

AQUATICS

Make a splash in our state-of-the-art aquatics facility, designed for both competition and recreation.



SCAN ME

- Competition Pool (81°F): 12 lanes, 9 feet deep—perfect for lap swimming, swim teams, meets, and practices
- Recreation Pool (86°F): Includes 3 swim lanes, a splash area, and a thrilling water slide
- Spa (102°F): Open to ages 15+. Ages 12–14 may enter with an adult.
- Water Quality: All pools use chlorine and UV treatment
- Lockers and open cubbies are available
- Fully ADA accessible

Classes, Lessons & Programs

We have something for everyone! Whether you're learning to swim or looking to stay active, our programs are tailored to all ages and skill levels.

- Swim lessons follow the American Red Cross Learn to Swim curriculum.
- A wide range of aqua fitness classes offered in both pools.
- Recreational swim times, open swim, and more!

SPORTS

Our 7,250-square-foot gym provides recreational opportunities for all ages and abilities. Open to members and day pass users when courts are not reserved for programs or open play.



SCAN ME

- 3 pickleball courts
- 2 volleyball courts
- 1 full-size basketball court, plus 2 short courts and a total of 6 hoops
- Open cubbies for storage
- Fully ADA accessible

Classes, Lessons & Programs

The gym is your home for sports, camps, leagues, and active fun! Enjoy youth and adult sports classes, sports leagues, and camps, and open play opportunities. Featured activities include pickleball, basketball, volleyball, soccer, fencing, cornhole, cheerleading, and more.

Registration Info

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

FITNESS

Get stronger, healthier, and more energized in our fully equipped fitness center - designed for every level of experience.



SCAN ME

- State-of-the-art equipment for strength training, cardio, and fitness.
- 15-minute complimentary orientation
- Age Requirements:
 - Ages 11 and under are not permitted. Ages 12–13 with direct supervision from a parent or guardian. Ages 14–17 may use the space unsupervised after completing an orientation and with a signed waiver
- Lockers and open cubbies are available
- Fully ADA accessible.

Classes, Lessons & Programs

Just starting out or a seasoned athlete, we have something for you!

- Group classes included with membership or available via day pass.
- A variety of offerings including yoga, strength & cardio, personal training, and specialty classes.

GOLF

The 9-hole executive course - designed by renowned architect Dan Hixson - offers a fun and approachable golf experience for all skill levels.



SCAN ME

- 9-hole course with six par-3s and three par-4s
- (up to 1,599 yards)
- Two sets of OGA-rated tees
- 16-bay driving range (13 covered and heated)
- Putting green and sand bunker practice area
- Power and pull cart rentals, club rentals available
- Adaptive golf-friendly design
- Fully ADA accessible



ENRICHMENT

A fully remodeled Oswego Hall scheduled to host the popular Indoor Playground program, music classes, art classes for youth and adults, dance classes and more. Enjoy Mini-Ballerinas for littles or Belly Dancing for Adults in the state-of-the-art Fitness Studio along with other popular fitness and dance classes.



SCAN ME

- Event and Meeting space
- Indoor Play and Birthday Party Rentals
- Rolling doors to the patio for rentals
- Fully ADA accessible

Registration Info

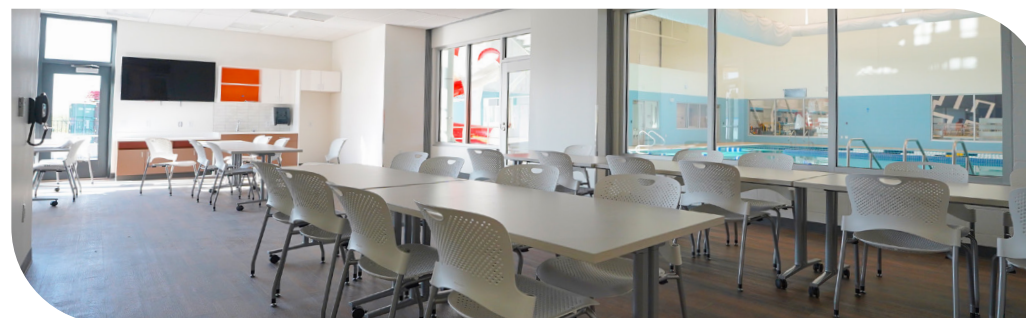
Registration is required for all classes with the exception of Indoor Playground which is a drop-in program held on Tuesdays/Thursdays 9 a.m.-1 p.m. from September-May.

RENTALS

Areas available for rentals include Oswego Hall, the Event Room adjacent to pool, pool lanes and competition pool, fitness studio and gymnasium. All rentals and reservations must be submitted and approved in advance by LORAC staff.



SCAN ME



Welcome to the LORAC

Lake Oswego Recreation & Aquatics Center



We're thrilled to invite you to explore over 65,000 square feet of recreation opportunities in this state-of-the-art facility—featuring a competition pool, recreation pool, spa, fitness center, gymnasium, and community spaces. This project was made possible through a 2019 bond, with additional funding from the City of Lake Oswego and the Lake Oswego School District.

Ready to Dive In?

We offer flexible access options to fit your needs: Become a member – scan the QR code to explore membership levels and pricing.

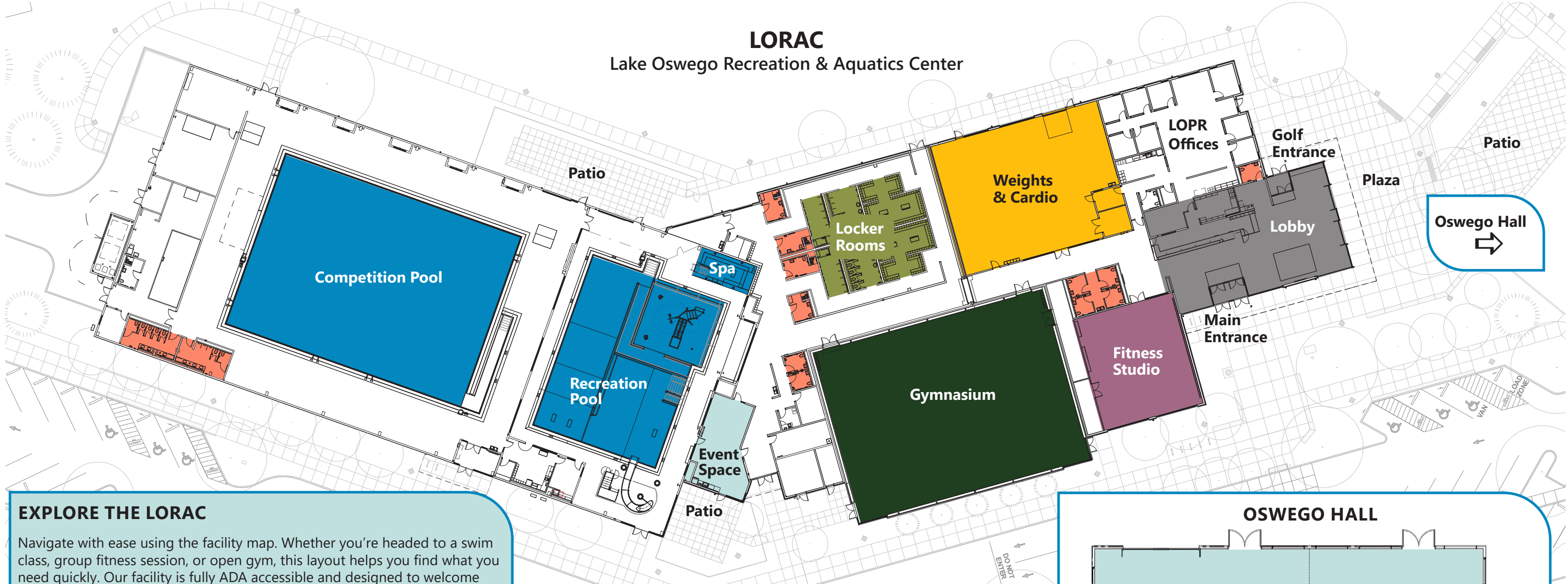


Not ready for a membership? Purchase a day pass or a 10-visit punch card for convenient access. Our front desk team is happy to help you find the option that works best for your schedule and budget!



LORAC

Lake Oswego Recreation & Aquatics Center



EXPLORE THE LORAC

Navigate with ease using the facility map. Whether you're headed to a swim class, group fitness session, or open gym, this layout helps you find what you need quickly. Our facility is fully ADA accessible and designed to welcome visitors of all ages and abilities.

Map Descriptions

- Lobby:** Your entry point to fun and fitness! The lobby includes front desk assistance, program info, and guest services.
- Competition Pool:** A 12-lane, 9-foot-deep pool, ideal for lap swimming, swim teams, meets, water polo, aqua fitness, and practices.
- Recreation Pool:** Designed for family fun and fitness with 3 lap lanes, splash zone, and multiple slides.
- Spa:** Great for muscle recovery and winding down.
- Weights & Cardio:** Outfitted with cardio machines, free weights, and strength training equipment for all fitness levels.
- Fitness Studio:** Host to yoga, dance, cardio, and specialty fitness classes.
- Gymnasium:** Features a full-size basketball court, three pickleball courts, two volleyball courts, and six hoops—perfect for open play, leagues, and camps.
- Locker Rooms:** Men's and women's changing areas with lockers, restrooms, and ADA amenities.
- LORAC Event Space:** Room & patio conveniently located near pool areas.
- Oswego Hall:** Home to enrichment programs like Indoor Playground, youth art and dance, and adult fitness. Also available for private rentals.

 Locker Rooms	 Gymnasium	 Competition Pool
 Restroom	 Weights & Cardio	 Recreation Pool/Spa
 Lobby/Golf Check In	 Fitness Studio	 Event Space



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