MATT DISHMAN INDOOR POOL

77 NE Knott Street 97212
Telephone: 503.823.3673

Director: Larissa Doty, Christine Hickman, Evan Lilly

April 1 - June 17

HOURS:

Mon-Fri:	5:30am - 8:00pm
Sat:	9:00am - 6:00pm
Sun:	10:30am - 6:00pm

Hours will be reviewed periodically to best meet participants' needs.

CLOSURES AND SPECIAL HOURS:

April 6 - Closed 10:30am - 12:30pm *for Training Event*
May 27, Memorial Day - Open 9:00am - 6:00pm
June 17, Summer Staff Training - Closed

See page 13 for Extra Swim times and days and school out days.

General Information: Indoor 25 yard, L-shaped swimming pool, heated year-round to 84 degrees with whirlpool spa heated to 102 degrees. Water depths range from 2 feet to 12 feet. Also has a one meter diving board. Program offerings include swimming lessons, lap swim, water fitness classes, and recreational play swims.

Bus Lines: #6 MLK; #4 Fesseden; #44 Mocks Crest; #24 Fremont

Parking: Lot entrance off Knott Street

Disabled Access:

Entrances: Accessible - push button automatic doors
Pool & Spa: Accessible - with pool lift (weight capacity 300 lbs.)
Parking: Accessible - designated parking spots in lot
Restrooms: Accessible - ADA lower shower/shower benches

New Fees

Matt Dishman Swim Lesson Fees

YOUTH LESSONS/ANGELFISH & STARFISH

10 lessons	Resident $52.50	Non-resident $68.25
9 lessons	Resident $47.25	Non-resident $61.43
8 lessons	Resident $42.00	Non-resident $54.60

ADULT LESSONS

10 lessons	Resident $62.50	Non-resident $81.25
9 lessons	Resident $56.25	Non-resident $73.13
8 lessons	Resident $50.00	Non-resident $65.00

Matt Dishman Daily Pool Schedule

MONDAY - FRIDAY

5:30am - 4:00pm	Lap Swim
6:00 - 6:55am	Aquaerobics - shallow (M/W/F)
6:00 - 6:55am	Aqua Power - deep (M-Th)
7:00 - 9:15am	Aquaerobics/Aquapower (no instructor)
9:00 - 10:50am	Swim Lessons (M/W & T/Th)
9:00am - 8:00pm	**Family Swim (F)**
9:15 - 10:10am	Aquaerobics - shallow (M-F)
9:15 - 10:10am	Aqua Power - deep (M-F)
10:15 - 11:10am	S.M.I.L.E. - shallow (M-F) (Slower Movement Intensity Lowered Exercise)
12:00 - 4:20pm	**Family Swim (M-Th)**
1:00 - 3:00pm	School Groups, Rentals, etc.
4:00 - 6:00pm	Portland Aquatic Club
4:30 - 7:20pm	Swim Lessons (M/W) & (T/Th)
6:05 - 8:00pm	Lap Swim
6:05 - 7:00pm	Aqua Power - deep (M/W/F)
6:05 - 7:00pm	Pregnancy Fitness - shallow (T/Th)
7:05 - 8:00pm	Aquaerobics - shallow (M/W/F)
7:05 - 8:00pm	Aqua Power - deep (T/Th)
8:00 - 9:00pm	Rentals Available (M-F)

SATURDAY

9:10am - 12:00pm	Swim and Diving Lessons
9:10 - 10:05am	Aquapower - deep
10:10 - 11:05am	Aquaerobics - shallow
12:00 - 6:00pm	Lap Swim*
12:00 - 1:00pm	**Parent-Preschool Swim**
1:10 - 6:00pm	**Open Play Swim**
6:00 - 9:00pm	Rentals Available

SUNDAY

10:30 - 4:00pm	Lap Swim*
10:30 - 1:15pm	**Parent-Preschool Swim**
1:15 - 3:00pm	**Open Play Swim - free**
3:05 - 5:55pm	Swim and Diving Lessons
5:00 - 6:00pm	The Blue Makos
6:00 - 9:00pm	Rentals Available

** During Open Swims, Lap Swim space will be limited to 2 lanes*

YOU can help maintain TOP WATER QUALITY

Do not swim if you have had any intestinal illness, stomach ache or diarrhea in the past five days. Youngsters who are not toilet trained must wear swim diapers (Available for $1). Please take a cleansing shower before swimming. No street shoes are allowed on the pool deck.
Thank you!

Think Summer! See page 18 for more details.

Matt Dishman Swim Lesson Dates

MONDAY & WEDNESDAY
April 1 - May 1 (10 lessons)
May 6 - June 5 (9 lessons) no class 5/27

TUESDAY & THURSDAY
April 2 - May 2 (10 lessons)
May 7 - June 6 (10 lessons)

SATURDAY
April 13 - June 8 (8 lessons) no class 5/25

SUNDAY
April 7 - June 9 (9 lessons) no class 5/26

Matt Dishman Swim Lesson Times

Generally all levels are not offered at each lesson time. Call for information about when specific levels are offered. All classes are subject to change and offered according to demand.

MON & WED	TUES & THUR	SAT
9:00 - 9:30am	9:00 - 9:30am	9:10 - 9:40am
9:40 - 10:10am	9:40 - 10:10am	9:45 - 10:15am
10:20 - 10:50am	10:20 - 10:50am	10:20 - 10:50am
4:30 - 5:00pm	4:30 - 5:00pm	10:55 - 11:25am
5:05 - 5:35pm	5:05 - 5:35pm	11:30am - 12:00pm
5:40 - 6:10pm	5:40 - 6:10pm	**SUN**
6:15 - 6:45pm	6:15 - 6:45pm	3:05 - 3:35pm
6:50 - 7:20pm	6:50 - 7:20pm	3:40 - 4:10pm
		4:15 - 4:45pm
		4:50 - 5:20pm
		5:25 - 5:55pm

Diving at Dishman

Portland's ONLY indoor Diving Classes!

Have you ever wanted to learn to dive? We now offer 3 levels of springboard diving lessons on Saturdays and Sundays.

COST:

Sat: $42.00 Res / $54.60 Non-Res (8 Lessons)

Sun: $47.25 Res / $61.43 Non-Res (9 Lessons)

DIVING LEVEL 1
Sat: 10:55 - 11:25am
Sun: 3:40 - 4:10pm

DIVING LEVEL 2
Sat: 10:20 - 10:50am
Sun: 4:15 - 4:45pm

DIVING LEVEL 3
Sat: 11:30am - 12:00pm
Sun: 3:05 - 3:35pm

OPEN SWIM with DIVING BOARD
Saturdays: 1:15-6:00pm
Sundays: 1:15-3:00pm

Matt Dishman General Admission Fees*

FEES: City of Portland Residents ONLY

	Drop-In-Visit	Active Pass**	10-Punch Card	20-Punch Card
Adults (18-59 yrs)	$4.50	$29.25	$40.50	$76.50
Seniors (60+ yrs)	$3.75	$24.38	$33.70	$63.60
Teens (14-17 yrs)	$3.75	$24.38	$33.70	$63.60
Youth (3-13 yrs)*	$2.75	$17.88	$24.70	$46.60
Toddlers (0-2 yrs)	FREE	FREE	FREE	FREE
Family	N/A	$48.88	N/A	N/A

***NOTE:** Passes valid only at Matt Dishman Community Center and Pool. Admission includes use of the following drop-in amenities on a first-come, first-served basis during scheduled times. **Open Play Swim** (children under 48" tall must be accompanied in the water by an adult) • **Parent/Preschool Swim** • **Family Swim** (all youth 17 years and under must be accompanied in the water by an adult) • **Lap Swim** • **Water Fitness** • **Whirlpool/Spa** (must be 16 years or over) • **Fitness Room** (must be 14 years or over) • **Basketball**
****NOTE:** Active Passes will auto-renew each month. Simply pay your first monthly fee upon registering, and all future monthly payments are deduced directly from your debit or credit card.