

# PARKS, RECREATION & WATERFRONT

## 2019 July Newsletter



### SOUTH PORTLAND COMMUNITY CENTER

21 Nelson Rd. South Portland ME 04106

207-767-7650

### SUMMER HOURS OF OPERATION

(May 25 - September 2)

Mon - Thurs.	6:00 am - 9:00 pm
Fridays	6:00 am - 5:00 pm
Weekends	CLOSED

For program registration, schedules, department information and more, visit:

[WWW.SOPOPARKSREC.COM](http://WWW.SOPOPARKSREC.COM)

## FREE SPECIAL EVENTS IN JULY!



### BUG LIGHT SUMMER MOVIES!

July 9 - The Lego Movie

July 16 - Jurassic World - Fallen Kingdom

July 23 - How to Train Your Dragon Part 3

Movies will start at dusk (approximately 8:30pm)

Bring chairs, blankets, snacks or purchase something from the food trucks on site!



### 4th of JULY EXTRAVAGANZA

**(Live entertainment, food trucks, family fun!)**

Celebrate the 4<sup>th</sup> of July with us at Bug Light Park. **Personal fireworks are not allowed in the park.** The park will be CLOSED to all traffic (except boat traffic) 4:30pm. Parking is available on a first come- first serve basis at nearby SMCC student parking lot on Broadway.

*Activities begin at 5:30pm, Fireworks at 9:15pm*



### MILL CREEK SUMMER CONCERTS (all concerts start at 6:30pm)

Wednesday, July 10

Wednesday, July 17

Wednesday, July 24

Wednesday, July 31

Kevin O'Reilly & the Fender-benders (rain date 7/12)

Joan Kennedy Trio (rain date 7/19)

American Ride (rain date 7/26)

Delta Knights (no rain date)

# YOUTH SPORTS & ENRICHMENT CAMPS

**ALL CAMPS & PROGRAMS ARE ELIGIBLE FOR THE NATHAN SAVAGE SCHOLARSHIPS!**

**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](http://www.sopoparksrec.com).

**For more information on this scholarship, contact Anthony Johnson at [ajohnson@southportland.org](mailto:ajohnson@southportland.org).**



## SCIENSATIONAL WORKSHOPS!

Sciensational Workshops for Kids, Inc. is an independent company that runs science enrichment programs for kids and has been around for 37 years! Check them out at [http://sciensational.net/our\\_workshops](http://sciensational.net/our_workshops). For information about each individual camp visit [www.sopoparksrec.com](http://www.sopoparksrec.com).



### Harry Potter

Dates: July 8 - 12  
Time: 9:00 am - Noon  
Ages: 6-11  
Location: SPCC  
Cost: \$150/\$160 NR



### Follow Me Robot

Dates: July 15 - 19  
Time: 9:00 am - Noon  
Ages: 7-12  
Location: SPCC  
Cost: \$150/\$160 NR



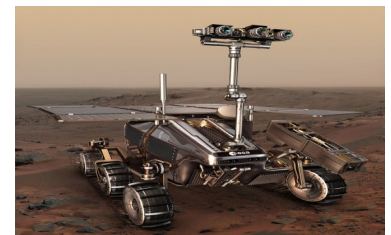
### Can You Dig It?

Dates: July 8 - 12  
Times: 1:00 - 4:00 pm  
Ages: 6-11  
Location: SPCC  
Cost: \$150/\$160 NR



### Mission to Mars

Dates: July 15 - 19  
Times: 1:00 - 4:00 pm  
Ages: 8-12  
Location: SPCC  
Cost: \$150/\$160 NR



**All camps eligible for Nathan Savage Youth Programs Scholarship**

## GRAND SLAM TENNIS CAMP

Summer tennis camps offered through the St. Peter's Grand Slam Tennis Programs are fun, yet challenging and instructional and cater to boys and girls ages 7-16 at all skill levels. Camps are taught by certified teaching pros and college tennis players.



Dates: July 22 - 26  
Time: Half Day 9am - 12pm, Full Day 9am - 4pm  
Cost: \$182 Half Day, \$260 Full day (eligible for Nathan Savage Scholarship)

Ages: Gi7-16  
Location: SPHS Tennis Courts

## MORE JULY CAMPS !

Camp	Ages/Grades	Dates	Time	Location	Fee
Running & Conditioning	Entering Gr. 5-9	Mondays, 7/8-8/5	6-7pm	SPHS Track	\$40/\$50 NR
Youth Tennis	Ages 8-12	Mon-Th, 7/8-7/11	9am-1pm	SPHS Courts	\$90/\$100 NR
Junior Police Academy	Entering Gr. 6-8	Mon-Fri, 7/8-7/12	8am-4pm	SPCC	\$80/\$90 NR
Red Riots Soccer Camp	Entering Gr. 3-8	Mon-Th, 7/15-7/18	5:30-7:30pm	Wainwright	\$65.00
Big Red Basketball Camp	Entering Gr. 2-9	Mon-Fri, 7/15-7/19	9am-3pm (Fri-9-12)	SPCC Gym	\$135 (by 6/3)

## “TRI LIKE A SAVAGE” KIDS TRIATHLON (Gr. 3-8) - August 17th

This event is in honor of South Portland’s own, Nathan Savage, who was passionate about family exercise, promoting physical activity, and giving back to the community. The main goal of this first time South Portland event is to expose youth to the great sport of triathlons and to have fun! The aim is to encourage self-confidence and promote the importance of leading a healthy and active lifestyle. The event will not be professionally timed nor will there be any overall age division winners as the goal is to promote physical fitness and doing your best!



**Must pre-register by August 9, 2019. There will be no day of registration for this event.**

Date: Saturday, August 17 (packet pickup Friday, August 16)  
 Times: Grade 3-5 at 9:00 am, Grades 6-8 at 10:00 am  
 Location: South Portland Community Center & surrounding campus  
 Fee: \$5.00 for residents, \$25 for non-residents



## UPCOMING ADULT PROGRAMS

### ADULT FIRST AID, CPR & AED CERTIFICATION CLASS

Attend both days (3 hours each day) and gain your certification in First Aid, CPR and use of AED (automated external defibrillator).

Date: July 17 & 18  
 Time: 6:00 - 9:00 PM  
 Location: SPCC Senior Wing  
 Cost: \$50/\$60 non-residents  
**Instructor: Mike Carter, SPCC Aquatics Supervisor**



**This class is for individuals ages 15 years and older.**

Program	Dates	Time	Location	Fee	Drop in
Gentle Yoga	Mon/Wed, 7/3-8/14	9-10:15am	SPCC MRR	\$70/\$80 NR	\$12/pp
Tennis Summer Mixer	Mon, 7/8-8/5	6-7pm	SPHS Courts	\$55/\$65 NR	\$12/pp
Mix it Up! July	Tues/Th, 7/9-8/1	5-5:50 pm	SPCC	\$52/\$62 NR	\$10/pp
Ballet Fusion July	Wed, 7/10-8/14	10-11am	SPCC Aerobic	\$42/\$52 NR	\$8/pp
SHiNE Fitness Dance July	Th, 7/11-7/25	6:15-7:15 pm	SPCC Aerobic	\$30/\$40 NR	\$12/pp



# SENIOR PROGRAMS

## LOBSTER ROLL LUNCHEON

What says summer better than a lobster roll lunch! Lunch will consist of a lobster roll, chips, cookie and beverage. We will also have some fun summer activities and games! Our friends from Portland Recreation will be joining us as well! Home pick up and drop off is available for South Portland residents only.

**(Must register by 7/16)**

Date: Tuesday, July 23  
 Time: 11:00 am - 1:00 pm  
 Location: SPCC Senior Wing  
 Cost: \$13.00

Home pick-up is available for SP residents only for a \$4 fee and the \$4 fee is non-refundable if you cancel.



## BEDROCK GARDENS TOUR (includes lunch)

Bedrock Gardens is a 20-acre garden on a 35-acre property notable for its landscape design, its horticulture and its sculptures. Even if you are not a gardener, this is an enchanting place to visit. We will have a 1.5 hour guided tour. We then will have a boxed picnic lunch on the grounds. Bedrock Gardens is a hidden gem and one of the towns best kept secrets!

**(Must register 7/5)**

Date: Thursday, July 11  
 Time: Depart SPCC at 8:30 am, return at 3:00 pm  
 Location: Lee, NH  
 Cost: \$40/\$50NR

**Limited Spots Left!**



Program	Dates	Time	Location	Fee	Drop-in
Exercise w/Jessamyn-MAT	Tues, 7/2-8/13	9-10:15am	SPCC MPR	\$28/\$38 NR	\$5.00
Exercise w/Jessamyn-CHAIR	Tues, 7/2-8/13	10:30-11:30am	SPCC MRP	\$28/\$38 NR	\$5.00
Aerobic Dance July/August	Mon/Wed, 7/1-8/14	5:30-6:30pm	SPCC AR	\$84/\$94NR	\$7.00
Vitality Tai Chi for Seniors	Fri, 7/12-8/9	11am-12:15pm	SPCC MPR	\$25/\$35 NR	\$5.00

## 50 + BOWLING WEDNESDAYS AT EASY DAY!



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

## SENIOR ACTIVITY DAYS - July 2 & 23

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

### Free Programs on Senior Days:

- 8:30 - 9:30 am - Coffee & Conversation
- 9:00 - 10:30 am - **Crafts NEW! Free but must register!**
- 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 - Game time
- 2:00 - 3:00 pm - Tea Time (fancy tea cups & cookies)

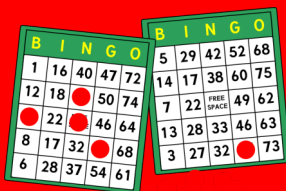
### Low Cost Activities on Senior Days:

- 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

## BINGO ON MONDAYS (Drop-ins only!

**NO BINGO JULY 1st or 8th**

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



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

**.25 cent donation suggested**

## SWIM LESSON INFORMATION



Summer Swim Lessons will look a little different for this upcoming summer! Check out the offerings in the brochure. Sign up for as many sessions that fit into your summer plans. Registration for each session will close the Thursday before.

**Pre-School Programs!**  
**Parent & Child Classes!**  
**Diving Lessons for Children & Adults!**  
**RipTide Swim Club!**  
**Adult Swim Lessons!**

### REGISTRATION OPEN FOR SUMMER CLASSES!

For more information on Pool Programs  
Patrick McArdle      pmcardle@southportland.org  
Leslie Hurley      lhurley@southportland.org  
Mike Blanchard      mblanchard@southportland.org

## JUNIOR GOLF OPEN - AUGUST 2nd

Join us in this fun individual stroke play tournament and put your golf skills to the test! Registration deadline is July 29th.

Grades 7-12: Shotgun start at 8:00 am (18 holes)  
Grades 4-6: Shotgun start at 1:30 pm (6 holes)  
Cost: \$15.00



## WHAT'S NEW IN OUR PARKS?

### DASH FOR CACHE!

Participants will receive GPS coordinates via the "South Portland Parks and Recreation" Facebook page every Wednesday. Come discover South Portland's many parks and trails. This 11 week program is a technology meets nature treasure hunt. The cache will remain at those coordinates until the following Tuesday. For every geocache found participants will be entered into a weekly prize drawing.

**Weekly Prizes:** Eastern Mountain Sports, Portland Sea Dogs, Rwanda Bean/Cape Whoopie, Scratch Bakery, Easy Day, Taco Trio, Cia Café and Foulmouthed Brewery



**GRAND PRIZE!**

# SUMMER PROGRAMS IN FULL SWING!



**Junior Golf Clinics at South Portland Municipal**



**Nothing but Net Girls Basketball Camp at SPCC**



**Grades 5-6 Rec Camp**



**Teen Extreme at Seacoast Fun Park!**



**Senior Trip - Linderin Losh Lobster Boat Tour**



**Senior Trip - Maine Audobon Society**