

MATT DISHMAN INDOOR POOL



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

District Aquatic Coordinator

Evan Lilly

Recreation Coordinator

Megan Stout

Recreation Leader

Sarah Faulkner

Bus Line

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

ADA Accessibility

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

Hours – June 18- August 16

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 17, Staff Training Day Closed
July 4 Closed
Aug 17-Sept 2 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- 2:55pm

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



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)	\$6.00	\$39.00	\$54.00	\$102.00
Seniors (60+ yrs)	\$4.75	\$31.00	\$43.00	\$81.00
Teens (13-17 yrs)	\$4.75	\$31.00	\$43.00	\$81.00
Children (3-12 yrs)	\$4.00	\$26.00	\$36.00	\$68.00
Toddlers (0-2 yrs)	FREE	FREE	FREE	FREE
Family	N/A	\$64.00	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.

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

9:00am- 6:00pm (lanes vary*)
(6/29, 7/14, 7/13, 7/28, 12:00- 6:00pm)

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

SUMMER SWIM TEAM

Monday - Friday

8:00- 9:00am

MATT DISHMAN WATER FITNESS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT
6:00- 6:55am AquaPower	6:00- 6:55am AquaPower	6:00- 6:55am AquaPower	6:00- 6:55am AquaPower	6:00- 6:55am AquaPower	
	7:00- 8:00am Aquaerobics 1 lane		7:00- 8:00am Aquaerobics 1 lane		
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* (canceled 6/29, 7/13, 7/27)
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* (no class 6/29, 7/13, 7/27)
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 Aquaerobics		7:05- 8:00pm Aquaerobics	

MATT DISHMAN POOL RENTALS

Saturday
6:15- 9:00pm

Sunday
7:15- 9:00pm

SWIM LESSON FEES

PRESCHOOL / YOUTH LESSONS

10 lessons	Res \$57.00	Non-Res \$80.00
9 lessons	Res \$51.30	Non-Res \$72.00
8 lessons	Res \$45.60	Non-Res \$64.00
7 lessons	Res \$39.90	Non-Res \$56.00
5 lessons	Res \$28.50	Non-Res \$40.00

ADULT LESSONS

10 lessons	Res \$67.00	Non-Res \$94.00
9 lessons	Res \$60.30	Non-Res \$84.60
8 lessons	Res \$53.60	Non-Res \$75.00
7 lessons	Res \$46.90	Non-Res \$65.75
5 lessons	Res \$33.50	Non-Res \$47.00

*** HOSTING SUMMER
SWIM LEAGUE MEETS
6/29, 7/13, & 7/27**

MATT DISHMAN SWIMMING LESSONS *(All swim classes are subject to change)*

MORNING LESSONS

MONDAY THROUGH FRIDAY:

SESSIONS 1, 2, 3, 4

9:05 to 9:35am Penguin (pre), Seal (youth), Park Shark
 9:40 to 10:10am Goldfish, Penguin (youth), Dolphin
 10:15 to 10:45am Otter, Polar Bear
 11:05 to 11:35am Starfish, Penguin (youth), Seal (youth)
 11:40am to 12:10pm Angelfish, Goldfish, Penguin (pre)

MONDAY THROUGH FRIDAY

2-Week sessions offered at all pools

FREE SESSION June 18-June 21 (4 lessons)

SESSION 1 June 24-July 5 (9 lessons) no 7/4
 SESSION 2 July 8-July 19 (10 lessons)
 SESSION 3 July 22-August 2 (10 lessons)
 SESSION 4 August 5-August 16 (10 lessons)
 SESSION 5 August 19-August 23 (5 lessons)

AFTERNOON / EVENING LESSONS

MONDAY & WEDNESDAY:

SESSION: 6/24 to 7/17 (8 lessons)

SESSION: 7/22 to 8/14 (8 lessons)

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

TUESDAY & THURSDAY:

SESSION: 6/25 to 7/18 (7 lessons) no class 7/4

SESSION: 7/23 to 8/15 (8 lessons)

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

WEEKEND LESSONS

SUNDAY AFTERNOON / EVENING

SESSION: 6/23 to 8/11 (8 lessons)

3:05 to 3:35pm Goldfish, Penguin, Polar Bear, Seal
 3:40 to 4:10pm Goldfish, Penguin (pre), Otter, Angelfish
 4:15 to 4:45pm Goldfish, Penguin, Otter (pre), Starfish, Sea Lion
 4:50 to 5:20pm Penguin (pre), Goldfish, Seal (pre), Dolphin, Adult Beginner
 5:40 to 6:10pm Starfish, Penguin, Otter (youth), Polar Bear

*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.*