



WOMEN'S FRAMADANE SCHEDULE

METPDX.ORG

WOMEN'S OPEN SWIM

TUESDAY 3:00PM - 5:00PM

FRIDAY 3:00PM - 5:00PM

SUNDAY 4:00PM - 6:00PM

WOMEN'S FITNESS ROOM

TUESDAY 3:00PM - 5:00PM

FRIDAY 3:00PM - 5:00PM

SUNDAY 4:00PM - 6:00PM

WOMEN'S BASKETBALL

SUNDAY 7:00PM - 9:00PM

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

10330 SW SCHOLLS FERRY ROAD
TIGARD, OR 97223, USA