

Muslim Educational Trust  
www.metpdx.org

# MET Community Center Weekly Programs

Open to ALL  
(Membership NOT Required)

10330 SW Scholls Ferry Road,  
Tigard, OR 97223  
Phone: 503-579-6621  
Email: [programs@metpdx.org](mailto:programs@metpdx.org)

Basketball/Swimming/Fitness  
Cost: \$3.50/hour or \$6 for 2 hours  
(Free for Members)

## Important: Pool Use

### Swimwear:




BOYS - Swim Shirts & Swim Shorts  
GIRLS - Cap, Swim Shorts down to their knees

- ◆ Only swimwear material is permitted in the pool.
- ◆ Other items of clothing including Dri-FIT, yoga wear, sports/fitness clothing are not allowed.
- ◆ Everyone is required to take a **quick cleansing shower before and after** use of the pool.
- ◆ Running is not allowed at the pool deck.
- ◆ Food and drink are not allowed at the pool deck.



Males

 Swimming		 Basketball		 Fitness	
Monday	7-9 pm	Friday	7-9 pm	Monday	7-9 pm
Wednesday	7-9 pm	Sunday	2-4 pm	Wednesday	7-9 pm
Thursday	7-9 pm			Thursday	7-9 pm
Sunday	7-9 pm			Sunday	7-9 pm

Females

 Swimming		 Basketball		 Fitness	
Monday	9-11 am	Sunday	7-9 pm	Monday	9-11 am
Tuesday	7-9 pm			Wednesday	9-11 am
Wednesday	9-11 am			Friday	7-9 pm
Friday	7-9 pm			Sunday	2-4 pm
Sunday	2-4 pm				

Females

 Dance Fitness		 Yoga	
Tuesday	7-8 pm	Sunday	3:00-4:00 pm
Thursday	7-8 pm		
<b>Cost: \$4/class</b> Classes led by Hannah AbuSneineh & Rebekah Benjalil		<b>Cost: \$4/class</b> Classes led by Hannah AbuSneineh	