



MEN'S RAMADAN SCHEDULE

METPDX.ORG

MEN'S OPEN SWIM

MONDAY	7:00PM - 10:00PM
WEDNESDAY	7:00PM - 10:00PM
THURSDAY	7:00PM - 10:00PM
SUNDAY	7:00PM - 10:00PM

MEN'S FITNESS ROOM

MONDAY	7:00PM - 10:00PM
WEDNESDAY	7:00PM - 10:00PM
THURSDAY	7:00PM - 10:00PM
SUNDAY	7:00PM - 10:00PM

MEN'S BASKETBALL

FRIDAY	3:00PM - 5:00PM
SUNDAY	4:00PM - 6:00PM

Important: Pool Use

BOYS - Swim Shirts & Swim Shorts
GIRLS - Cap, Swim Shorts/Capris 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.

(503) 579-6621

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