in addition to durability, maintenance, and emissions
- Interior finishes were selected with sustainable certifications in mind. These include LEED, LBC, Greenguard, Cradle to Cradle, and other leading sustainability certifications

Oswego Hall

Oswego Hall (the old clubhouse building) has now been made into an extension of the LORAC. It houses events, recreational programs, and more!

FAQs

Frequently Asked Questions

Lake Oswego Public Golf Course



Frequently Asked Questions (FAQs)

What are the hours for the golf course?

What are the hours for the driving range?

How do I book a tee time?

How do I purchase balls for the driving range?

Do you have clubs available for rent?

What is the dress code for the golf course?

What is the minimum age to golf without an adult present?

How do I rent a golf cart?

How often does the beer cart come around?

Do I have to be a resident to play on the golf course?

Can my 8-year-old daughter ride along with me while I golf?

What are the general hours for the golf course? Please see the golf page for specifics.

Times of operation will vary with the season and weather.

May-August: 6:30am-9pm

March/April/September/October: 7:30am to 6pm

November-February 8am to 4pm

The last 9-hole tee time will be 2 hours before closing or sunset

What are the hours for the driving range?

For specifics, please see our golf page.

How do I book a tee time?

We highly encourage you to make a tee time reservation on the website. You can also reserve a tee time by calling the front desk at 503-675-2549 or using the QR code on the golf page that goes to our ForeUP system. All tee times must be paid at the time of reservation. Walk-ins are welcome and will be added as space allows.

How do I purchase balls for the driving range?

You can purchase range balls using the Range Star app, the ball dispenser (credit/debit card only), or at the front desk.

Do you have clubs available for rent?

We have clubs for rent at check-in on a first come, first served basis. We have left- and right-handed clubs for men, women, and juniors.

Club rentals are \$18 for 9 holes, and \$28 for 18 holes.

What is the dress code for the golf course?

Appropriate golf attire and proper footwear are required at all times.

Not Permitted:

Cutoffs, pants or shorts with rips, holes or exposure

Tops that expose the midriff

Open-toed shoes

What is the minimum age to golf without an adult present?

Junior golfers must be at least 14 to play unaccompanied by an adult. Playing privileges can be denied at any time.

How do I rent a golf cart?

Golf carts are available for rental on a first-come, first-served basis. Golf carts are only available during the in-season months. Push carts are available year-round.

Riding golf carts are \$12 per person for 9 holes, and 9 \$18 per person for 18 holes. There is a maximum of two riding carts per tee time. Push carts are \$5 for 9 holes, and \$7 for 18 holes.

Requirements to operate a riding golf cart: at least 18 years of age and a valid driver's license.

How often does the beer cart come around?

It depends on the number of golfers on the course for the day. The goal is to visit a group twice per 9 holes. Operational days and times will vary with the season, weather, and staffing.

Do I have to be a resident to play on the golf course?

The Lake Oswego Public Golf Course is open to everyone.

Can my 8-year-old daughter ride along with me while I golf?

Juniors are welcome to accompany a parent or guardian. They are not to participate in any golf activities if they are not part of the tee time group. We ask that they are well-supervised and conduct themselves with proper golf etiquette.

FAQs

Frequently Asked Questions

LORAC Aquatics Center



Frequently Asked Questions (FAQs)

What will the pools be like?

What are your swim lessons based off of?

When will swim lessons be offered?

Will make-up classes be offered for swim lessons?

How many students per class?

What levels are currently offered?

Will Private Lessons be offered?

Do parents have to be in the water with their children during lessons?

Can I swim, or take another child in the water while my child is in lessons?

Will participants need to wear a swim diaper?

Do you have a swim team?

What Aqua Fitness programs will be offered?

When will those classes be offered?

How do I sign up for an Aquatic Fitness class?

What equipment will be available at the pool?

My child will be too young/old for the program – can I still register them for the class?

What will the pools be like?

Competition Pool - 12 lane, 25 yd pool, 9ft depth all the way across. This pool will be kept colder for lap swim and competition

Rec Pool – 3 x 25 yd lanes (availability will vary based upon programming) that goes from 3 1/2 - 5ft deep, a splash/play area about 1 1/2 ft deep, and a water slide with a splashdown area approximately 3 1/2 ft deep.

Temps will be warmer for swim lessons and recreational activities.

Spa

What are your swim lessons based off of?

We will be teaching curriculum based off of the American Red Cross Learn to Swim program

When will swim lessons be offered?

We have Parent/Child and Preschool classes weekday mornings, Preschool and Learn to Swim in the afternoon/evenings, and Adult lessons weeknight evenings or Saturday mornings.

Currently, lessons are structured as Mon/Wed (2x/week), Tues/Thu, or Sat (1x/week)

Will make-up classes be offered for swim lessons?

No.

How many students per class?

Parent/Child (6 mo. – 3 y/o) 10 students (plus their parents) per instructor

Preschool (3-5 y/o) – 5 students per instructor

Learn to Swim (6-12 y/o), and Adult (13+) - 6 students per instructor

What levels are currently offered?

Lower levels: Parent/Child classes, and Levels 1-3 for Preschool & Learn to Swim age groups, more levels will be offered as we get the pools up and running.

Adult Beginner

Will Private Lessons be offered?

Yes, more information will come as we get closer to opening.

Do parents have to be in the water with their children during lessons?

Parents only need to be in the water for the Parent/Child classes, but should remain nearby if needed for children in other levels – especially Preschool level classes.

Can I swim, or take another child in the water while my child is in lessons?

Admission fees are not included in Swim Lessons, so any family members who would like to partake in Open Swim or Lap Swim during lessons, must pay the daily admission fee, or scan their membership card upon entry. If lesson participants are very young, it is recommended to stay nearby in case they need to use the restroom during lessons.

Will participants need to wear a swim diaper?

If any participant has not yet been potty-trained or has incontinence issues, they will need to wear either a swim diaper or rubber underwear for swimming.

Do you have a swim team?

There are plans to have space for a local USA Swimming club team for age group swimmers. Nothing has been confirmed yet, but we will have information to direct towards their registration closer to building opening.

There are also plans to have a USMS (Masters Swimming) Team at the LORAC for adults (19+)

At this time, we do not currently have plans for a rec team

What Aqua Fitness programs will be offered?

Shallow Water Fitness (Rec Pool)

Deep Water Fitness (Comp Pool)

Aqua Power (Comp Pool - slightly higher intensity than regular Deep-Water Fitness)

When will those classes be offered?

We have varying days for each program. Most will be offered weekday mornings. There will be some afternoon and evening classes as well.

Schedules for classes will be updated closer to opening as we confirm staffing and availability.

How do I sign up for an Aquatic Fitness class?

More information will be available as we near opening.

What equipment will be available at the pool?

Kickboards, pull buoys, water weights, flotation belts, lifejackets

My child will be too young/old for the program – can I still register them for the class?

Yes, with a few exceptions:

Parent/child – no age overrides, patrons can contact me if they have questions/concerns

Preschool & Learn to Swim levels - a 6-month window on either side is acceptable

Adult/Teen classes – no age overrides, patrons can contact me if they have questions/concerns

FAQs

Frequently Asked Questions

LORAC Fitness Center



Frequently Asked Questions (FAQs)

Do you offer Personal Training?

Do you offer fitness equipment orientations?

Minimum age to use the Weight and Cardio Room?

Minimum age to take a Member Group Exercise classes?

What Group Exercise classes are included in my membership?

Do I have to sign up for Member Classes ahead of time?

Can Non-Members take Member classes?

What are Specialty Series classes?

How often does the Group Exercise schedule change?

Are the Fitness rooms ADA accessible?

Other Fitness rules?

Do you offer Personal Training?

Yes! We have experienced trainers here to help you reach your goals! The first step is filling out an intake form. For current pricing, refer to the Personal Training flyer.

Do you offer fitness equipment orientations?

Yes! We offer a 15-minute complimentary orientation to both strength and cardio equipment. Just ask a Fitness Attendant or the Fitness Coordinator.

Minimum age to use the Weight and Cardio Room?

- Ages 11 and under not permitted in room.
- Ages 12-13 may use the room with direct supervision from a parent/guardian.
- Ages 14-17 may use the room unsupervised, after they complete the fitness orientation and their parent/guardian signs the fitness waiver.

Minimum age to take a Member Group Exercise classes?

Ages 14+ may participate.

What Group Exercise classes are included in my membership?

Strength Combo

This full body workout focuses on strength and weight training using various equipment and body weight exercises. Increase your muscular endurance and power.

- Mondays/Wednesdays 5:30-6:30pm
- Wednesdays/Fridays 6-7am

Power Hour

This full body workout incorporates cardio and strength training elements to keep your heart rate up while engaging various muscle groups. Increase your aerobic capacity and power.

- Mondays 12-1pm
- Tuesdays/Thursdays 7:30-8:30am
- Thursdays 5:30-6:30pm

Flow Yoga

This Vinyasa style class connects breath to movement through flow-based sequencing. Flow Yoga builds body awareness, strength and balance. Many progressions will be offered in this class.

- Mondays 6-7am
- Tuesdays 6:30-7:30pm
- Wednesdays 12-1pm
- Saturdays 10:15-11:15am

Do I have to sign up for Member Classes ahead of time?

Registering for Member Classes is highly recommended to ensure your spot in class! Register with this link: [FlexReg Program Detail | City of Lake Oswego Parks and Recreation](#)

Classes are free with membership or included with purchase of a day-pass.
Registration and Cancellation Policy:

- Members may register online up to 1-hour prior to class start time.
- Members may cancel online 4 hours or more in advance without penalty.
- Cancellation within 4 hours of class start time is a "Late Cancellation".
- On 3rd Late Cancellation or No-Show in a 1-month period, there is a \$10 charge on account.
- If not at class by 10 minutes past start time (No-Show), spot may be forfeited to a walk-in or waitlister.
- Day-pass holders may only register in-person at the Front Desk, and no more than 1-hour prior to class start time.

Can Non-Members take Member classes?

Yes! If a Non-Member purchases a day pass, they have access to Member classes for that day, depending on capacity.

What are Specialty Series classes?

These are paid-for fitness class series that meet weekly for 4-8 weeks, depending on the class. Our seasonal Activity Guide lists these classes. You may register on www.loparks.org or by calling 503-675-2549. Open to members and non-members.

How often does the Group Exercise schedule change?

- Schedule is subject to change a few times a year. Very popular classes tend to keep their timeslot.
- An up-to-date class schedule will always be posted on the Group Exercise room door. This shows our member classes and Specialty Series. Member classes are highlighted.

Are the Fitness rooms ADA accessible?

Yes! Both the Weight Room and Group Exercise room were designed with accessibility in mind and meet industry standards in compliance with ADA requirements and recommendations. If you require additional accommodations, please contact the Fitness Coordinator or Recreation Supervisor.

Other Fitness rules?

- Food, gum, beverages are not permitted (with the exception of metal or plastic water bottles) in the fitness rooms
- Guests are responsible for knowing their own physical limitations.
- Shirts and shoes must be worn at all times.
- No sandals, flip flops or bare feet allowed.
- Use of equipment is at your own risk.
- Use equipment properly and follow directions carefully.
- Wipe down all equipment after use.
- Return all equipment used to its designated storage location.
- Report any faulty or damaged equipment to staff.
- Unauthorized personal training or fitness classes strictly prohibited.

More questions? Please email the Fitness Coordinator, Megan Williams, at mwilliams@lakeoswego.city

FAQs

Frequently Asked Questions

LORAC Gymnasium



Frequently Asked Questions (FAQs)

What sports are available in the gym?

What LOPR programs are held in the gymnasium?

What is "Open Play"?

If there are no programs scheduled, including open play, how can I use the gymnasium?

Where can I view a daily schedule for the gym?

I am looking to rent the gymnasium for an event, team practice, tournament or other sports opportunity. How do I book this space?

Can I bring my own equipment for class/open play?

Do I need to register for programs in advance?

Is food and drink allowed in the gym?

What are the general rules of the gymnasium?

Are lockers available for storage?

Who do I contact for more information?

What sports are available in the gym?

LORAC's state-of-the-art 7,250 square foot gym offers 3 pickleball courts, 2 volleyball courts, 1 full-size basketball court, 2 short courts for basketball and a total of 6 basketball hoops. For youth classes and camps, we offer additional sports such as fencing, soccer, flag football, cheerleading and more. Cornhole, badminton and other backyard games are available for select opportunities.

What LOPR programs are held in the gymnasium?

The gym features pickleball, volleyball, basketball, and backyard games "Open Play", adult and youth sports classes, youth sports camps, sports leagues and tournaments, sports events such as family play and adult mixers.

What is "Open Play"?

Open play is a time on the court that is reserved for a specific sport. No other sport may be played during an "Open Play" time. Open play is available on a first-come, first-served basis. A daily fee or LORAC membership is required to participate. Age ranges vary throughout the week with opportunities for all ages including dedicated times for 18+ only and 17 and under only.

If there are no programs scheduled, including open play, how can I use the gymnasium?

The gym is open to members and daily users for general use during LORAC open hours when the court(s) are not reserved for open play or LOPR programs. While six basketball hoops and one rollaway pickleball net are available, court equipment for other sports is not (i.e. volleyball, badminton).

Where can I view a daily schedule for the gym?

For a full view of sports programs at LORAC, visit the [LORAC Gymnasium Calendar](#) at [LOparks.org](#). To view a list of open play days/times, visit the [Sports at LORAC page](#) at [LakeOswegoSports.com](#).

I am looking to rent the gymnasium for an event, team practice, tournament or other sports opportunity. How do I book this space?

At this time, we are not renting the gymnasium to outside parties. If you are looking to become a program partner with us, please submit a [Recreation Program Proposal Form](#) and we will reach out to you!

Can I bring my own equipment for class/open play?

Yes! While we have selected equipment—such as size 6 and size 7 basketballs—available to check out, you are welcome to bring your own pickleball paddles, basketballs, volleyballs, and other standard playing equipment. Training equipment is not allowed. LO Parks and Rec is not responsible for damaged, lost or stolen personal items.

Do I need to register for programs in advance?

Yes, registration is required for all LOPR programs, including classes, leagues, tournaments, and events. Open play does not require registration.

Is food and drink allowed in the gym?

Water only. Food and beverages are not allowed. No glass containers are allowed at any time. Other restrictions may apply depending on the event or program.

What are the general rules of the gymnasium?

1. Use the gym at your own risk. Gym is staffed during select programs only.
2. No wet towels, clothes, or shoes may enter the gym. Exceptions may be made for LOPR programs only.
3. Children 13 & under must be accompanied by an adult unless enrolled in a supervised program.
4. There is no dunking at any time. This includes in leagues.
5. External doors may not be opened without staff approval.
6. Use of music or recording devices requires staff approval.
7. No pre-organized events (i.e. games, practices, etc.), private lessons, group training, or drills are allowed.
8. Pickup basketball and volleyball must follow standard rules and formats. Pickleball open play format will be posted in the gym.
9. Aggressive, intimidating, and threatening behavior will not be tolerated.

For more detailed rules for the gym or open play sports, please visit the [Sports at LORAC](#) page.

Are lockers available for storage?

Yes, lockers are available for both daily users and members. The gym features open cubbies for temporary storage as well.

Who do I contact for more information?

Please contact the Sports Coordinator at losports@lakeoswego.city or the LORAC Front Desk for more information.