

MATT DISHMAN INDOOR POOL



77 NE Knott Street
Portland, Oregon 97212
503-823-3673

District Aquatic Coordinator

Larissa Doty

Recreation Coordinator

Madeleine Hanlon-Austin

Bus Line

#6 MLK, #4 Fesseden, #40 Mocks Crest,
#33 Fremont

Disabled Accessible

Entrances, Pool & Spa with Pool Lift up to
300 lbs), Parking, Restrooms

Hours – June 20- August 18

Monday – Friday 5:30am-9:00pm
Saturday 9:00am-6:00pm
Sunday 10:30am-6:00pm

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

Building Closures & Special Hours

June 19, Staff Training Day Closed
July 4 Closed
Aug 19-Sept 4, Closed-annual maintenance

FEATURES INCLUDE:

- Indoor year round
- L-shaped 6-lane 25-yard pool heated to 84 degrees, water depth 2-12 feet.
One-meter diving board
- Whirlpool spa heated to 102 degrees
- Programs offering swim lessons, lap swim, water fitness & recreation swims

OPEN PLAY SWIM

Monday- Friday

1:00- 3:00pm
7:30 to 9:00pm (M-TH)
4 lanes- deep end open at 8:00pm

Saturday

2:00- 6:00pm

Sunday

1:30- 3:00pm

FAMILY SWIM

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

Monday - Friday

12:00- 1:00pm (shallow bay)
4:30-8:00pm (shallow bay Friday only)

Saturday

12:00- 2:00pm

Sunday

10:30am- 1:30pm

TEEN SWIM

Friday

8:00- 9:00pm

SUMMER SWIM TEAM

Monday - Friday

8:00- 9:00am

FITNESS SWIM TIMES

LAP SWIM

Monday-Friday

5:30- 9:00am
11:30am- 4:00pm
5:30- 9:00pm
(Tu & Th, 7:00-8:00pm, 2 lanes only)
(Fri, 5:30-8:00pm)

Saturday

12:00- 6:00pm (lanes vary*)

Sunday

10:30am- 3:00pm (lanes vary*)

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

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 lanes available during
operating hours.*

PAC (Portland Aquatic Club)

Monday-Friday

4:00- 5:30pm

JR. LIFEGUARD TRAINING

Monday - Friday

11:00am- 2:00pm
(7/10- 21) (7/24- 8/4)

DROP-IN DIVING

Tuesday & Thursday

7:00- 8:00pm

MATT DISHMAN CC and POOL GENERAL ADMISSION FEES*

FEES: City of Portland Residents

	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 (13-17 yrs)	\$4.00	\$26.00	\$36.00	\$68.00
Children (3-12 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 CC & Pool. These fees will include use of the
following amenities on a first-come, first-served basis during their regularly scheduled times:*

- Open Play Swim • Family Play Swim • Water Fitness Classes • Fitness Room (must be 14 years & over) • Basketball

***NOTE: Active Passes will auto-renew each month. Simply pay your first monthly fee upon
registering, and all future monthly payments are deducted from your debit or credit card.*

MATT DISHMAN WATER FITNESS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT
6:00- 6:55am Aqua Yoga and AquaPower	6:00- 6:55am AquaPower	6:00- 6:55am Aqua Yoga and AquaPower	6:00- 6:55am AquaPower	6:00- 6:55am Aqua Yoga and AquaPower	
7:00- 9:15am Independent Aquaerobics / AquaPower (no instructor)	7:00- 9:15am Independent Aquaerobics / AquaPower (no instructor)	7:00- 9:15am Independent Aquaerobics / AquaPower (no instructor)	7:00- 9:15am Independent Aquaerobics / AquaPower (no instructor)	7:00- 9:15am Independent 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 S.M.I.L.E.	10:15-11:10am S.M.I.L.E.	10:15-11:10am S.M.I.L.E.	10:15-11:10am S.M.I.L.E.	10:15-11:10am S.M.I.L.E.	10:10-11:05am Aquaerobics
11:15am-12pm Independent Aquaerobics / AquaPower (no instructor)	11:15am-12pm Independent Aquaerobics / AquaPower (no instructor)	11:15am-12pm Independent Aquaerobics / AquaPower (no instructor)	11:15am-12pm Independent Aquaerobics / AquaPower (no instructor)	11:15am-12pm Independent Aquaerobics / AquaPower (no instructor)	
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	
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	

SWIM LESSON FEES

PRESCHOOL / YOUTH LESSONS

10 lessons	Res \$52.50	Non-Res \$73.50
9 lessons	Res \$47.25	Non-Res \$66.25
8 lessons	Res \$42.00	Non-Res \$59.00
7 lessons	Res \$36.75	Non-Res \$51.50

ADULT LESSONS

10 lessons	Res \$62.50	Non-Res \$87.50
9 lessons	Res \$56.25	Non-Res \$78.75
8 lessons	Res \$50.00	Non-Res \$70.00
7 lessons	Res \$43.75	Non-Res \$61.25

TEEN LESSONS

10 lessons	Res \$20.00	Non-Res \$20.00
9 lessons	Res \$18.00	Non-Res \$18.00
8 lessons	Res \$16.00	Non-Res \$16.00
7 lessons	Res \$14.00	Non-Res \$14.00

Times & Levels listed are the same for all Sessions. Unless specified otherwise, both pre and youth classes are offered for Penguin, Otter and Seal. FREE WEEK-Afternoon classes use T/TH schedule.

MATT DISHMAN POOL RENTALS

Saturday 6:15- 9:00pm	Sunday 7:15- 9:00pm
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MATT DISHMAN SWIMMING LESSONS *(All swim classes are subject to change)*

MORNING LESSONS

MONDAY THROUGH FRIDAY:

SESSIONS 1, 2, 3, 4

9:00- 9:30 am	Penguin (pre), Otter (youth), Seal (youth), Park Shark
9:35- 10:05 am	Goldfish, Penguin (youth), Adult Beginner, Dolphin
10:10- 10:40 am	Goldfish, Otter, Polar Bear
10:45- 11:15 am	Starfish, Penguin (youth), Seal (youth), Sea Lion
11:20- 11:50 am	Angelfish, Goldfish, Penguin (pre), Seal (pre)

AFTERNOON / EVENING LESSONS

MONDAY & WEDNESDAY:

SESSION: 6/26 to 7/19 (8 lessons)

SESSION: 7/24 to 8/16 (8 lessons)

4:30 to 5:00 pm	Goldfish, Penguin, Park Shark
5:05 to 5:35 pm	Angelfish, Seal (youth), Polar Bear, Otter (youth)
5:40 to 6:10 pm	Goldfish, Otter (pre), Sea Lion, Seal (pre),
6:15 to 6:45 pm	Starfish, Penguin (pre only), Seal (youth), Adult Beginner
6:50 to 7:20 pm	Goldfish, Penguin (youth), Otter (pre only), Dolphin

TUESDAY & THURSDAY:

SESSION: 6/27 to 7/20 (7 lessons) no class 7/4

SESSION: 7/25 to 8/17 (8 lessons)

4:30 to 5:00 pm	Angelfish, Penguin (pre only), Otter (pre only), Park Shark
5:05 to 5:35 pm	Goldfish, Penguin (pre only), Dolphin, Adult Beginner
5:40 to 6:10 pm	Starfish, Otter, Polar Bear
6:15 to 6:45 pm	Goldfish, Penguin (pre only), Seal (youth), Otter (youth)
6:50 to 7:20 pm	Goldfish, Penguin (youth), Seal

MONDAY THROUGH FRIDAY

2-Week sessions offered at all pools

FREE SESSION June 20-June 23 (4 lessons)

SESSION 1	June 26-July 7 (9 lessons) no 7/4
SESSION 2	July 10-July 21 (10 lessons)
SESSION 3	July 24-August 4 (10 lessons)
SESSION 4	August 7-August 18 (10 lessons)

WEEKEND LESSONS

SATURDAY MORNING

SESSION: 6/24 to 8/12 (7 lessons) no class 7/1

9:10 to 9:40 am	Starfish, Goldfish, Penguin, Otter (youth), Seal (pre only)
9:45 to 10:15 am	Angelfish, Goldfish, Penguin, Seal (youth), Polar Bear
10:20 to 10:50 am	Starfish, Goldfish, Penguin (pre only), Otter, Sea Lion
10:55 to 11:25 am	Angelfish, Goldfish, Penguin, Seal (youth), Adult Beginner
11:30 to 12:00 pm	Starfish, Goldfish, Penguin, Otter (youth), Dolphin

SUNDAY AFTERNOON / EVENING

SESSION: 6/25 to 8/13 (7 lessons) no class 7/2

3:05 to 3:35 pm	Goldfish, Penguin (pre), Angelfish, Polar Bear, Seal
3:40 to 4:10 pm	Goldfish, Penguin, Starfish, Otter (pre), Sea Lion
4:15 to 4:45 pm	Goldfish, Penguin (pre only), Otter (youth), Seal, Park Shark
4:50 to 5:20 pm	Angelfish, Penguin (youth), Otter, Starfish, Goldfish, Seal, Polar Bear, Sea Lion
5:25 to 5:55 pm	