



2018 Winter Break Pool Schedule

Matt Dishman Pool



PORTLAND PARKS & RECREATION

Healthy Parks, Healthy Portland



77 NE Knott - (503) 823-3673

Commissioner Nick Fish Interim Director Kia Selley

Monday December 17th - Tuesday January 1st

***Pool & Spa close at 2:30pm on 12/24 & 12/31. CLOSED ALL DAY 12/25 & 1/1**

Daily Pool Schedule

***Monday - Friday**

- 5:30 - 1:30pm Lap Swim* - see lap swim schedule for available lanes
- 5:30 - 1:30pm Family Swim - shallow bay only
- 6:00 - 6:55am Aqua Power - deep
- 7:00 - 7:55am Aquaerobics Tu/Th
- 9:15 - 10:10am Aquaerobics - shallow
- 9:15 - 10:10am Aquapower - deep
- 10:15 - 11:10am Aquapower - deep
- 10:15 - 11:10 S.M.I.L.E (Slower Movement Intensity Lowered Exercise)
- 1:30 - 3:00pm Open Swim no diving board
- 1:30 - 3:00pm Portland Aquatic Club - 3 lanes
- 3:00 - 8:00pm Family Swim - shallow bay only
- 3:00 - 6:00pm Portland Aquatic Club - 6 lanes
- 6:00 - 7:30pm Lap Swim* - see lap swim schedule for available lanes
- 6:05 - 7:00pm Aqua Power - deep (M/W)* **no class 12/24 & 12/31**
- 6:05 - 7:00pm Pregnancy Fitness - shallow (Tu/Th)* **no class 12/25**
- 7:05 - 8:00pm Aquaerobics - shallow (M/W)* **no class 12/24 & 12/31**
- 7:05 - 8:00pm Aquapower - deep (Tu/Th)* **no class 12/25**
- 7:30 - 9:00pm PIL Swim Team

Saturday

- 9:00 - 6:00pm Lap Swim - see lap swim schedule for available lanes
- 9:00 - 2:30pm Family Swim
- 9:10 - 10:05am Aqua Power - deep
- 10:10 - 11:05am Aquaerobics - shallow
- 2:30 - 6:00pm Open Swim**

Sunday

- 8:30 - 10:30am Portland Aquatic Club
- 10:30 - 2:30pm Lap Swim* - see lap swim for available lanes
- 10:30 - 1:00pm Family Swim
- 1:00 - 2:30pm Open Swim**

**During open swim, lap swim limited to 1-2

Lap Swim Schedule

Weekdays

- 5:30 - 6:00am 5 lanes
- 6:00 - 7:00am 3 lanes
- 7:00 - 9:10am 4 lanes
- 9:15 - 11:10am 2 lanes
- 11:10 - 1:30pm 3 - 5 lanes
- *1:30 - 6:00pm ZERO LANES
- *6:05 - 7:30pm 3 - 4 lanes

Saturday

- 9:00 - 11:05am 2 - 4 lanes
- 11:05 - 2:30pm 5 lanes
- 2:30 - 6:00pm 2 lanes

Sunday

- 10:30 - 1:00pm 5 lanes
- 1:00 - 2:30pm 2 lanes

Work the Water!
Lifeguard Certification

at Matt Dishman
Community Center
April 6, 7, 13, 14
8:00am - 4:00pm

OR

May 17 5:00-9:00pm,
May 18, 19 8:00am-6:00pm

Register at the Front Desk