

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 Leaders: Kaylyn Peterson

January 3 - March 27

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

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

CLOSURES AND SPECIAL HOURS:

- Dec 24, Christmas Eve Day - Open 9:00am - 3:00pm
- Dec 25, Christmas Day - Closed
- Dec 31, New Years Eve Day - Open 9:00am - 3:00pm
- Jan 1, New Years Day - Closed
- Jan 6 - Closed after 5:30pm Closed for Swim Meet
- Jan 13 - Closed after 5:30pm Closed for Swim Meet
- Jan 20 - Closed after 5:30pm Closed for Swim Meet
- Jan 27 - Closed after 5:30pm Closed for Swim Meet
- Feb 3 - Closed after 5:30pm Closed for Swim Meet
- Feb 10 - Closed after 3:00pm Closed for Swim Meet
- Feb 11 - Closed after 12:00pm Closed for Swim Meet

See page 21 for Extra Swim times and days and school out days.

General Information:

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

MDCC RECREATIONAL PLAY SWIM TIMES

OPEN PLAY SWIM

MONDAY & WEDNESDAY
7:30 - 9:00pm (beginning 2/21)

FRIDAY - TEEN ONLY
8:00 - 9:00pm (beginning 2/17)

SATURDAY
2:00 - 6:00pm

SUNDAY
1:30 - 3:00pm

POOL RENTALS AND PARTY PACKAGES

Rentals 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 - 5:30pm
until 7:30pm beginning 2/17

SATURDAY
12:00pm - 2:00pm

SUNDAY
10:30am - 1:30pm

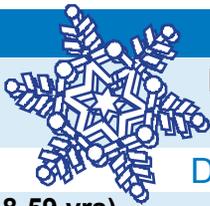


Bus Lines: #6 MLK; #4 Fessenden; #40 Mocks Crest; #33 Fremont

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



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

	Drop-In-Visit	Active Pass**	10-Punch Card	20-Punch Card
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	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 SWIM LESSONS

MONDAY & WEDNESDAY

Jan 9 - Feb 8 (9 lessons) no class 1/16
Feb 13 - Mar 15 (9 lessons) no class 2/20

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

Jan 10 - Feb 9 (10 lessons)
Feb 14 - Mar 16 (10 lessons)



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

Jan 14 - Mar 18 (9 lessons) no class 2/11

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

SUNDAY

Jan 15 - Mar 19 (10 lessons)

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

10 lessons	Resident \$52.50	Non-resident \$73.50
9 lessons	Resident \$47.25	Non-resident \$66.25

ADULT LESSONS

10 lessons	Resident \$62.50	Non-resident \$87.50
9 lessons	Resident \$56.25	Non-resident \$78.75



MDCC FITNESS SWIM TIMES

LAP SWIM

Monday - Friday

5:30am - 4:00pm - Lanes Vary
6:05pm - 7:30pm - Lanes Vary
(beginning 2/20 til 8:00pm)

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 (beginning 2/21)

Lap Swim: We will make every attempt to have 1-2 lap lanes available, at all times, for adult lap swimmers. Up to 5 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

PIL: Mon-Fri 7:35-9:00pm (Nov 14-Feb 17)

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	9:10 - 10:05am Aquapower				
10:15 - 11:10am SMILE*	10:10 - 11:05am Aquaerobics				
6:05 - 7:00pm Aquapower	6:05 - 7:00pm Pregnancy Fitness	6:05 - 7:00pm Aquapower	6:05 - 7:00pm Pregnancy Fitness	6:05 - 7:00pm Aquapower (begins 2/17)	
7:05 - 8:00pm Aquaerobics	7:05 - 8:00pm Aquapower	7:05 - 8:00pm Aquaerobics	7:05 - 8:00pm Aquapower	7:05 - 8:00pm Aquaerobics (begins 2/17)	

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.