



# RAMADAN FITNESS SCHEDULE

METPDX.ORG

## WOMEN'S OPEN SWIM

<b>TUESDAY</b>	3:00PM - 5:00PM
<b>FRIDAY</b>	3:00PM - 5:00PM
<b>SUNDAY</b>	4:00PM - 6:00PM

## WOMEN'S FITNESS ROOM

<b>TUESDAY</b>	3:00PM - 5:00PM
<b>FRIDAY</b>	3:00PM - 5:00PM
<b>SUNDAY</b>	4:00PM - 6:00PM

## WOMEN'S BASKETBALL

<b>SUNDAY</b>	7:00PM - 9:00PM
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## MEN'S OPEN SWIM

<b>MONDAY</b>	7:00PM - 10:00PM
<b>WEDNESDAY</b>	7:00PM - 10:00PM
<b>THURSDAY</b>	7:00PM - 10:00PM
<b>SUNDAY</b>	7:00PM - 10:00PM

## MEN'S FITNESS ROOM

<b>MONDAY</b>	7:00PM - 10:00PM
<b>WEDNESDAY</b>	7:00PM - 10:00PM
<b>THURSDAY</b>	7:00PM - 10:00PM
<b>SUNDAY</b>	7:00PM - 10:00PM

## MEN'S BASKETBALL

<b>FRIDAY</b>	3:00PM - 5:00PM
<b>SUNDAY</b>	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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