



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

Basketball/Swimming/Fitness
Cost: \$3.5/hour
(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
Saturday	2-4 pm			Saturday	2-4 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*				

 Zumba		 Water Aerobics		 Yoga	
Thursday	7-8 pm	Saturday	11:30 am-12:30 pm	Sunday	4:00-5:00 pm
Cost: \$5/class		Cost: \$8/class (members)		Cost: \$5/class	
Classes led by Hannah AbuSneineh		\$10/class (non-members)		Classes led by Claire Gilchrist	
		Classes led by Amy Bradford			

* Family Days: The whole family can enjoy sports activities at the center