

# MDCC INDOOR POOL (Matt Dishman Community Ctr.)

77 NE Knott Street 97212  
Telephone: 503.823.3673

**District Aquatic Coordinator:** Larissa Doty  
**Recreation Coordinators:** Christine Hickman, Evan Lilly  
**Recreation Leader:** Madeleine Hanlon-Austin

## October 3 - December 18

**HOURS:**  
**Mon-Fri:** 5:30am - 9:00pm  
(Friday-hot tub closes at 8:00pm)  
**Sat:** 9:00am - 6:00pm  
**Sun:** 10:30am - 6:00pm

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

**August 13-October 2 the pool will be closed for annual maintenance, replaster of pool shell, and rebuilding of spa.**



**For Closures and Special Hours see page 22**

### General Information:

- Indoor year-round
- L-Shaped 6 lane 25-yard lap swimming pool heated to 84 degrees, water depth 2 - 12 feet. Also has a one meter diving board.
- Whirlpool spa heated to 102 degrees
- Program offerings: swim lessons, lap swim, water fitness classes & recreational play swims



**For Matt Dishman Community Center and Pool  
FEES: City of Portland Resident Fees**

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

## MDCC RECREATIONAL PLAY SWIM TIMES

### OPEN PLAY SWIM

**MONDAY & WEDNESDAY**  
8:00 - 9:00pm (ends 11/2)

**FRIDAY - TEEN ONLY**  
8:00 - 9:00pm (ends 11/4)

**SATURDAY**  
2:00 - 6:00pm

**SUNDAY**  
1:30 - 3:00pm

**POOL RENTALS AND PARTY PACKAGES AVAILABLE ON SATURDAY AND SUNDAY EVENINGS. PARTY PACKAGES AVAILABLE DURING FAMILY & OPEN SWIM. FOR MORE INFORMATION PLEASE CALL 503-823-3179.**

### FAMILY SWIM\*

\*Children under 18 years of age must be supervised by a parent or guardian in the water.

**MONDAY - THURSDAY**  
12:00pm - 4:20pm

**FRIDAY**  
9:00am - 7:30pm  
9:00am- 5:00pm (ends at 5pm beginning 11/11)

**SATURDAY**  
12:00pm - 2:00pm

**SUNDAY**  
10:30am - 1:30pm



**Bus Lines:** #6 MLK; #4 Fessenden; #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

## MDCC SWIM LESSONS

### MONDAY & WEDNESDAY

Oct 10 - Nov 9 (9 lessons) no class 10/31  
Nov 14 - Dec 14 (9 lessons) no class 11/23

Morning Classes		
9:00 - 9:30	9:40 - 10:10	10:20 - 10:50
Afternoon/Evening Classes		
4:30 - 5:00	5:05 - 5:35	5:40 - 6:10
6:15 - 6:45	6:50 - 7:20	

### TUESDAY & THURSDAY

Oct 11 - Nov 11 (10 lessons)  
Nov 15 - Dec 15 (9 lessons) no class 11/24

Morning Classes		
9:00 - 9:30	9:40 - 10:10	10:20 - 10:50
Afternoon/Evening Classes		
4:30 - 5:00	5:05 - 5:35	5:40 - 6:10
6:15 - 6:45	6:50 - 7:20	

### SATURDAY

Oct 8 - Dec 10 (8 lessons) no class 11/5, 11/26

Morning Classes		
9:10 - 9:40	9:45 - 10:15	10:20 - 10:50
10:55 - 11:25	11:30 - 12:00	

### SUNDAY

Oct 9 - Dec 11 (9 lessons) no class 11/27

Evening Classes		
3:05 - 3:35	3:40 - 4:10	4:15 - 4:45
4:50 - 5:20	5:25 - 5:55	

5:00 - 6:00 or 6:00 - 7:00 - *Blue Makos*

**Private & Semi-Private Lesson Only Times**

6:00 - 6:30                      6:35 - 7:05

### SWIM LESSON FEES

#### YOUTH LESSONS/ANGELFISH & STARFISH

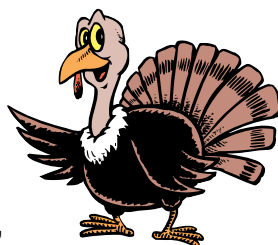
<b>10 lessons</b>	Resident \$52.50	Non-resident \$73.50
<b>9 lessons</b>	Resident \$47.25	Non-resident \$66.25
<b>8 lessons</b>	Resident \$42.00	Non-resident \$59.00

#### ADULT LESSONS

<b>10 lessons</b>	Resident \$62.50	Non-resident \$87.50
<b>9 lessons</b>	Resident \$56.25	Non-resident \$78.75
<b>8 lessons</b>	Resident \$50.00	Non-resident \$70.00

## 14th Annual "Turkey Swim"

At all PP&R pools, beginning Tuesday, November 1 through Friday, November 18, you may enter your name in a drawing to win a turkey on us! For every drop-in activity you attend (lap swim, water exercise or play swim), you will be able to enter a Turkey Ticket. Names will be drawn on Saturday, November 19. Winners will be notified by phone. **GOOD LUCK!**



## MDCC FITNESS SWIM TIMES

### LAP SWIM

#### Monday - Friday

5:30am - 4:00pm - Lanes Vary  
6:05pm - 8:00pm - Lanes Vary  
6:05pm - 7:30pm (ends 7:30pm beginning 11/7)

#### Saturday

12:00pm - 6:00pm - Lanes Vary\*

#### Sunday

10:30am - 3:00pm - Lanes Vary\*

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



### TWILIGHT LAP SWIM

#### Tuesday / Thursday

8:00pm - 9:00pm - Lanes Vary (until 11/4)

**Lap Swim:** We will make every attempt to have 1-2 lap lanes available, at all times, for adult lap swimmers. Up to 6 lanes will be available at designated times, call 503-823-3673 for a complete schedule of lap lanes available during operating hours.

**PAC (Portland Aquatic Club):** Mon-Fri 4:00-6:00pm

## WATER FITNESS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT
6:00 - 6:55am Aquaerobics and AquaPower	6:00 - 6:55am AquaPower	6:00 - 6:55am Aquaerobics and AquaPower	6:00 - 6:55am AquaPower	6:00 - 6:55am Aquaerobics and AquaPower	
7:00 - 9:15am 11:15am-12pm Aquaerobics/ AquaPower (no instructor)	7:00 - 9:15am 11:15am-12pm Aquaerobics/ AquaPower (no instructor)	7:00 - 9:15am 11:15am-12pm Aquaerobics/ AquaPower (no instructor)	7:00 - 9:15am 11:15am-12pm Aquaerobics/ AquaPower (no instructor)	7:00 - 9:15am 11:15am-12pm Aquaerobics/ AquaPower (no instructor)	
9:15 - 10:10am Aquaerobics and AquaPower	9:15 - 10:10am Aquaerobics and AquaPower	9:15 - 10:10am Aquaerobics and AquaPower	9:15 - 10:10am Aquaerobics and AquaPower	9:15 - 10:10am Aquaerobics and AquaPower	9:10 - 10:05am AquaPower
10:15 - 11:10am SMILE*	10:15 - 11:10am SMILE*	10:15 - 11:10am SMILE*	10:15 - 11:10am SMILE*	10:15 - 11:10am SMILE*	10:10 - 11:05am Aquaerobics
6:05 - 7:00pm AquaPower (ends 11/25)	6:05 - 7:00pm Pregnancy Fitness	6:05 - 7:00pm AquaPower (ends 11/25)	6:05 - 7:00pm Pregnancy Fitness	6:05 - 7:00pm AquaPower (ends 11/25)	
7:05 - 8:00pm Aquaerobics (ends 11/25)	7:05 - 8:00pm AquaPower	7:05 - 8:00pm Aquaerobics (ends 11/25)	7:05 - 8:00pm AquaPower	7:05 - 8:00pm Aquaerobics (ends 11/25)	

Occasionally, specific facilities within the Center (i.e. spa), may be closed or have limited operating hours due to repairs, maintenance, inclement weather, holidays, and/or special events. Such closings will not result in a deduction from pass holder costs. When possible, the times and dates of closings will be posted in advance to inform pass holders.