

MATT DISHMAN INDOOR POOL



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

District Aquatic Coordinator

Evan Lilly

Recreation Coordinators

Steve Kavanagh, Sarah Wiggins

Recreation Leader

Sarah Faulkner, Megan Heisler

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 – April 1 - June 16

Monday – Friday 5:30am-9:00pm
(Friday hot tub closes at 8:00pm)

Saturday 9:00am-5:00pm

Sunday 10:30am-6:00pm

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

Building Closures & Modified Hours

March 18-22, Maintenance Closed

March 25-29, Spring Break

April 21 Pool closes 3:00pm

May 26 Pool closes 3:00pm

May 27, Memorial Day 9:00am-6:00pm

June 17, Staff Training Day Closed

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

Friday - TEEN ONLY

8:00- 9:00pm

Saturday

2:30- 4:00pm

Sunday

12:30- 2:55pm

FAMILY SWIM

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

Monday / Wednesday

9:00am- 4:20pm

Tuesday / Thursday

12:00- 4:20pm

Friday

9:00am- 7:30pm

Saturday

12:45- 2:00pm

Sunday

10:30am- 12:30pm

LAP SWIM TIMES

LAP SWIM

Monday - Friday

5:30am- 4:00pm (lanes vary)

6:05- 9:00pm (lanes vary)

Saturday

11:20- 5:00pm (lanes vary*)

Sunday

10:30am- 2:55pm (lanes vary*)

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

TWILIGHT LAP SWIM

Monday - Thursday

8:05- 9:00pm (lanes vary)

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 lanes available during operating hours.

PAC (Portland Aquatic Club)

Monday - Friday

4:00- 6:00pm



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)	\$5.75	\$37.00	\$52.00	\$98.00
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)	\$3.75	\$24.00	\$34.00	\$64.00
Toddlers (0-2 yrs)	FREE	FREE	FREE	FREE
Family	N/A	\$61.00	N/A	N/A

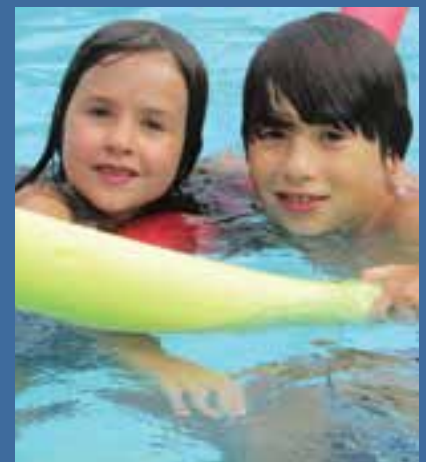
*NOTE: Passes valid only at Matt Dishman CC & Pool. These fees will include use of the following amenities on a first-come, first-served basis during their regularly scheduled times:
• Open Play Swim • Family Play Swim • Water Fitness Classes • Fitness Room (must be 14 years & over) • Basketball

**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.

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- 7:55am Aquaerobics (1 lane)		7:00- 7:55am Aquaerobics (1 lane)		
7:00- 9:15am Independent Aquaerobics / AquaPower (no instructor)	8:00- 9:15am Independent Aquaerobics / AquaPower (no instructor)	7:00- 9:15am Independent Aquaerobics / AquaPower (no instructor)	8:00- 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.L.E.	10:15-11:10am S.M.I.L.L.E. AquaPower	10:15-11:10am S.M.I.L.L.E. AquaPower	10:15-11:10am S.M.I.L.L.E. AquaPower	10:15-11:10am S.M.I.L.L.E. AquaPower	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	
7:05- 8:00pm Aquaerobics		7:05- 8:00pm Aquaerobics		7:05- 8:00pm Aquaerobics	

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.



MATT DISHMAN SWIMMING LESSONS

Monday / Wednesday

- April 1- May 1 (9 lessons) no 4/8
- May 6- June 5 (9 lessons) no 5/27

Afternoon / Evening Classes

4:30- 5:00
5:05- 5:35
5:40- 6:10
6:30- 7:00
7:05- 7:35

Tuesday / Thursday

- April 2- May 2 (10 lessons)
- May 7- June 6 (10 lessons)

Morning Classes

9:00- 9:30
9:35- 10:05
10:10- 10:40

Afternoon / Evening Classes

4:30- 5:00
5:05- 5:35
5:40- 6:10
6:30- 7:00
7:05- 7:35

Saturday

- April 6- June 1 (8 lessons) no 5/25

Morning Classes

9:05- 9:35
9:40- 10:10
10:15- 10:50
11:05- 11:35
11:40- 12:10

Sunday

- April 7- June 2 (7 lessons) no 4/21, 5/26

Evening Classes

3:00- 3:30
3:35- 4:05
4:10- 4:40
5:00- 5:30
5:35- 6:05

Blue Makos

5:00- 6:00 or 6:00- 7:00

Private & Semi-Private Lessons only

6:10- 6:40pm

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

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 \$75.20
7 lessons	Res \$46.90	Non-Res \$65.80

POOL RENTALS AND PARTY PACKAGES

Rentals available on Saturday and Sunday evenings. Party Packages available during Family & Open Swim.

For more information please call 503-823-3673.



Lifeguard Certification at Matt Dishman Pool

Class # 1090692

April 6 & 7

8:00am-4:00pm

April 13 & 14

8:00am-4:00pm

Call 823-5130 to register