

African American Health Coalition

at University Park Community Center & Columbia Pool



Spring 2010
Effective April 1 - June 30, 2010

Select ONE of the Pass Options

<i>Morning Pass</i>		
	Mon - Fri	Sat
University Park Community Center		
Fitness Room	6:30am-11:30am	9am-Noon
Columbia Pool		
Lap Swim	6am-11:30am	9:45am-Noon
Aqua Power	9am-9:55 am	
Aquaerobics	10am-10:55am	
S.M.I.L.E	11-11:55am	

<i>Mid-Day Pass</i>		
	Mon - Fri	Sat
University Park Community Center		
Fitness Room	11:30am-4:30pm	11:30am-2:30pm
Columbia Pool		
Lap Swim	11:30am-1pm	11:30am-2:30pm

<i>Evening Pass</i>		
	Mon - Fri	Sat
University Park Community Center		
Fitness Room	4:30-9pm	2-5pm
Columbia Pool		
Lap Swim	6-8pm	2-5pm
Aquaerobics	6:05-7pm	

TO REGISTER FOR YOUR AAHC PASS

1. Visit AAHC to fill out paperwork & receive you AAHC pass
2. Choose the site: Matt Dishman or UPCC/Columbia Pool
3. Select Pass type: Morning, Mid-Day or Evening Pass
4. Bring your NEW AAHC card & *photo id* to the Community Center to register and receive a PP&R Scan Card



**PORTLAND
PARKS & RECREATION**

Healthy Parks, Healthy Portland

*For questions or more information, please contact
African American Health Coalition, 503-413-1850*