DISHMAN INDOOR POOL

77 NE Knott Street 97212
Telephone: 503.823.3673

Director: Larissa Doty, Christine Hickman, Evan Lilly

September 3-December 31

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:

Aug 19-Sept 3 – Closed for annual maintenance
Nov 29, Thanksgiving – Closed
Fridays: Dec 6, 13, 20 – PIL Swim Meet
Pool closes at 5:00pm
Dec 24, Christmas Eve – Pool closes at 3:00pm
Dec 25, Christmas – Closed
Dec 31, New Years Eve – Pool closes at 3:00pm
Jan 1, New Years Day – Closed

Special schedule for Dec 15-Dec 31 (ask at Dishman Pool)

See page 12 for extra swim times and 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; #40 Mocks Crest; #33 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

Dishman Fall 2013 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	SUN
9:00 - 9:30am	9:00 - 9:30am	9:10 - 9:40am	3:05 - 3:35pm
9:40 - 10:10am	9:40 - 10:10am	9:45 - 10:15am	3:40 - 4:10pm
10:20 - 10:50am	10:20 - 10:50am	10:20 - 10:50am	4:15 - 4:45pm
4:30 - 5:00pm	4:30 - 5:00pm	10:55 - 11:25am	4:50 - 5:20pm
5:05 - 5:35pm	5:05 - 5:35pm	11:30 - 12:00pm	5:25 - 5:55pm
5:40 - 6:10pm	5:40 - 6:10pm		
6:15 - 6:45pm	6:15 - 6:45pm		
6:50 - 7:20pm	6:50 - 7:20pm		

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/Aqua Power (no instructor)
9:00 - 11:30am	Swim Lessons (M/W &T/Th)
9:00am - 7:30pm	**Family Swim (F) until 11/29**
9:00am - 5:00pm	**Family Swim (F) beginning 12/6**
9:15 - 10:10am	Aquaerobics - shallow
9:15 - 10:10am	Aqua Power - deep
10:15 - 11:10am	S.M.I.L.E. - shallow (Slower Movement Intensity Lowered Exercise)
11:15am-12:00pm	Aquaerobics/Aqua Power (no inst)
11:30am - 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)
6:00 - 7:00pm	Drop-In Diving Class (Tu) 10/1-12/10
6:05 - 7:30pm	Lap Swim
6:05 - 7:00pm	Pregnancy Fitness - shallow (T/Th)
6:05 - 7:00pm	Aqua Power - deep (M/W/F)- Friday ends 11/29
7:05 - 8:00pm	Aquaerobics - shallow (M/W/F) – Friday ends 11/29
7:05 - 8:00pm	Aqua Power - deep (T/Th)
7:30 - 8:00pm	Extra Lap Swim (ends 11/15)*
8:00 - 9:00pm	Rentals Available (M-F) until 11/1
7:30 - 9:00pm	PIL Practice (begins 11/18)

SATURDAY

9:10 - 10:05am	Aqua Power - deep
9:10am - 12:00pm	Swim and Diving Lessons
10:10 - 11:05am	Aquaerobics - shallow
12:00- 6:00pm	Lap Swim*
12:00 - 1:15pm	**Family Swim**
1:15 - 6:00pm	**Open Play Swim**
6:00 - 9:00pm	Rentals Available

SUNDAY

10:30 - 3:00pm	Lap Swim*
10:30 - 1:15pm	**Family Swim**
1:15 - 3:00pm	**Open Play Swim**
3:00 - 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 at least one lane*

Dishman Fall 2013 Swim Lesson Dates

MONDAY & WEDNESDAY
Sept 30-Oct 30 (10 lessons)
Nov 4-Dec 11 (9 lessons) no class 11/11, 11/25, 11/27

TUESDAY & THURSDAY
Oct 1-Oct 29 (9 lessons) no class 10/31
Nov 5-Dec 12 (10 lessons) no class 11/26, 11/28

SATURDAY
Oct 5-Dec 14 (9 lessons) no class 11/9, 11/30

SUNDAY
Oct 6-Dec 15 (10 lessons) no class 12/1

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

ADULT LESSONS

10 lessons	Resident $62.50	Non-resident $81.75
9 lessons	Resident $56.25	Non-resident $73.13

FEES EFFECTIVE 7/1/13

Dishman Community Center and Pool General Admission Fees*

FEES: City of Portland Residents ONLY

	Drop-In-Visit	Active Pass	10-Punch	20-Punch
Adults (18-59 yrs)	$5.00	$32.50	$45.00	$85.00
Seniors (60+ yrs)	$4.00	$26.00	$36.00	$68.00
Teens (14-17 yrs)	$4.00	$26.00	$36.00	$68.00
Youth (3-13 yrs)*	$3.00	$19.50	$27.00	$51.00
Toddlers (0-2 yrs)	FREE	FREE	FREE	FREE
Family	N/A	53.75	NA	NA

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 age 17 & under must be accompanied in the water by an adult) • Lap Swim • Water Fitness • Whirlpool/Spa (must be age 16 & over) • Fitness Room (must be age 14 & over) • Basketball **Active Passes will auto-renew each month. Simply pay your first monthly fee upon registering and all future monthly payments are deducted directly from your debit or credit card.***Family membership denotes a couple (married or domestic) or a single parent and their legal dependents living in the same residence.

Diving at Dishman

Lessons begin October 5th & 6th

SPRINGBOARD DIVING CLASSES

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

LEVEL 2:
Sat 10:20 - 10:50
Sun, 4:15 - 4:45

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

WEEK NIGHT DROP-IN DIVING CLASSES

Oct 1 - Dec 10 (*no class 11/26*)
Tuesday evenings, 6:00 - 7:00pm
Fee: $6.00 drop-in

Join teacher Katie for individualized coaching. Learn the basics and get pointers to improve your diving. All levels welome.