

PARKS, RECREATION & WATERFRONT

2019 March Newsletter



In an effort to keep the community up to speed on all the great things happening in our department, we are introducing this online newsletter that will be emailed to our database on a monthly basis, as well as posted on our website and Facebook Page. Content will include reminders of upcoming or added programs, events, and more. This newsletter will be in addition to our seasonal brochure that is created three times per year. We hope you find it beneficial and enjoy reading.

SOUTH PORTLAND COMMUNITY CENTER
21 Nelson Rd. South Portland ME 04106
207-767-7650

HOURS OF OPERATION

Mon - Fri	6:00 am - 9:00 pm
Saturdays	7:00 am - 7:00 pm
Sundays	12:00 - 8:00 pm

For program registration, schedules, department information and more, visit:
WWW.SOPOPARKSREC.COM

SENIOR PROGRAMS

OXFORD CASINO TRIP

Wednesday is Senior Day at the casino. Lunch at a local favorite (on your own) then to the casino to try your luck! Please play responsibly!

Date: March 6th

Time: Departs SPCC 10am, returns at approx. 4pm

Cost: \$5.00 (must register)



MORE GREAT SENIOR PROGRAMS!

Program	Dates	Time	Location	Fee	Fee with Pickup
Senior Luncheon	Tues, 3/12	12:00-2:00pm	SPCC	\$6.00 over 60 \$8.00 under 60	\$10.00 \$12.00
Irish Tea (3 spots left)	Thurs, 3/21	12:30-7:00 pm	SPCC	\$22/\$32NR	N/A
Winter Walk	Wed, 3/22	Departs at 8:30 am	SPCC	\$5.00	N/A

REDBANK COMMUNITY CENTER PROGRAMS!

Did you know that we are offering FREE Senior Programs at the Redbank Community Center (95 MacArthur Circle West)? Stop on by and give these a try!

Senior Badminton & Cornhole

Thursdays at Redbank from 9:30 - 11:30 am



SENIOR ACTIVITY DAYS - March 5 & 19

Free pick up and drop off but must register by Thursday before.

Free Programs on Senior Days:

8:30 - 9:30 am - Coffee & Conversation
 9:30 - 10:30 am - Coloring
 10:30 - 11:30 am - Indoor Walking
 11:30 am - 12:30 pm - Lunchtime (bring own lunch)
 12:45 - 1:45 pm - Mini Shuffleboard & Horseshoes
 2:00 - 3:00 pm - Tea Time (fancy tea cups & cookies)

Low Cost Activities on Senior Days:

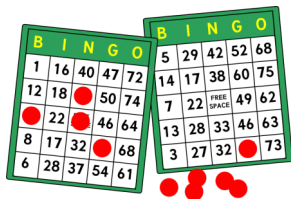
10:30 am - 12:00 pm - Coffee Time Support Group \$6.00
 11am-12pm - Senior Swimming \$3.00/\$4.00 non-res
 9-10:15am - Exercise w/Jessamyn MAT - \$5.00
 10:30-11:30am - Exercise w/Jessamyn CHAIR - \$5.00

MORE SENIOR PROGRAMS!

BINGO ON MONDAYS (Drop-ins only!)

March, 4, 11, 18 & 25

12:30 - 3:00 pm @ SPCC Senior Wing



\$1.00 (includes coffee, tea, snacks & at least 15 games of bingo)

.25 cent donation suggested

BOWLING WEDNESDAYS AT EASY DAY!



**\$10 to register
\$3 per string**

ADULT LEAGUES & PROGRAMS !

ADULT BASKETBALL LEAGUE

Monday League Spring - Teams and individuals are welcomed!

Dates: March 25 – June 10

Cost: \$55.00 Res, \$65.00 Non-Res

Age: 18+ and out of High School

Game Times: 6pm – 9pm

Location: SPCC Gym



ADULT SOFTBALL LEAGUES

Teams and individuals are welcomed!

Monday Softball league - Social Causal Level

Starting May 6th

Tuesday Softball league - Semi Competitive Level

Starting May 7th

Wednesday Softball league - Strongly Competitive Level

Starting May 8th

Cost: \$55.00 for resident free agents

\$65.00 for Non-residents free agent

Team fee is \$850.00 due by April 25.

Age: 18+ and out of High School

Location: Wainwright Complex



Program	Dates	Time	Location	Fee	Drop in
Adult First Aid/CPR (Ages 15+)	Sat, April 6	12-5 pm	SPCC	\$50/\$60NR	N/A
Beginner Pickleball Lessons	Tues, 3/5-3/26	12-1:30pm	RBCC	\$40/\$50NR	N/A
Shine Dance Fitness	Thurs, 2/7-3/28	6:15-7:15pm	SPCC	N/A	\$12
Mosaic Gardening Stepping Stones	Thurs, 3/14-4/11	10am-12pm	SPCC	\$55/\$65NR	N/A

FAMILY TRIPS & PROGRAMS!

FATHER/DAUGHTER DANCE - A NIGHT IN WINTER WONDERLAND - MARCH 9th

This night is for girls and their father, grandfather, uncle or special family friend. Join us for an evening of dancing, games and good times. Light refreshments will be served and music for all ages will be provided. Sorry, Moms; you will have to sit this one out. **Registration deadline is Friday, March 8th. No registrations will be taken on the day/night of the event.**

Date: Saturday, March 9th

Time: 6:00 - 8:00 pm

Ages: All

Location: SPCC

Cost: \$12.00 per child, no charge for adults



FAMILY TRIPS & PROGRAMS!

RED SOX FAMILY TRIPS!

Transportation will be via custom coach with Northeast Charter & Tours. Game tickets are located in the right field grandstands - section 5 (May 19 game) and section 4 (August 11 game). Each person is limited to no more than 6 tickets. Children ages 16 and under must be accompanied by a parent or guardian. Alcohol is not permitted on the bus. All participants **MUST** take the bus to AND from the game, no exceptions. We'll stop for dinner on the way home at Fuddruckers in Saugus. Cost of dinner is on your own.

Game #1: Sunday, May 19 @ 1:05 pm vs. Houston Astros

Game #2: Sunday, August 11 @ 1:05pm vs L.A. Angels

Location: Depart SPCC Parking Lot

Fee: \$75/\$85 non-resident



MIDDLE SCHOOL EARLY RELEASE SHAWNEE PEAK TRIP!

Come spend the afternoon skiing or snowboarding at Shawnee Peak! We will pick you up at school and then take you to the mountain. We will arrive at Shawnee Peak a 2PM and enjoy the mountain until 6PM. Pick up will be at the South Portland Community Center. **This program is for South Portland Middle Schools students only.** Min 5/Max 13.

Time: 12:30 - 7:30 pm

Location: Pick up at Mahoney & Memorial Middle Schools. Return pickup will be at the South Portland Community Center.

Cost: Lift Only - \$40.00 per trip

Lift & Rental - \$75.00 per trip

Transportation Only - \$20.00 per trip

Grades: 6-8

Coordinator: April Bolstridge

March Early Release Day - Wednesday, March 27

(Limited space available!)



UPCOMING YOUTH PROGRAMS

FOOTBALL FUN!

South Portland Recreation is proud to partner with the new Head Coach of SPHS Football, Coach Filieo, to offer a football clinic this spring! Kids will work closely with Coach Filieo and his high school players on stationed drills and games using flag football gear. This is a non contact clinic looking to teach the basics of the game and improve upon skills in preparation for contact football starting in middle school. They will be focusing on blocking, tackling and other football specific skills.

NEW!

Day: Sundays

Location: RBCC

Cost: \$30.00

Instructor: Aaron Filieo, FHS Varsity Football Coach

Session	Dates	Times
K-2 (March)	March 3 - 24	11:00 am - 12:00 pm (1-2pm on 3/3 only)
K-2 (April)	March 31 - April 28	11:00 am - 12:00 pm
K-2 (May)	May 5 - 26	11:00 am - 12:00 pm
Gr. 3-5 (March)	March 3 - 24	12:30 - 2:00 pm (2-3pm on 2/3 only)
Gr. 3-5 (April)	March 31 - April 28	12:30 - 2:00 pm
Gr. 3-5 (May)	May 5 - 26	12:30 - 2:00 pm



UPCOMING YOUTH PROGRAMS

MIDDLE SCHOOL VOLLEYBALL CLINIC

South Portland Recreation is pleased to partner with SPHS Varsity Coach Nicole Kane to offer middle schoolers a chance to come learn how to play volleyball! This is for kids who have never played before and those who want to brush up on their skills. Coach Nicole and her players will go over rules, proper techniques and strategies in this growing sport. Games will be played and fun will be had!

NEW!

Minimum 10/ Maximum 24

Dates: Saturdays, March 23-April 14

Time: 11:30 am - 12:30 pm

Location: SPCC Gym

Fee: \$50.00

Instructor: Nicole Kane, SPHS Coach



EARLY RELEASE - March 27th

Sign your child(ren) up for the upcoming early release day. Enjoy the pool, gym games, and more! Schedule TBD.

Date: Wednesday, March 27

Time: 12:30 – 5:00pm

Grades: K – 5

Location: SPCC Afterschool Wing

Early Release



LEGO LEAGUE

This program is for the Lego enthusiast grades 1-8. Based on a weekly theme, kids will use problem solving and innovative thinking to make their creations. At the end of each class they will have a chance to show off their masterpieces. Your child will be inspired and challenged while making friends who share the same passion. Leave your Legos at home! All supplies will be provided.

Dates: Wednesdays, March 18 - April 17

Times: Gr.1-4: 5:30-6:30pm, Gr. 5-8: 6:45-7:45pm

Location: SPCC Art Room

Cost: \$50.00

Instructor: Brittany Moore



NATHAN SAVAGE YOUTH SCHOLARSHIPS

The Nathan Savage Youth Programs Scholarship Fund has been set up with the South Portland Parks, Recreation & Waterfront Department to help South Portland youth, ages 3-18, participate in Recreation programs who may not otherwise be able to (**Aftercare Program & Summer Rec Camp excluded**).

To apply: complete an application and submit to the South Portland Parks, Recreation & Waterfront department at least 2 weeks prior to the start of the program. Applications can be picked up at the front desk of the South Portland Community Center or online at www.sopoparksrec.com.



MORE GREAT YOUTH PROGRAMS!

Program	Ages/Grades	Dates	Time	Location	Fee
Multimedia Masterpieces	K-5	Tuesdays, 3/12-4/9	5-6:30 pm	SPCC	\$65.00
Karate Kids	Ages 5-12	Mondays, 3/18-4/29	5-6:30 pm	SPCC	\$60.00
Intro to Dance	Ages 5-9	Mondays, 3/18-4/29	5:15 - 6 pm	SPCC	\$65.00
Hip Hop Dance	Ages 6-10	Mondays, 3/18-4/29	4:30 - 5:15pm	SPCC	\$65.00
GPS Juniors Indoor Soccer	Ages 3-4	Tuesdays, 3/5-4/2	5-5:45 pm	SPCC	\$70.00
GPS Juniors Indoor Soccer	Ages 5-6	Tuesdays, 3/5-4/2	5-5:45 pm	SPCC	\$70.00
GPS Skills 11 Indoor Soccer	Ages 7-11	Thursdays, 3/7-4/4	6-7 pm	RBCC	\$70.00
Kiddie Gym at Redbank	Ages 5 & under	Tuesdays ongoing	9:30-11:30am	RBCC	\$3/visit

SUMMER REC CAMP FINANCIAL ASSISTANCE REMINDER!

Friday, April 5, 2019 – Summer Rec Camp Financial Assistance Deadline

Camps Include:

Kindercamp (entering K)
Little Riots (entering grades 1 & 2)
Big Riots (entering grades 3 & 4)
5/6 Camp (entering grades 5 & 6)
Teen Extreme (entering grades 7 & 8)



Financial Assistance applications for these Rec Camps must be completed and turned in at the South Portland Community Center **on or before Friday, April 5, 2019. This form MUST be accompanied by each adults most recent State or Federal Income tax return. Applications without this information WILL NOT be accepted.**

Individuals must complete a new application each calendar year. You will then receive a letter from us in response to your request regarding the amount of assistance that you may/may not receive by April 26, 2019. If you are requesting financial aid for any program other than Rec Camp, you MUST fill out the Nathan Savage Scholarship Application.

Financial Assistance forms can be obtained at the Community Center, 21 Nelson Rd. any time after January 4, 2019 or online at www.sopoparksrec.com.

TEEN CENTER

ABOUT US

The Teen Center is open to ANY student in grades 6-12 that resides in South Portland. Teens have access to a full size gym, kitchen and activity room with art supplies, foosball board games and video games.

Teen Center Address: 95 MacArthur Circle West,
South Portland ME 04106

For more information please contact:

Whitney Dorsett, Recreation Manager
767-7650, wdorsett@southportland.org



HOURS OF OPERATION

THE CENTER WILL BE CLOSED MARCH 1, 2019

Hours of Operation (School Year):

September 10th – June 14, 2019,
Monday – Friday, 2:30pm – 5:30pm.
Schedule subject to change at any time.

The Teen Center is closed on all holidays listed on the South Portland School Calendar!

What's new?

HIP – HOP DANCE CLASS

The Teen center has partnered up with Portland Youth Dance, to conduct a four-week Hip-Hop class on Thursdays starting March 7. Portland Youth Dance (PYD) is a non-profit 501(c)(3) organization serving the greater Portland, Maine community by providing a pre-professional dance company and outreach programs for kids and teens.



FINANCE TALK

On March 13 Gorham Savings Bank employee Leslie Warn will be back to discuss the most interesting financial topics picked by our teen center participants. For Ex. Loans, credit cards, credit scores and personal bank accounts.



PIZZA & A MOVIE!

Every first Friday of the month we offer pizza and a movie! **ALERT: This month pizza will be served on Friday, March 8!**



BOXING

Come join us every second Tuesday of the month to learn the basic fundamentals of boxing. Boxing is taught by South Portland High School Resource Officer, Al Giusto. This program does not have sparring. We use gloves and standing gloves for striking.



POOL NEWS!

YOUTH Spring Swim Registration is **Monday March 4th for residents**, beginning at 7am online or in person and **Thursday, 3/7 for non-residents** beginning at 7am, online or in person. Adults may register as soon as this session ends for our Spring Stroke Refinement Clinic OR for Beginner lessons.

STROKE REFINEMENT CLINICS

These classes are for participants who can swim a minimum of 75 meters (three pool lengths) with your face IN the water using basic rotary breathing and be able to float on your back with ease. If you are a beginner swimmer, please register for our Adult Swim Lessons on Sunday evenings

Saturdays, 11-11:45am 3/30 - 5/11

Tuesdays, 7:45-8:30am 4/2 - 5/14

Thursdays, 8-8:45pm 4/4 - 5/16

Saturdays in March - Lap Swim Change!
Lap Swim – 11:00m – 12:00 pm
Open Swim – 12:00 - 2:00 pm

LIFEGUARDING CLASSES

Fri March 15th 5-9pm

Sat March 16th 8-4pm

Sun March 17th 8-4pm

Cost: \$225/\$250 non-resident

Age: MUST be 15yo, by the end of the course
(No Exceptions)



COMMUNITY NEWS!

South Portland Parks, Recreation,
and Waterfront

Summer 2019

JOB FAIR

March 30th, 2019
9:00Am-12:00PM

Available Seasonal Positions:

Camp Directors, Camp Aides,
Camp Counselors, Junior Camp
Counselors, Beach Lifeguards,
Swim Lesson Instructors, Park
Rangers, Boat Ramp Attendants,
Parks Laborers, Golf Course
Maintainers, Youth Sports
Referees, Adult Sports Officials,
Gym Supervisors, Field
Supervisors, Field Attendants,
and Game Managers

South Portland
Community Center
21 Nelson Rd, 04106



FOR DETAILS VISIT: SOPOPARKSREC.COM

OPEN HOUSE!

Summer Camps & Special Events

March 20 & April 17

5:00 - 6:00 pm

Redbank Community Center

Join us in these open houses where you can meet with Parks & Rec staff to learn more about Summer Rec Camps and Sports Camps opportunities and the financial aid and scholarship money that is available to attend these at a minimal cost. There will also be information about new special events happening in the Redbank neighborhood this summer.

These open houses are followed by a community dinner from 6-7pm, so feel free to stay for dinner.