

Program Brochure

South Portland Parks, Recreation & Waterfront ***Fall - 2019 Program Brochure***

2019 Fall Registration Information

Monday, August 12, 2019

All Recreation Programs

Registration for South Portland Residents
begins at 12:00am online.
Walk-in registration begins at 7:00am.

Thursday, August 15, 2019

All Recreation Programs

Registration for Non-South Portland Residents
begins at 12:00am online.
Walk-in registration begins at 7:00am.

Monday, September 9, 2019

Youth Swim Lessons

Registration for South Portland Residents
begins at 7:00am online.
Walk-in registration begins at 7:00am.

Thursday, September 12, 2019

Youth Swim Lessons

Registration for Non-South Portland Residents
begins at 7:00am online.
Walk-in registration begins at 7:00am.



Find us on Facebook:
"South Portland Parks and Recreation"



Follow us on Twitter:
@SoPoParksRec



See us on Instagram:
SoPoParksRec

www.sopoparksrec.com / Phone: 207-767-7650



Height of the Land, Roxbury, ME
2018 Fall Senior Trip

Photo Credit - Karla Doyon, Senior Coordinator



South Portland Parks & Recreation 2019 Fall Program Brochure



General Information & Registrations

2019 Fall Registration Dates	3
City of South Portland Closed Dates	3
City of South Portland Phone, Address & Hours of Operation	3
Facility Rentals	4
Mission Statement	3
Policies and General Information	4
Redbank Teen Center	5
Walking Track Information	5

Senior Programs

>Senior Activities

A Magical Cirque Christmas	13
A Victorian Nutcracker at Merrill Auditorium	13
Annie at The Portsmouth Music Hall	13
Bingo	10
Cards & Games	10
Christmas at Victoria Mansion Tour	12
Coffee Time Support Group	9
Evergreen Credit Union Financial Wellness Workshops	9
Fall Harvest Gathering	10
Felted Bowl and Gnome Bottle Topper	8
Felted Purse and Kiss Clasp Wristlet	8
Fryeburg Fair	11
Gardens Aglow @ Boothbay Botanical Gardens	12
Intro To Ukulele by Jeff Weinberger	9
Kinky Boots @ The Ogunquit Playhouse	13
Lunch at Pickity Place	11
Mystery Trip	11
Portsmouth Black Heritage Trail Tour	11
Sarah Orne Jewett House Museum Tour	12
Senior Activity Days	7
Senior Craft Time Days	8
Senior Expo	9
Senior Holiday Dinner	10
Senior Meals	10
Sense and Sensibility Theater at Monmouth	13
South Portland Pick Up Policy	6
Strawbery Banke Museum	11
Thanksgiving Meal @ Ocean Gateway	10
Touch and Go at Lakewood Theater & Lunch	13
Tour of Basilica of Saints Peter and Paul	11
Westbrook Festival of Trees & Mad Hatter's Tea	12

>Senior Fitness Programs

50+ Bowling	15
Aerobic Dance	15
All About Balance and Aging	14
Exercise with Jessamyn	14
Monarch Walk & Tagging	14
Senior Badminton	15
Senior Cornhole	15
Vitality T'ai Chi for Seniors	15

Adult Programs

Adult Basketball Leagues	17
Adult Intro to American Sign Language	16
Adult Open Gym Basketball	17
Adult Open Gym Pickleball	17
Adult Open Gym Volleyball	17
Aikido	19
Ballet Fusion	20
Gentle Yoga	20
Hand Built Ceramics	16
Introduction to Mindfulness Meditation	19
Introduction to Watercolor	16
Mindfulness & Self-Compassion	19
Mix It Up!	18
Monday Beginner Tennis	17
Pickleball Beginner Lessons	18
SHINE Fitness Dance	20
Spin With Nikki	18
Stained Glass Ornaments and Sun Catchers	16
Tuesday Tennis Practice and Play	17
Watercolor Workshop I	16
Yoga for Ordinary People and Everyday Life	20

Youth Programs

American Red Cross Babysitting	25
Bouncing Buds	27
Clay Clay Clay	25
Grades 2-3 In-House Rec Basketball League	22
Grades 4-5 In-House Rec Basketball League	22
Grades 5-8 Travel Basketball	22
High School Rec Basketball League	22
Hip Hop/Acrobatics Dance	24
Holiday Arts & Crafts	27
Homeschool Fun With Art	26
How to Draw	26
Intro to American Sign Language	25
Karate Kids	23
Kids Gymnastics	24
Kiddie Gym	24
Lost Valley Sunday Ski/Ride Program (Ages 7-12)	24
Mixed Media	27

MRPA Hot Shot Contest - Free Event!	21
Nathan Savage Youth Programs Scholarship Fund	21
No Brush Painting	26
Preschool Fun with Art	26
Preseason Youth Basketball Clinic	21
Red Riots Dribblers	21
South Portland Youth Cheering	23
Start Smart Basketball	21
Toddler Time	25
Tot Hop	27
Track & Field	23
Track Magic	23

Out of School Programs

Afterschool Adventures	29
December Pick-A-Day Vacation Camp	28
December Vacation Camp	28
Early Release Days	28
Teacher Workshop Days	28

Family & Special Events

Breakfast with Santa	30
Bug Light Park Fall Classic Car Show	Back Cover
Holiday Fest	30
Thank You to Our Event Sponsors	30
Third Saturday Trail Beautification	30

Golf Course Information

South Portland Municipal Golf Course - Fall Sunset Specials	31
---	----

Aquatic Programs & Pool Info.

ARC Learn to Swim Dates and Times	37
ARC Swim Lesson Information	37
American Red Cross Life Guarding Class	36
BEGINNER Adult Swim Lessons	36
Diving Lessons for Children and Adults	33
High School Swim Team Preparation Course	36
Parent & Child Aquatics	35
Preschool Aquatics Dates and Times	34
Preschool Aquatics Program Information	34
Swim Lesson Registration Information	33
South Portland Community Center Pool Information	32
South Portland Riptide PLUS Swim Club	35
South Portland Riptide Swim Club	35
Stroke Refinement Clinic	36

Staff & Support

SPPRW Staff Emails	39
Staff Spotlight - Michael Blanchard	38



Our Mission

"Our mission is to provide, maintain and develop recreational facilities, open space and leisure opportunities that will enhance the well being of the citizens of the community."



City of South Portland Phone, Address & Hours of Operation

South Portland Community Center

21 Nelson Rd, South Portland, ME 04106 **Telephone:** 207-767-7650

Hours of Operation: Monday-Friday: 6:00am-9:00pm

Saturdays: 7:00am-7:00pm **Sundays:** 12:00pm-8:00pm

***Recreation Admin Offices: Monday-Friday:** 8:00am-4:30pm

Redbank Community Center/Teen Center

95 MacArthur Circle West, South Portland, ME 04106 **Telephone:** 207-347-4145

Teen Center Hours: Monday-Friday: 2:30pm-5:30pm

Other Hours: vary with scheduled programs

Parks Department

929 Highland Ave, South Portland, ME 04106 **Telephone:** 207-767-7670

Hours of Operation (Office Hours): Monday-Friday: 7:00am-3:00pm

South Portland Recreation Complex at Wainwright Farms

125 Gary L Maietta Way, South Portland, ME 04106

Telephone: 207-767-7611 press 2 then 7506

Hours of Operation: Daily 7:00am-Dusk

[Website](http://www.sopoparksrec.com)

www.sopoparksrec.com

City of South Portland Closed Dates

Monday, September 2
Labor Day

Monday, October 14
Columbus Day

Monday, November 11
Veterans Day (Observed)

Thursday, November 28
Thanksgiving Day

Wednesday, December 25
Christmas Day

Wednesday, January 1
New Year's Day 2020

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Policies and General Information

REGISTRATION: Pre-registration and pre-payment are required for all classes and leagues. We accept program registrations by mail, only after the first day of registration per season (unless stated otherwise). Individuals may register their own family and one other family for programs unless we have specified otherwise. **We do not accept phone registrations.**

NON-RESIDENTS: Persons who do not live in South Portland must pay an additional fee of \$10.00 per program. If a non-resident senior is registering for a senior program that costs \$15.00 or less, there is no non-resident fee.

CONFIRMATIONS: We do not send course confirmations or reminders of enrollment. If you register for a program and do not receive a call from us, you have been accepted into the class.

REFUNDS: If we cancel a class or special event all fees will be refunded. If you withdraw 3 business days before the first class or one-time event (excluding weekends & holidays), you will receive a full refund. If you withdraw fewer than 3 business days before the first class or one-time event, you will receive a 50% refund. No refunds will be given if you cancel the day of or after the class or the one-time event has taken place. If you are dissatisfied with a program after the first class of a session, you must let us know before the second class of the session. We will issue a 50% refund at this time. No refunds will be given after the second class of a session. Refunds take about 14-21 days to process. We do not provide cash refunds. If injury occurs to a participant that prevents the participant from continuing in a class, you may request a pro-rated refund of the activity fee.

TRIP REFUNDS: If South Portland Recreation cancels a trip, we will refund all fees to the participant. If the participant notifies us 3 or more business days before the scheduled trip we will issue a full refund unless otherwise noted in the brochure. If the participant notifies us fewer than 3 business days before the scheduled trip we will issue a 50% refund. No refunds will be given the day of the trip or after the trip is held.

PROGRAM CANCELLATION: If a program does not hit the program minimum, the program may be canceled. Preregistered participants will receive a phone call and/or email notifying them of the program cancellation. A full refund will be issued to those who have preregistered.

INCLUSION: South Portland Recreation provides reasonable accommodations to qualified individuals with disabilities. In order to accommodate your needs a request must be made at least 10 days prior to the first day of the program.

SOUTH PORTLAND SENIOR CITIZENS: We offer South Portland residents, age 60+ a 20% discount on the price of *most* of our preregistered adult programs. This discount does not apply to senior programs. We occasionally have an adult program where this discount does not apply.

FINANCIAL AID: Our department does have opportunities for financial aid for South Portland participants. Please call the South Portland Community Center for more information.

Facility Rentals

South Portland Parks, Recreation & Waterfront has a wide variety of facilities available for rent at our Community Centers, Parks, and Outdoor Athletic Facilities. Whether you're looking for a space to hold a birthday party, baby shower, wedding, or a field or court for practice or games, we have something to fit your needs.

Facility Requests can be made online through our website at www.sopoparksrec.com. Follow these steps to make a request:

1. Log into your online account. If you do not have one, you must create one before requesting space.
2. Once in your account, go to the "Facilities" tab and choose "Facility List" from the drop down menu. From here you can see the list of facilities available for rent, and choose which facility you would like to request.
3. Complete the required fields and review the facilities' policies and rules.
4. Submit.
5. Once submitted, a request will be generated to the appropriate Facility Manager for approval.



Facility Use Questions

Community Centers (South Portland Community Center & Redbank Community Center)
Anthony Johnson,
Recreation Operations Manager
(207) 767-7650 ext. 7512
ajohnson@southportland.org

Outdoor Athletic Fields (includes school fields & Wainwright Athletic Complex)
Rick Perruzzi,
Recreation Manager
(207) 767-7650 ext. 7558
eperruzzi@southportland.org

Parks (includes requests for outdoor weddings)
Karl Coughlin,
Parks Deputy Director
(207) 767-7650 ext. 7803
kcoughlin@southportland.org

Redbank Teen Center

Our Objective:

To provide Middle School and High School aged students with a fun, safe place to spend their after school hours in an environment that is free of violence and intimidation, encouraging the development of social and emotional growth among its teen members.

The Teen Center is located in the Redbank Community Center and is open to ANY student in grades 6-12 that live in South Portland. Teens have access to a full size gym, kitchen and activity room with ping pong, foosball and other games. There is also an area where students can do homework and receive help from staff. Although the Teen Center is a free drop-in program, all participants are required to register each school year. Parents and teens are to sign and agree to the Teen Center Code of Conduct Policy. These forms are available at the Teen Center, South Portland Community Center and online.

What's new?

The Teen Center will continue to partner with TRU.org and Portland Youth Dance for bi-weekly basketball clinics and once a week hip-hop classes for the fall. Please call or email to get the program schedule.

Hours of Operation (School Year): September 9th – June 2019, Monday – Friday 2:30pm – 6:00pm. Schedule subject to change at any time. **Stay in touch with the latest updates, schedules and special events at the Teen Center by liking "South Portland Parks & Recreation" on Facebook!**

Address: 95 MacArthur Circle West, South Portland ME 04106

Teen Center Number: (207) 347-4145

FMI please contact Alicia Hoyt, Teen Center Coordinator at ahoyt@southportland.org, (207) 347-4145.

Thank you to WEX for all your support of the South Portland Teen Center!

Walking Track Information

If the Community Center is open, the track is available for your use. Occasionally, there are times that the track may be closed to the public. We will provide as much advance notice as possible when this occurs. Track schedule is posted online monthly on our website, www.sopoparksrec.com. Please bring your walking shoes with you and put them on once you are inside the Community Center. 12 laps around the track is equal to 1 mile. All participants must sign in at the front desk.

Track Fees: South Portland residents: FREE Non-residents under age 60: \$1.00 Non-residents over age 60: FREE



SOUTH PORTLAND PICK UP POLICY; SENIOR RESIDENTS ONLY

If you have registered to be picked up at your home by the South Portland Community Center Recreation Bus for a program that is offering pick up, you will be called 1-3 days prior to each program with your approximate pick up time and to confirm. We ask that you be ready 15 minutes prior to your scheduled time as times are approximate. You must also be able to leave your residence and walk to the end of your driveway/front entrance or location of pick up without assistance. Location of pick up and drop off must be the same. The driver will be on a tight schedule. Therefore, he will not be able to wait any longer than 3 minutes after your scheduled pick up time. Please also let us know of any accommodations that the driver should be aware of.

City Of South Portland CDBG Assisted Project

Please note that this is new for us so we ask that you please be patient while we iron out the kinks that may arise. We will do our best to make things run smoothly. Thank you for understanding!

Senior Programs offering home pick-ups:

SEPTEMBER

- September 3 (Tuesday) – Senior Meal (\$4.00 home pick-up fee)**
- September 10 (Tuesday) – Senior Activity Day (FREE home pick-up)**
- September 24 (Tuesday) – Senior Activity Day (FREE home pick-up)**

OCTOBER

- October 4 (Friday) – Fall Harvest Gathering (\$4.00 home pick-up fee)**
- October 8 (Tuesday) – Senior Activity Day (FREE home pick-up)**
- October 15 (Tuesday) – Senior Meal (\$4.00 home pick-up fee)**
- October 22 (Tuesday) – Senior Activity Day (FREE home pick-up)**
- October 24 (Thursday) – Evergreen Credit Union Financial Workshops (FREE home pick-up)**

NOVEMBER

- November 8 (Friday) – Senior Expo (FREE home pick-up)**
- November 12 (Tuesday) – Senior Activity Day (FREE home pick-up)**
- November 19 (Tuesday) – Senior Meal (\$4.00 home pick-up fee)**
- November 21 (Thursday) – Evergreen Credit Union Financial Workshops (No pick-up available)**
- November 20 (Wednesday) – Thanksgiving Dinner at Ocean Gateway (\$4.00 home pick-up fee)**
- November 26 (Tuesday) – Senior Activity Day (FREE home pick-up)**

DECEMBER

- December 3 (Tuesday) – Senior Activity Day (FREE home pick-up)**
- December 18 (Wednesday) – Senior Holiday Dinner (\$4.00 home pick-up fee)**
- December 19 (Thursday) – Evergreen Credit Union Financial Workshops (FREE home pick-up)**

Senior Activity Days

Would you like to be picked up and brought to the community center to enjoy some of our free and/or low cost activities? We can help you with that! You can drop-in to have coffee, color, craft, walk the track, check out an exercise class (\$), drop in to a support group(\$), have afternoon tea, do a puzzle, play games, go for a dip in the pool – (check schedule for times) (\$), or enjoy other activities being offered. Please check brochure for times of activities you are interested in. **Pick-up is available for South Portland Residents only. You may drive yourself here if you choose – please join us for a fun filled day of activities! If you register for pick-up for any of these activity dates you must register by the Thursday before the scheduled date in order to get picked up. Example: You want to come on Tuesday, Sept. 10th – you must have registered by Thursday Sept. 5th in order to get picked up on the 14th.**

DATES: TUESDAYS, Sept 10th & 24th, Oct 8th & 22nd, Nov 12th & 26th, and Dec 3rd
(Note: There is only one activity day in December)

Times for FREE Activities:

Coffee & Conversation: 8:30am-9:30am

Craft Time: 9:00am-10:30am (Registration for this activity is required.

Please see craft time program for registration information).

Craft Sept. 10th – potholder sunglass case, scissor case or pocketbook caddy

Craft Sept. 24th and Oct. 8th – Sewing an apron out of a man’s dress shirt (must know how to sew-machine available or bring your own). You will begin it at the first class and finish it in the second class.

Craft Oct. 22nd – Sewing a night shirt from a man’s dress shirt (must know how to sew – machine available or bring your own) (please bring a man’s dress shirt)

Craft Nov. 12th – Knit your own dishcloths or scrubby – for beginner knitters

Craft Nov. 26th – Knit your own dishcloths or scrubby – for beginner knitters

Craft Dec. 3rd – Placemat clutch

Coloring: 9:30am-10:30am

Indoor Walking: 10:30am-11:30am

Lunchtime: 11:30am-12:30pm

(Bring your lunch, enjoy time w/ friends)

Game Time: 12:45pm-1:45pm (We have lots of games - your choice!)

Tea Time: 2:00pm-3:00pm (We use our fancy tea cups, tea pots, and have a variety of teas & tea cookies)

Times for Low Cost Activities:

Coffee Time Support Group: 10:30am-12:00pm - \$7.00

Exercise w/ Jessamyn Mat Class: 9:00am-10:15am - \$5.00

Exercise w/ Jessamyn Chair Class: 10:30am-11:30am - \$5.00

Swimming: Senior Swim: 11:00am-12:00pm \$3.00 Res./\$4.00 Non-Res.

The Senior Wing will be open from 8:30am-3:30pm for you to enjoy any or all of the above activities. You may also enjoy games, cards, puzzles, knitting, reading, or an activity of your choice in the Senior Wing throughout the day.

Cost: FREE pick-up and drop-off for South Portland residents only

1st Pick Up 8:00am (if you register for pick up you will be called with a pick-up time)

We will offer continual pick-ups throughout the day

1st Return Home trip will be 10:00am

Last Return Home trip will be 3:00pm

Senior Craft Time Days – NEW

New to Senior Activity Day we have added a **FREE** craft time, however, due to supplies and instruction we need to limit the participants to ten per craft. Please register for the craft and day of your choosing or register for all of them! *Min 4/Max 10*



September 10: Potholder eyeglass case, scissor holder, purse organizer.

Transform dollar store potholders into a useful item of your choice – eyeglass case, scissor holder or purse organizer. These can be sewn, glued or secured with heat activated adhesive. A quick and easy project! All materials will be supplied for you.

September 24 & October 8: Apron made from a man's dress shirt

Bring your sewing machine to class to transform a man's cotton dress shirt into a woman's apron or nightshirt. Men's medium will comfortably fit small women. Men's large would fit medium sized women. Select a shirt sized large enough to comfortably fit your body. Full style apron ties in the back. Nightshirt buttons up the front and can be made either sleeveless or with short sleeves.



Note: We can only take 6 for this class.

Oct. 22: Nightshirt made from a man's dress shirt (see left & above) Limit of 6 for this class.

November 12 & 26: Dishcloths & Scrubby



Join us as we learn how to make everyone's favorite 100% cotton dishcloth and scrubby. Cotton yarn and knitting needles will be provided – just bring your desire to learn how to knit.

December 3: Placemat Clutch Bag

Repurpose a round cloth placemat into an adorable clutch bag.

This quick project can be sewn or made with heat activated adhesive. Purchased handles could be added if desired. Fun, easy and quick!



Dates: Tuesdays, September 10 & 24, October 8 & 22, November 12 & 26, and December 3

Time: 9:00am-10:30am **Location:** SPCC Senior Wing

Cost: FREE but must register

Instructor: Volunteer Judy Simpson **Coordinator:** Karla Doyon

Felted Bowl and Gnome Bottle Topper



These felted items are a great stash buster. Participants must know how to knit. Felted bowl has multiple uses and requires less than 2 ounces of yarn. Week one will be instructional. Week two we will add beard and nose to our felted gnomes. Gnomes can be made with less than 1 ounce of yarn – be advised they are addictive – bet you can't make just one! *Min 4/Max 10*

Date: October 11 & October 18 (This is a 2 part class)

Time: 9:00am-11:00am

Location: SPCC Senior Wing

Cost: \$10.00 (includes all materials)

Instructor: Volunteer Judy Simpson **Coordinator:** Karla Doyon

Felted Purse and Kiss Clasp Wristlet

In this two-week class, we will continue our felting journey. This time making a clutch purse and a kiss clasp wristlet. Wristlet is large enough to hold sunglasses or most cellphones. Week one will be instructional – week two we will attach metal kiss clasp frame to the wristlet and explore options for ornamentation. Participants must know how to knit.



Min 4/Max 10

Date: September 13 and September 20 (This is a 2 part class)

Time: 9:00am-11:00am

Location: SPCC Senior Wing

Cost: \$15.00 (all materials are included)

Instructor: Volunteer Judy Simpson **Coordinator:** Karla Doyon

Intro To Ukulele by Jeff Weinberger

Maine musician and educator, Jeff Weinberger will lead a one hour absolute beginner's group ukulele class. Ukulele is an accessible and friendly instrument that can enrich your life and be fun to play at any age, ability or background! This is meant for those who have wanted to try the instrument and get some basics. A limited number of loaner ukes are available, as well as music stands and handouts. Just observe or participate!
Min 10/Max 25

Date: Friday, September 6
Time: 10:00am-11:00am (you may arrive at 9:30am for light refreshments)
Location: SPCC Senior Wing
Cost: \$10.00
Coordinator: Karla Doyon



Coffee Time Support Group



Here's your chance to be with other seniors for conversation and reminiscing. Groups offer a base for sharing, understanding and problem solving. Belonging to a group helps us realize that we often share the same concerns as others. John Rich has led many support groups and understands both the joys and challenges of getting older. Come make some new friends and enjoy this time for yourself. Coffee and light refreshments will be provided. You are welcome to bring your own lunch.

John Rich has been leading support groups for about 20 years. His style ranges from compassionate to humorous, encouraging healthy self-expression. Being a senior himself, John understands both the joys and challenges of healthy aging. He is deeply inspired by the courage, resilience, and adaptability of senior populations.

Date: Tuesdays, September 10 & 24, October 8 & 22, November 12 & 26 and December 3 & 10
Time: 10:30am-12:00pm
Location: SPCC Upstairs Conference Room
Drop-In Cost: \$7.00
Coordinator: Karla Doyon

Senior Expo

Come to the SPCC on Friday, November 8 anytime between 9:00am and 12:00pm where you can find **lots of useful information for Seniors**. We will have a variety of vendors and a variety of useful information for you! Some of the topics will be: "Safe Banking for Seniors", "Medicare & Social Security", elder law & more! You will also be able to try out some of the free and inexpensive activities we offer!

Date: Friday, November 8 **Time:** 9:00am-12:00pm
Location: SPCC Gym
Cost: FREE
Cost w/ home-pick-up: FREE (If you register for pick-up you will be called 1-3 days prior to event w/ a pick-up time)
Coordinator: Karla Doyon



Evergreen Credit Union Financial Wellness Workshops



South Portland Parks, Recreation and Waterfront has teamed with the wellness team at Evergreen Credit Union to offer affordable financial workshops to help adults in the community better understand their personal finances. Evergreen will be hosting a financial wellness workshop once a month. Each month Evergreen staff will raffle one item to those who partake in that workshop. Items will range from local sports tickets to local business merchandise. Light refreshments will be provided.
Minimum of 8/Maximum of 50. Registration will close the Thursday prior to each event.

Credit Scores & Credit Reports

Learn the importance of your credit score, ways to protect it and factors that impact your credit report.

Date: Thursday, October 24
Time: 6:00pm-7:00pm
Cost: \$5.00 per person

Where Does Your Money Go?

Explore your monthly fixed and flexible expenses, the value of budgeting, and identify areas for additional savings.

Date: Thursday, November 21
Time: 6:00pm-7:00pm
Cost: \$5.00 per person

Managing Debt & Establishing A Savings Plan

Explore ways to change your daily spending habits and build emergency savings over time. Learn about savings account options and developing habits to help meet your financial goals.

Date: Thursday, December 19
Time: 6:00pm-7:00pm
Cost: \$5.00 per person

Free South Portland senior home pick-ups are available for the October and December workshops.

Instructor: Evergreen Credit Union Wellness Team member **Coordinator:** Whitney Dorsett

BINGO

Open to residents and non-residents (50+ and older). You're invited to participate in at least 15 games of BINGO each week. Light refreshments are provided including coffee & a snack.

Dates: Mondays, September 16-December 30
(No Bingo 9/2, 9/9, 10/14, & 11/11)

Time: 12:30pm-3:00pm

Location: SPCC Senior Wing

Cost: \$1.00 each Monday (cost includes games, coffee & prizes)

Please bring .25 cents for snacks (optional)

Coordinator: Karla Doyon

Cards & Games

Come to SPCC for a fun and informal time playing cards, games, or a game of your choice such as Mah Jongg. Cards and some board games are available or you may bring your own.

Dates: Thursdays at SPCC in the Senior Wing
September -December (No Cards & Games 11/28)

Time: 12:30pm-4:00pm

Location: SPCC Senior Wing

Cost: FREE

Coordinator: Karla Doyon



Senior Meals

Come connect with other seniors in the community while enjoying a delicious meal. One Tuesday a month we will have a meal in the Senior Wing at SPCC. We will have a different speaker at each meal.

Dates: Tuesdays on the following dates:

September 3: Meal is fried chicken w/ all the fixins (subject: Clutter Bugs, a fun take on how to declutter our homes)

October 15: Meal is spaghetti and meatballs (Subject: Long Term Care)

November 19: Meal is Italians (subject: Aging Excellence)
(Deadline to register & payment due 1 week before the meal)

Time: 12:00pm-2:00pm

Location: SPCC Senior Wing

Cost: \$7.00

Cost w/ pick-up: \$11.00 ((\$4 transportation fee is non-refundable if you cancel)

Coordinator: Karla Doyon

****PICK UP IS AVAILABLE FOR THESE MEALS FOR SOUTH PORTLAND RESIDENTS ONLY FOR A \$4.00 FEE – YOU WILL BE CALLED W/ A PICK-UP TIME IF YOU REGISTER FOR PICK-UP 1-3 DAYS BEFORE DAY OF MEAL****

Fall Harvest Gathering



Let's sip, savor and celebrate Autumn! Come gather with us and our friends from Portland Recreation for a harvest inspired meal, while Red Gallagher entertains! Red plays guitar, harmonica, sings & entertains with a huge variety of songs and stories. Home pick-up is available for South Portland residents only for a \$4.00 fee. If you register for pick-up you will be called 1-3 days prior to event with a pick-up time. *Min 10/Max 30*

Date: Friday, October 4

Time: 12:00pm-2:30pm

Location: SPCC Senior Wing

Cost: \$12.00

Cost w/ home pick-up: \$16.00
(**\$4.00 transportation fee is non-refundable if you cancel**)

Coordinator: Karla Doyon

Senior Holiday Dinner

You are cordially invited to mingle and dine with us on the evening of December 18th. This will be a dress for dinner event. Meal will consist of hors d'oeuvres, salad, entrée, dessert, tea & coffee. Entertainment will be provided and dancing is encouraged! If you register for home pick-up you will be called 1-3 days before event w/ a pick-up time. This program is in conjunction with our friends from Portland Recreation!

Min 10/Max 30

Date: Wednesday, December 18

Time: 4:00pm-6:00pm

Location: SPCC Senior Wing

Cost: \$12.00

Cost w/ home pick up: \$16.00
(**transportation cost of \$4.00 is non-refundable if you cancel**)

Coordinator: Karla Doyon

Thanksgiving Meal @ Ocean Gateway

The Portland Recreation staff will welcome us and prepare us a traditional Thanksgiving meal with all the fixings for you to enjoy! Come indulge in a tasty meal of turkey, stuffing, gravy, squash, green bean casserole, mashed potatoes, peas, carrots, cranberry sauce, pickles, rolls, pies and more at the beautiful Ocean Gateway in Portland! Pick up is available for South Portland Residents only for a \$4.00 fee. *Min 10/Max 25*

Date: Wednesday, November 20
(**PLEASE NOTE THE DATE**)

Time: 12:00pm-2:00pm

(Departs SPCC at 11:30am)

Location: Portland, ME

Cost: \$10.00

Cost w/ pick-up: \$14.00 If you register for pick-up you will be called 1-3 days before event w/ a pick-up time. If you cancel \$4.00 transportation cost is non-refundable.

Coordinator: Karla Doyon

Lunch at Pickity Place



This hilltop hide-away awaits a Luncheon and a gift shop in a circa 1786 cottage and garden of Little Red Riding Hood fame. This 5 course creative herbal cuisine draws guests from all over New England and beyond! From start to finish the luncheon courses feature fresh herbs and edible flowers from their own culinary garden. There are two dates to choose from please make sure you sign-up for the correct day of your choice. *Min 10/Max 13*

Date: Friday, September 25 or **Date:** Friday, October 25
Time: 8:30am departs SPCC (approx. return time 4:00pm)
Location: Mason, NH
Cost: Residents \$35.00/Non-Residents \$45.00
 (Includes tax & gratuity)
Coordinator: Karla Doyon (call coordinator for luncheon details)



Tuesday is Senior Day at the Fryeburg Fair! Please join us for our annual trip to the fair. Come enjoy live entertainment, games, rides & the delicious food! Come discover ALL the Fryeburg Fair has to offer. Let us do the driving & parking so you can relax and enjoy the fair. *Min 8/Max 13*

Date: Tuesday, October 1
Time: 8:30am departure from SPCC
 (we will depart the fair by 3:00pm)
Location: Fryeburg, ME
Cost: \$7.00
Coordinator: Karla Doyon

Strawbery Banke Museum

Strawbery Banke Museum is unique in preserving neighborhood buildings original to their sites, buildings from other Portsmouth locations rescued from demolition, and a vast collection of objects from Portsmouth's past. Travel through time, talk with costumed roleplayers, watch skilled craftsmen demonstrations and/or take a virtual tour. After our orientation, we will follow our maps to explore everything Strawbery Banke has to offer. We will have lunch in the Fig Tree Kitchen Café (on your own). *Min 8/Max 13*



Date: Tuesday, October 29
Time: Departs SPCC 9:30am
 (approx. return 3:00pm-3:30pm)
Location: Portsmouth, NH
Cost: \$15.00 (please remember to bring money for lunch)
Coordinator: Karla Doyon

Portsmouth Black Heritage Trail Tour

Our Sankofa Trolley Tour will be unforgettable! Sankofa Scholars narrate an hour and a half tour of sites that tell stories of African-American people from the time they arrived on the colonial-era wharves, to laboring in the local maritime-related industries. See where real history is still being made and reflect at the cemeteries the named and unknown have been laid to rest, including a stop at the 18th century African Burying Ground and Memorial. *Min 10/Max 13*

Date: Sunday, September 29
Time: Departs SPCC 12:30pm
 (approx. return 4:30pm-5:00pm)
Location: Portsmouth, NH
Cost: Residents \$35.00
 Non-Residents \$45.00
Coordinator: Karla Doyon



Tour of Basilica of Saints Peter and Paul



The Basilica of Saints Peter and Paul is an iconic structure that dominates the skyline. This is the second largest church in New England and the only Basilica outside of the state of Massachusetts. The history is not just the chronicle of an old church, but of the amazing faith of the French immigrants whose struggles, patience and great generosity built it, an invaluable chapter on the history of this nation. Late breakfast/early lunch out. *Min 8/Max 13*

Date: Friday, October 11
Time: 8:00am Departs SPCC (approx. return 11:30am-12:00pm)
Location: Lewiston, ME
Cost: \$5.00 (please bring money to eat)
Coordinator: Karla Doyon

Mystery Trip

Where are we headed? No one will know! Join us for another exciting adventure. Come with an open mind and likeness of the unusual! Please be prepared for a long day! **Please bring money for lunch.** *Min 8/Max 13*



Date: Thursday, October 31
Time: Departs SPCC 8:00am
 (approx. return between 4:00pm-6:00pm)
Location: It's a mystery!
Cost: \$13.00 (Cost includes transportation, activity, water & snacks. **Lunch on your own.**)
Coordinator: Karla Doyon

Gardens Aglow @ Boothbay Botanical Gardens

Join us for the largest light show in Maine! See hundreds of thousands of lights strung through the upper gardens in a beautiful display. We will be stopping for dinner at the Sea Basket (on your own) for a late lunch/early dinner. Afterwards we will head to Boothbay downtown to see the light displays! There are two dates so be sure to sign-up for the correct evening of your choice. *Min 8/Max 13*

Date: Thursday, November 21 or **Date:** Thursday, December 5

Time: 2:30pm Departs SPCC (8:30pm approximate return time)

Location: Boothbay Harbor, ME

Cost: Resident \$20.00/Non-Res. \$30.00 (meal is on your own)

Coordinator: Karla Doyon



Sarah Orne Jewett House Museum Tour

Jewett and her older sister Mary inherited their grandparents' house, now a National Historic Landmark, in 1887. It inspired Jewett's novel *Deephaven*. Today, the grandparents' house is the Sarah Orne Jewett House Museum. It reflects a blend of the sisters' eclectic tastes and their family's tradition, with wallpapers and furnishing that show an Arts and Crafts influence. We will have a guided tour of the house. Lunch out following our tour (on your own). *Min 8/Max 13*

Date: Thursday, December 12

Time: Departs SPCC at 9:15am

(return approximately 1:30pm-2:30pm)

Location: South Berwick, ME

Cost: \$10.00 (Please remember your money for lunch)

Coordinator: Karla Doyon



Westbrook Festival of Trees & Mad Hatter's Tea

Lunch out (**on your own**). After our lunch out we are headed to the Westbrook Festival of Trees where we will begin with The Mad Hatter's Tea (tea, cookies, & pastries). Following we will have time to see some unusual and unique themed trees and collection of creches. You will also have time to listen to the entertainment: The Lighthouse Jubilees, and check out the ongoing Maine Garden Society Model Train display. *Min 8/Max 13*

Date: Tuesday, December 10

Time: Departs SPCC 11:00am

(return approximately 3:00pm-4:00pm)

Location: Westbrook, ME

Cost: \$5.00

(Please remember your money for lunch)

Coordinator: Karla Doyon

Christmas at Victoria Mansion Tour



Every holiday season, the Mansion transforms into a Victorian winter wonderland for *Christmas at Victoria Mansion*, a six-week celebration featuring decorations by some of the community's leading and up-and-coming artists, florists, designers, and fellow non-profit organizations to highlight the Mansion's original 19th century interiors. Now in its fourth decade, over 8,000 visitors attend this annual event and it has been a long-standing tradition for many in the Southern Maine area and beyond. *Min 8/Max 13*

Date: Friday, December 20

Time: Departs SPCC 9:15am (approx. return 11:30am-12:00pm)

Location: Portland, ME

Cost: \$13.00

Coordinator: Karla Doyon

Sense and Sensibility Theater at Monmouth

A pre-show discussion on Custom Hall and a post-show discussion! Reason and passion collide in Jane Austen's beloved tale of sisterhood and romance. Marianne and Elinor Dashwood could not be more different. Marianne is exuberant, impetuous and recklessly romantic. Elinor is practical, thoughtful and confoundingly reserved. Through a series of romantic misadventures the girls come to realize that the key to happiness may not lie in fiery passion or strict reason—but somewhere in between. *Min 8/Max 13*

Date: Thursday, September 12

Time: Departs SPCC at 4:30pm for dinner out (**on your own**) before the show (approx. return 10:00pm-10:30pm)

Location: Monmouth, ME

Cost: Residents \$36.00
Non-Residents \$46.00

Coordinator: Karla Doyon

Kinky Boots @ The Ogunquit Playhouse

High-heeled heaven! Winner of six Tony Awards, including Best Musical, *Kinky Boots* features a joyous, Tony-winning score by Cyndi Lauper and a hilarious, uplifting book by four-time Tony winner, Harvey Fierstein. Charlie Price has reluctantly inherited his father's shoe factory, which is on the verge of bankruptcy. This delightful show is sure to have audiences dancing in the aisle and discovering, sometimes, the best way to fit in...is to stand out! Based on true events! *Min 10/Max 13*



Date: Wednesday, October 9

Time: Departs SPCC 12:45pm (return approx. 5:00pm)

Location: Ogunquit, ME

Cost: Residents \$82.00/Non-Residents \$92.00

Coordinator: Karla Doyon

Annie at The Portsmouth Music Hall



Annie is the story of a red-headed orphan whose quirky and cheerful demeanor lands her holiday stay with Oliver Warbucks, a billionaire who is trying to do good. With a memorable cast of characters, and beloved songs "Tomorrow" and "It's a Hard Knock Life," this is truly a family-friendly musical for the holidays! *Featuring Sally Struthers in her Broadway Tour reprisal of Miss Hannigan.* Lunch out before the show (on your own). *Min 8/Max 13*

Date: Wednesday, November 27

Time: Departs SPCC 11:00am for lunch out before the show (**on your own**). Show is at 2:00pm (approx. return 5:00pm-5:30pm)

Location: Portsmouth, NH

Cost: Residents \$68.00 / Non-Residents \$78.00

Coordinator: Karla Doyon

Touch and Go at Lakewood Theater & Lunch

An enjoyable day at Lakewood Theater with our friends from Portland Recreation to see the performance of *Touch and Go*. "When Brian takes up jogging, his wife Hilary is not surprised. She has often told him he should exercise more after all the business lunches he consumes. But when Brian is running round the park, he is, in fact, spending a couple of hours with his girlfriend, Wendy, in his good friend George's home!" *Min 8/Max 13*



Date: Wednesday, September 18

Time: Departs SPCC at 8:45am Stopping for Lunch (**on your own**) along the way! Matinee is at 2:00pm Return is approximately 5:30pm-6:00pm

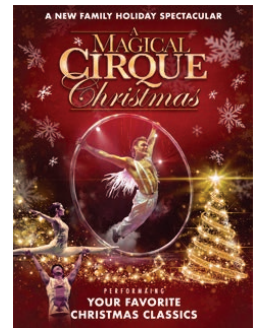
Location: Madison, ME

Cost: Residents \$30.00
Non-Residents \$40.00

Coordinator: Karla Doyon

A Magical Cirque Christmas

The producers of Broadway's smash hit "The Illusionists" have brought together the world's greatest entertainers for a spell-binding and incredible new holiday production – A MAGICAL CIRQUE CHRISTMAS! Experience the magic of the season with dazzling performers and breathtaking cirque artists from all corners of the world, accompanied by your favorite holiday music performed live. Get into the spirit of the season with this merry treat that's perfect for the entire family. *Min 8/Max 13*



Date: Friday, November 15

Time: Departs SPCC 6:15pm

Location: Portland, ME

Cost: Residents \$95.00
Non-Residents \$105.00

Coordinator: Karla Doyon

A Victorian Nutcracker at Merrill Auditorium



This two-act ballet features Tchaikovsky's beautiful music and sets and characters inspired by Portland's Victoria Mansion, and tells the timeless tale of a young girl, her Nutcracker Prince, and the Mouse King. Lunch out after the show (on your own). Show is at 10:00am. *Min 8/Max 13*

Date: Tuesday, December 17

Time: Depart SPCC 9:00am

Location: Portland, ME

Cost: \$12.00 (**Please remember your money for lunch**)

Coordinator: Karla Doyon

Monarch Walk & Tagging



We will join biologist Serena Cole on Sears Island for a walk to the milkweed field that is a certified Monarch Waystation. Participants will net and tag butterflies as part of Monarch Watch, a program that tracks their long and arduous migration.

Please pack your picnic lunch

and we will stop along the way to eat before we head out to the island. Please wear appropriate footwear for walking and there may be uneven terrain.

Min 8/Max 13

Date: Monday, September 9

Rain date: Wednesday, September 11 (time will change)

Time: Departs SPCC at 10:30am
(approx. return 6:00pm)

Location: Sears Island, ME

Cost: \$15.00 (includes water snacks, transportation & event) **Please remember to bring your picnic lunch, water, and anything else you may need: sunscreen, sunglasses, bug spray etc.**

Coordinator: Karla Doyon

All About Balance and Aging



Please join the Physical Therapists, from the Maine Strong Balance Center, for an educational and exercise session All About Balance. Participants will learn about the anatomy and physiology of balance systems, how and why they are affected by aging, and participate in an exercise class to learn tips to improve their balance.

Min 8/Max 30

Date: Thursday, September 26

Time: 10:00am-11:30am

Location: SPCC Senior Wing

Cost: FREE

Instructor: Jason Adour, PT, DPT Physical Therapist & Owner Maine Strong Balance Center

Coordinator: Karla Doyon

Exercise With Jessamyn

MAT CLASS Tuesdays & Thursdays, 9:00am-10:15am

The Mat class is a challenging series of stretches, strengthening and balance poses designed to involve every muscle group in the body. With an emphasis on core strength we move through a steady flow to target strength and flexibility. Working at your own pace, the mat class will introduce you to a balance of yoga, calisthenics and stretches, all taught with patience, humor and a respect for individual needs.

Min 6/Max 30

CHAIR CLASS Tuesdays & Thursdays, 10:30am-11:30am

The Chair class is a gentle series of stretches and strengthening poses that will wake up your body, head to toe. The chair serves us in seated warm-ups and then in standing exercises, working toward strength in the core, arms and legs and especially in balance work. An excellent class where individual needs are respected in a fun, supportive atmosphere.

Min 6/Max 30

Mat September

Date: September 3-26

Cost: Resident \$32.00/Non-Resident \$42.00

Mat October

Date: October 1-31

Cost: Resident \$40.00/Non-Resident \$50.00

Mat November

Date: November 5-26

Cost: Resident \$28.00/Non-Resident \$38.00

Mat December

Date: December 3-19

Cost: Resident \$24.00/Non-Resident \$34.00

Chair September

Date: September 3-26

Cost: Resident \$32.00/Non-Resident \$42.00

Chair October

Date: October 1-31

Cost: Resident \$40.00/Non-Resident \$50.00

Chair November

Date: November 5-26

Cost: Resident \$28.00/Non-Resident \$38.00

Chair December

Date: December 3-19

Cost: Resident \$24.00/Non-Resident \$34.00

Location: SPCC MP Room **Drop in fee:** \$5.00 per class
Instructor: Jessamyn Schmidt **Coordinator:** Whitney Dorsett

50 + Bowling

South Portland Parks and Recreation has teamed up with Easy Day restaurant and bowling alley for Senior Bowling every Wednesday. Come bowl in a relaxing setting with peers. All levels are welcome. Bowling balls and shoes are available at Easy Day. Morning refreshments may be provided at times. You must register through SPCC – please do not just show up at Easy Day, this is a SPP&R program. Easy Day is not open to the public only us at this time. Thank you!

We require a monthly registration fee of \$10.00 that will cover shoe rentals every week and lock in your spot for the month. \$3.00 per string is to be paid to Easy Day each Wednesday.

Date: September through December
(No Bowling 12/25)

Days: Wednesdays

Time: 9:30am-11:30am

Location: EASY DAY

Cost: \$10.00 monthly to SPCC,
\$3.00 per game to
Easy Day per string

Coordinator: Karla Doyon



Senior Cornhole

Beginning in **October** - come join us to play Cornhole at the **REDBANK** Community Gym! Please try to pre-register before attending the program. Drop-ins always welcome!

Dates: Thursdays, October 3-December 26 (No Cornhole 11/28)

Time: 9:30am-11:30am

Location: REDBANK Community Gym

Cost: FREE

Coordinator: Karla Doyon



Senior Badminton

Beginning in **October** - come join us at the **REDBANK** Community Gym to play Badminton! Please try to pre-register before attending the program. Drop-ins always welcome!

Dates: Thursdays, October 3-December 26

(No Badminton 11/28)

Time: 9:30am-11:30am

Location: REDBANK Community Gym

Cost: FREE

Coordinator: Karla Doyon



Aerobic Dance

The Jacki Sorensen program is a nationally recognized dance and strength training method of exercise that is fun and challenging with an element of dance geared to the non-dancer. Each class consists of warm-up, stretching, abdominal work, light-weight repetitions and then we dance! All levels are welcome. *Min 6/Max 20*

Mondays and Wednesdays - Time: 5:30pm-6:30pm **Location:** SPCC Aerobic Room **Drop in Cost:** \$7.00 per class

Aerobic Dance September

Date: Sep 4-30

Resident Cost: \$48.00

Non-Res Cost: \$58.00

Aerobic Dance October

Date: Oct 2-30

(No class 10/14)

Resident Cost: \$48.00

Non-Res Cost: \$58.00

Aerobic Dance November

Date: Nov 4-25

(No class 11/11 & 11/17)

Resident Cost: \$36.00

Non-Res Cost: \$46.00

Aerobic Dance December

Date: Dec 2-23

Resident Cost: \$42.00

Non-Res Cost: \$52.00

Instructor: Jean Ricciardelli

Vitality T'ai Chi for Seniors

This program incorporates "T'ai Chi Moving for Better Balance", an 8 posture standing form, with elements of Musical T'ai Chi which uses periods of seated movement; both practices will be integrated by learning the Great Breathing technique from Shaolin & Chinese Medicine. The musical background will be calming, peaceful and yet invigorating as the play element in T'ai Chi will be emphasized. *Min 4/Max 25*

Instructor, Michael Elliott is a 48 year practitioner.

T'ai Chi September

Dates: Fridays, Sep 6-27

Time: 11:00am-12:15pm

Resident Cost: \$20.00

Non-Resident Cost: \$30.00

T'ai Chi October

Dates: Fridays, Oct 4-25

Time: 11:00am-12:15pm

Resident Cost: \$20.00

Non-Resident Cost: \$30.00

T'ai Chi November

Dates: Fridays, Nov 1-Nov 22

Time: 11:00am-12:15pm

Resident Cost: \$20.00

Non-Resident Cost: \$30.00

T'ai Chi December

Dates: Fridays, Dec 6-Dec 27

Time: 11:00am-12:15pm

Resident Cost: \$20.00

Non-Resident Cost: \$30.00

Location: SPCC MP Room **Drop in fee:** \$5.00 per class

Instructor: Michael Elliott **Coordinator:** Whitney Dorsett

Adult Intro To American Sign Language

In this class, participants will develop the skills and knowledge needed to communicate in American Sign Language. This course emphasizes the cultural practices distinct to those that approach the world from a visual perspective. Topics include: historical events that have impacted the language and culture of the deaf community; the distinct cultural practices; and, comparison of language features. We will learn through the use of many different activities such as games, art, stories, videos and music. *Min 4, Max 15.*

Date: September 23-November 4 (No class Oct 14)

Days: Mondays

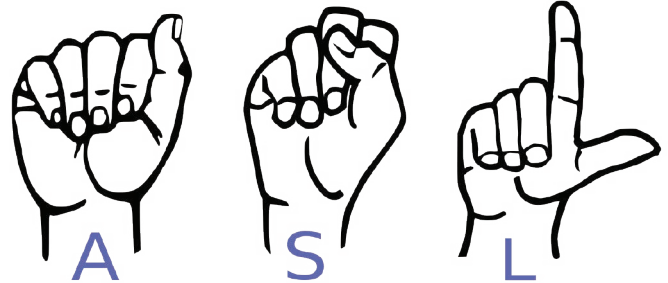
Time: 5:30pm-7:00pm

Location: South Portland Community Center

Cost: \$50.00 resident/\$60.00 non-resident

Instructor: Darleen Hutchins

Coordinator: Jenee Pelletier



Watercolor Classes

Introduction to Watercolor

The objective of this class is to develop at an introductory level ability in water color painting. Students will acquire an understanding of the tools and terms in this medium. We will experiment w/ dry, damp & wet surfaces to explore some of the possibilities and outcomes in addition to mastering basic washes. We will investigate glazing and layering as well as application technique. (No Senior discount) *Min 4/Max 12*

Date: Mondays,
September 9-October 7

Time: 12:30pm-2:30pm

Location: SPCC ART Room

Cost: \$55.00 Residents
\$65.00 Non-Residents

Instructor: Pauline Cook

Coordinator: Whitney Dorsett



Watercolor Workshop I

Possibilities are endless. The focus of this course will be to continue expanding our repertoire of techniques. We will explore and master the specifically challenging topics of water, shadow, and figures. (No Senior discount) *Min 4/Max 12*

Date: Wednesdays,
September 11-October 9

Time: 3:30pm-5:30pm

Location: SPCC ART Room

Cost: \$55.00 Residents
\$65.00 Non-Residents

Instructor: Pauline Cook

Coordinator: Whitney Dorsett

Stained Glass Ornaments and Sun Catchers

Here is a little handmade holiday treat. Students will go home with one or more ornaments, depending on time. Learn the surprisingly easy copper foil technique. All materials provided. Pick 1 date from our 6 offerings. No senior discount will apply to this program. *Min 4/Max 8*

Date: Wednesdays, December 4, 11 or 18
Thursdays, December 5, 12 or 19

Time: 6:00pm-8:00pm

Location: SPCC ART Room

Cost: Residents \$25.00/Non-Residents \$35.00

Instructor: Rachel Mills **Coordinator:** Whitney Dorsett

Hand Built Ceramics

Working with Kiln-fired clay, we will explore the variety of forms and techniques used in basic hand built ceramics. Break out your creative self. Hint: The possibilities are endless! Projects will be fired and glazed. Dress for a little bit of mess. No senior discount for this program. *Min 4/Max 10*

Date: Tuesdays, September 17-October 15

Time: 1:00pm-3:00pm

Location: SPCC ART Room

Cost: Residents \$55.00/\$65.00 Non-Residents

Instructor: Rachel Mills **Coordinator:** Whitney Dorsett

Adult Basketball Leagues



Teams and individuals are welcomed! Individuals will be placed on teams with available spots. All team rosters must have a minimum of seven players with at least two males and two females. We ask players to register 2 weeks prior to the session starting so

the department can plan accordingly. The league rules are based on the Maine High School basketball rules with a few variations. Full league rules are available online or at the South Portland Community Center. Our officials are IAABO certified. Captains must email Alicia Hoyt ahoyt@southportland.org with a tentative roster after registering. Individuals please contact Alicia Hoyt after registering to get on the free agent list each session.

Game Times: Between 6:00pm-9:00pm

Monday League - Fall

Dates: Sep 9-Dec 2

Contact: Alicia Hoyt

Location: South Portland Community Center Gym

Cost: Residents \$60.00/Non-Residents \$70.00

Coordinator: Alicia Hoyt & Whitney Dorsett

Thursday League - Fall

Date: Sep 12-Nov 21

Contact: Jenee Pelletier

Adult Open Gym Basketball

Each program is drop in only. **Must show ID** each visit.

SUNDAYS

Date: Sep 29-Dec 29 **Time:** 9:00am-10:30am **Over 40**

Location: Redbank Community Center

Date: Sep 8-Dec 29 **Time:** 4:00pm-5:45pm **Over 30**

Location: South Portland Community Center

TUESDAYS

Date: Oct 1-Dec 17 (No program 11/5)

Time: 11:30am-1:30pm

Location: South Portland Community Center

WEDNESDAYS (So. Portland Residents Only Night)

Date: Oct 2-Dec 18 **Time:** 7:00pm-9:00pm

Location: South Portland Community Center

FRIDAYS

Date: Oct 4-Dec 27 (No program 11/8) **Time:** 11:30am-1:30pm

Location: South Portland Community Center

Cost: Residents \$3.00/Non-Residents \$4.00/
Active and Veteran Military \$1.00

*Open Gym Frequent User Passes are available at the
South Portland Community Center front desk.*

Coordinator: Whitney Dorsett



Adult Open Gym Volleyball

This is a drop in program. **MUST SHOW ID** each visit.



Date: Sundays, Sep 8-Dec 29 **Time:** 6:00pm-8:00pm **Location:** South Portland Community Center

Cost: South Portland Residents \$3.00 / Non-Residents \$4.00 / Active and Veteran Military \$1.00

Open Gym Frequent User Passes are available at the South Portland Community Center front desk.

Tuesday Tennis Practice and Play



For intermediate to advanced tennis players, Tennis Practice and Play allows you to work on skills and then use them in match play. Instruction will be 20 minutes and play for 40 minutes *Min 4/Max 20*

Date: Tuesdays, September 3-24 **Time:** 5:30pm-6:30pm

Cost: Residents \$44.00/Non-Residents \$54.00

Location: SPHS Tennis Courts Set 3 **Drop in Rate:** \$12.00

Instructor: David Cousins **Coordinator:** Whitney Dorsett

Monday Beginner Tennis



Adult tennis lessons will be held for players at the beginner level and those who have never played before. Participants will learn basic tennis skills and have the chance to play against one another. *Min 6/Max 20*

Date: Mondays, September 9-30 **Time:** 5:30pm-6:30pm

Cost: Residents \$44.00/Non-Residents \$54.00

Location: SPHS Tennis Courts Set 3 **Drop in Rate:** \$12.00

Instructor: David Cousins **Coordinator:** Whitney Dorsett



Adult Open Gym Pickleball

This is a drop in program. **MUST SHOW ID** each visit.
South Portland Recreation has several opportunities to get out and play pickleball.



SUNDAYS

Dates: September 8-December 29

Time: 2:00pm-3:45pm

Location: South Portland Community Center

MONDAYS – FRIDAYS

Dates: September 3-December 31

(No program on 10/14, 11/5, 11/8,
11/11, 11/28, 12/24 and 12/25)

Time: 8:00am-11:00am

Location: South Portland Community Center

WEDNESDAYS (Beginners Only)

Dates: September 4-December 18

Time: 8:00am-11:00am

Location: Redbank Community Center

Cost: South Portland Residents \$3.00 / Non-Residents \$4.00 / Active and Veteran Military \$1.00

Open Gym Frequent User Passes are available at the South Portland Community Center front desk.

Pickleball Beginner Lessons

This program is designed to help you get off the couch and on to a pickleball court near you. Come learn from a veteran racket sport instructor, David Cousins. David will teach participants the basic rules and skills of Pickleball. This 4-day program is structured for you to gain the confidence to get on the court with other beginners and intermediate players. *Min 4/Max 12*

Items to bring: Sneakers (non-street shoes), water bottle, comfortable clothes, and pickleball paddle. There will be basic paddle available for use during the lesson.

TRUE BEGINNERS ONLY. Pre-registration is required. No Senior Discount available.

Beginner Pickleball September

Dates: Fridays, September 6-27

Times: 9:00am-10:30am

Location: Redbank Community Center

Cost: Residents \$40.00/Non-Res \$50.00

Beginner Pickleball October

Dates: Fridays October 4-25

Times: 9:00am-10:30am

Location: Redbank Community Center

Cost: Resident \$40.00/Non-Res \$50.00

Beginner Pickleball November

Dates: Fridays November 1-22

Times: 9:00am-10:30am

Location: Redbank Community Center

Cost: Resident \$40.00/Non-Res \$50.00

Instructor: David Cousins **Coordinator:** Whitney Dorsett

Mix It Up!

Mix it Up! is a co-ed circuit training class combining cardiovascular fitness and resistance training. Be prepared to get your heart rate up using a wide variety of exercises and equipment. Mix it Up! is designed to be easy to follow and target strength building and cardiovascular endurance.

Please note this adult class will only allow a 10% Senior Discount.

Days and Times: Tuesdays & Thursdays, 5:00pm-5:50pm

Mix it Up! September

Date: September 3-26

Resident Cost: \$52.00

Non-Resident Cost: \$62.00

Mix it Up! October

Date: October 1-29

Resident Cost: \$58.50

Non-Resident Cost: \$68.50

Mix it Up! November

Date: November 5-26

Resident Cost: \$45.50

Non-Resident Cost: \$55.50

Mix it Up! December

Date: December 3-26

(No class Dec 24)

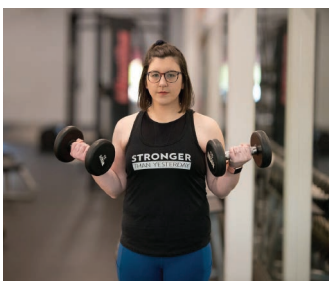
Resident Cost: \$45.50

Non-Resident Cost: \$55.50

Drop in Rate: \$10.00

Instructor: Karen McCue Bodyflex2011@gmail.com **Coordinator:** Whitney Dorsett

Spin With Nikki



"Spin with Nikki" is an indoor cycling class that's all about the music! A new playlist each week with a variety in genres will determine the course of that day's ride. Sprint and climb your way through class feeling the beat at your feet while feeling motivated and pushed. Come as you are - we are in this together to get a little bit stronger each and every class!

Instructor Bio: Nikki is a recent graduate of the University of Maine at Farmington with a Bachelor of Science in Community Health with a focus in physical fitness. She has been a certified personal trainer through the American Council on Exercise since 2016 and a group fitness instructor since 2016 as well. Nikki has taught a wide range of classes, and loves helping people reach their fitness goals. She believes that fitness should be attainable for everybody!

FALL PROMO DROP IN EVENT

- Try out spin class at a reduced rate this fall!

October Drop In Program

Dates: Tuesdays, Oct 22 & 29 7:30pm-8:15pm

Thursdays, Oct 24 & 31 5:00pm-5:45pm

Drop in rate - \$5.00 (FALL PROMO RATE)

FALL PROMO SESSION EVENT

Spin with Nikki Fall Tuesdays

Dates: Nov 5, 12, 19, Dec 3, 10, 17 (No class Nov 26)

Time: 7:30pm-8:15pm

Cost: Residents \$51.00/Non-Residents \$61.00 **Drop In Rate:** \$10.00

Spin with Nikki Fall Thursdays

Dates: Nov 7, 14, 21, Dec 5, 12, 19 (No class Nov 28)

Time: 5:00pm-5:45pm

Cost: Residents \$51.00/Non-Residents \$61.00

Drop In Rate: \$10.00

Location: SPCC Aerobic Room *Min 4/Max 10*

Instructor: Nikki Murphy

Coordinator: Whitney Dorsett

Aikido

AIKIDO is a Japanese martial art that employs an emphasis on fluid, circular movement when responding to force; it is non-violent self-defense. Training ranges from slower practice to a challenging cardiovascular workout, with a particular focus on joyful, connected movement. Classes include basic instruction for beginners, and advanced opportunities for more experienced students. Students are encouraged to work at their own pace in a supportive atmosphere of respect and mutual study; developing fitness, flexibility and confidence through training.

Min 4/Max 20

**Please wear comfortable clothing – sweats (no external snaps or zippers) and t-shirt or a gi.*

Time: 6:15pm-7:15pm on Sundays and Wednesdays **Location:** South Portland Community Center Multipurpose Room

AIKIDO - FALL 1

Dates: September 18-October 20

Cost: Residents \$50.00/Non-Residents \$60.00

Drop In Rate: \$10.00 per class

AIKIDO - FALL 2

Dates: November 10-December 15 (No class Nov 27)

Cost: Residents \$50.00/Non-Residents \$60.00

Drop In Rate: \$10.00 per class

Instructor: Julie Poitras Santos, 4th dan & Rick Santos, 5th dan **Coordinator:** Whitney Dorsett

About the instructors:

Julie Poitras Santos, 4th dan, began training Aikido in 1991. She has traveled widely with her teacher, Hiroshi Ikeda Shihan, and has had the privilege to train with many wonderful instructors from all over the world. Julie is an artist and teaches at Maine College of Art; you can learn more about her work here: <https://juliepoitrassantos.com>

Rick Santos, 5th dan, started training Aikido in 1988. Along with Julie, he continues to travel internationally to seminars to deepen his practice and enjoy the warmth of the Aikido community. Rick has been a wind turbine engineer for over twenty-years specializing in the design, operation and certification of large industrial-sized windmills.

Introduction to Mindfulness Meditation



Give yourself the gift of a lifetime! Mindfulness is to pay attention on purpose in the present moment without judgment. Mindfulness has been scientifically proven to reduce the negative effects of stress, lower blood pressure and increase happiness at least 10%.

In this class, you will learn very simple, easy ways to practice mindfulness in daily life. As little as five minutes a day can bring great joy into your life and greatly reduce the negative impact of stress.

Arline Saturdayborn has been practicing mindfulness and teaching it for over thirty years. She knows that even in the midst of chaos and calamity we can connect to a place of calm, peace and love.

Date: Sundays, October 27-November 17

Time: 4:00pm-5:30pm

Cost: Residents \$40.00/Non-Residents \$50.00

Drop In Rate: \$12.00

Location: SPCC Multipurpose Room

Instructor: Arline Saturdayborn

Coordinator: Whitney Dorsett



Turn the inner critic into an inner ally that will renew energy, increase happiness and lessen anxiety and depression. We will study and practice proven tools that you can easily use in daily life to bring greater life-satisfaction, stronger motivation, better relationships and improved physical health. With mindfulness and self-compassion we learn to embrace ourselves and our imperfections in ways that give us the resilience needed to thrive.

Min 4/Max25.

Date: Sundays, November 24-December 15

Time: 4:00pm-5:30pm

Location: SPCC Multipurpose Room

Cost: Residents \$40.00/Non-Residents \$50.00

Drop in Rate \$12.00 per class

Instructor: Arline Saturdayborn

Coordinator: Whitney Dorsett

Gentle Yoga

Whether it is your first time or you have been taking yoga for years, this class will meet you right where you are. Martha emphasizes safe and effective alignment principles as she leads you through a sequence of yoga postures connecting the breath with body movement. The goal for every class is that you leave feeling stronger, more flexible, balanced and happy! *Min 4/Max 20*

Times: 9:00am-10:15am on Monday or Wednesday

Location: SPCC Multipurpose Room

Gentle Yoga Monday Fall 1

Dates: September 9-October 28

(No class 9/23 & 10/14)

Cost: Residents \$60.00 Non-Res. \$70.00

Gentle Yoga Monday Fall 2

Dates: November 4-December 30

(No class 11/11)

Cost: Residents \$80.00 Non-Res. \$90.00

Drop in fee: \$12.00 per class.

Instructor: Arline Saturdayborn **Coordinator:** Whitney Dorsett

Gentle Yoga Wednesday Fall 1

Date: September 4-October 30

Cost: Residents \$90.00 Non-Res. \$100.00

Gentle Yoga Wednesday Fall 2

Dates: November 6-December 18

Cost: Residents \$70.00 Non-Res. \$80.00

Drop in fee: \$12.00 per class.

Instructor: Martha Williams **Coordinator:** Whitney Dorsett

Ballet Fusion

This is a very casual, non-technical class designed for adults who have never danced but have always wanted to. We will loosely follow the ballet format with emphasis on proper body alignment, balance and endurance at the barre. We will then progress to the center for movement in motion, where we will learn phrases of choreography set to a variety of modern music.

No experience or technique needed.

Min 4/Max 10

Days: Wednesdays & Fridays 10:00am-11:00am **Location:** SPCC Aerobic Room

Ballet Fusion September

Dates: September 4-27

Cost: Resident \$56.00 Non-Res. \$66.00

Ballet Fusion November

Dates: November 1-22

Cost: Residents \$49.00 Non-Res. \$59.00

Ballet Fusion October

Dates: October 2-30

Cost: Residents \$63.00 Non-Res. \$73.00

Ballet Fusion December

Dates: December 4-20

Cost: Residents \$42.00 Non-Res. \$52.00

Drop in fee: \$8.00 per class

Instructor: Jennifer Sciaraffa **Coordinator:** Whitney Dorsett

Yoga for Ordinary People and Everyday Life

This class is for people who would like to try yoga but think they cannot do it. If you are tired, stiff, inflexible, overloaded, stressed out, large bodied or out of shape, this is the class for you! We will learn and practice basic yoga poses and focus on ways that you can use Yoga in your daily life: in the car, in bed, in a chair, waiting in line, pumping gas, or at work. You may see amazing results in better sleep, increased energy and well-being.

Days: Tuesdays, 6:15pm-7:30pm **Location:** SPCC Multipurpose Room

Fall 1

Dates: Sep 3-Oct 29 (No class 9/24 & 10/15)

Cost: Residents \$70.00 Non-Res \$80.00

Fall 2

Dates: Nov 5-Dec 17

Cost: Residents \$70.00 Non-Res \$80.00

Drop in fee: \$12.00 per class

Instructor: Arline Saturdayborn **Coordinator:** Whitney Dorsett



SHiNE Fitness Dance

Get a workout that feels like a dance party! This high energy, booty shakin' class will give you a full body workout while dancing to the best pop and hip hop music out there. Bring your sneakers and your sass and get ready to join the most uplifting and fun dance fitness class ever. No experience is needed. Everyone is welcomed. Guaranteed to make you sweat and smile. *Min 4/Max 10*

Time: Thursdays at 6:15pm-7:15pm

Location: SPCC Aerobic Room

SHiNE September

Date: September 5 - 26

Cost: Residents \$40.00

Non-Residents \$50.00

SHiNE October

Date: October 3 - 24

Cost: Residents \$40.00

Non-Residents \$50.00

SHiNE November

Date: November 7 - 21

Cost: Residents \$30.00

Non-Residents \$40.00

SHiNE December

Date: December 5 - 19

Cost: Residents \$30.00

Non-Residents \$40.00

Drop in fee: \$12.00 per class.

Instructor: Jennifer Sciaraffa

Coordinator: Whitney Dorsett



Nathan Savage Youth Programs Scholarship Fund

This scholarship program has been set up in honor of South Portland's own, Nathan Savage. Funds are to be used towards any youth program offered through the Recreation Department except Summer Rec Camps and our Afterschool Adventures Program.

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.

Questions? Please contact Anthony Johnson at ajohnson@southportland.org.

Red Riots Dribblers

This basketball ball-handling program is for girls and boys in **K-1st grade**. Dribbling and ball-handling skills will be learned to the beat of music. By the end of the program, players will have learned many dribbling moves which will be performed at halftime of a local basketball game. Wear gym sneakers and comfortable clothes. Participant will receive a t-shirt. *Min 8/Max 30*

Dates: October 27-December 8 (No class 12/1)

Day: Sundays

Grades: K-1

Location: Redbank Gym

Cost: Residents \$45.00/Non-Residents \$55.00

Instructor: Abby Hasson & Brianne Maloney

Coordinator: Jenee Pelletier

Group	Time
Session 1 Boys & Girls	11:00am-11:45am
Session 2 Boys & Girls	12:00pm-12:45pm

Preseason Youth Basketball Clinic

This program is designed to dust off the cobwebs and get your son or daughter ready for basketball season! Pat Blais will be running this 4 week long clinic in hopes to strengthen your child's fundamentals. He will focus on footwork, movement, positioning and building confidence. Great way to kick off the 2019-2020 season!

Grades 3-4

Time: 5:45pm-6:30pm

Location: Redbank Gym

Cost: Residents \$35.00

Grades 5-6

Time: 6:45pm-7:30pm

Location: Redbank Gym

Cost: Residents \$35.00



Grades 7-8

Time: 7:45pm-8:30pm

Location: Redbank Gym

Cost: Residents \$35.00



Week 1 – Tuesday, October 15 & Thursday, October 17

Week 2 – Tuesday, October 22 & Thursday, October 24

Week 3 – Monday, October 28 & Tuesday, October 29

Week 4 – Wednesday, November 6 & Thursday, November 7

Instructor: Pat Blais

Coordinator: Jenee Pelletier

Start Smart Basketball

Start Smart Basketball teaches children (**ages 3-5**) the basic motor skills necessary to play organized basketball while spending quality time with their parents. The program focuses on teaching children and parents the skills of dribbling, ball handling, passing, catching, shooting, running and agility without the threat of competition or the fear of getting hurt. Each week the exercises become increasingly more difficult as the class progresses and the children show improvement.

A parent must accompany each child to every class and participate with them. *Min 8/Max 25*

Dates: January 4-February 15 (No Class 1/18)

Day: Saturdays **Time:** 12:15pm-1:00pm

Ages: 3-5 **Location:** Redbank Gym

Cost: Residents \$40.00/Non-Residents \$50.00

Instructor: Bob Boucher **Coordinator:** Jenee Pelletier

MRPA Hot Shot Contest - Free Event!

The Maine Recreation & Park Association Hot Shot Competition is a FREE basketball skills event for youth ages 9-15. It involves shooting from 5 "hot spots" on the court. Test your shooting ability with players your own age. Participants will be broken up into divisions by gender and age (age as of **March 31, 2020**). All contestants shoot at 10 foot hoops. The winners in each division will advance to compete in the Southwestern Regional Competition.

Friday, December 27

At the South Portland Community Center from 2:00pm – 3:00pm for all participants

Youth Open Gym will follow from 3:00pm-4:00pm

Divisions:

Boys: 9-10 yr olds

Girls: 9-10 yr olds

Boys: 11-12 yr olds

Girls: 11-12 yr olds

Boys: 13-15 yr olds

Girls: 13-15 yr olds

Please pre-register by December 26th

Grades 5-8 Travel Basketball

There will be a parent meeting night on September 10 at 6:00pm at the SPCC Gym to discuss changes to this year's travel basketball. Cape Elizabeth has decided to no longer run The Cape League so teams will be entered into the Southern Maine Hoops League. For all info please attend this meeting! Dates, deadlines and details will be announced then.

Grades 2-3 In-House Rec Basketball Leagues

Through practice, clinics and games, this in-house league will provide a safe and fun recreational experience for children in grades 2 and 3 with an emphasis on skill development and teamwork in a non-competitive atmosphere. During games, one coach from each team will join players on the floor to coach and help referee. Score will not be kept. Teams will practice 1 time a week in the evening at our elementary schools (day/time TBA once teams are formed) and have one game and the occasional clinic on Saturday mornings at Redbank Community Center. Practices will begin the week of November 18. A game/clinic schedule will be provided at your team's first practice. Teams will be separated by gender and grade if numbers allow. Fee includes team shirt.

Season Details

Dates: December 7-February 8

Day: Saturday games (**no program 12/21 & 12/28**)

Time: Games are Saturday mornings

Location: Redbank Community Center

Cost: \$65.00 (only \$55.00 by November 1)

Divisions

Girls Grade 2 Boys Grade 2

Girls Grade 3 Boys Grade 3

Grades 4-5 In-House Rec Basketball Leagues

The focus of this recreational basketball league will be to continue to develop basketball skills with a concentration on fundamentals, teamwork, sportsmanship and having fun. Score will be kept but not emphasized - it will be kept per quarter, then reset after each quarter. Coaches are not permitted on the court during games. Teams will practice 1-2 times per week (space dependent) in the evenings at SPCC. Practices will begin the week of November 26. A game schedule will be provided at your team's first practice. Teams will be separated by gender and grade if numbers allow

Season Details

Dates: December 7-February 8

Day: Saturday games (**no program 12/21 & 12/28**)

Time: Games are Saturday mornings

Location: South Portland Community Center

Cost: \$65.00 (only \$55.00 by November 1)

Divisions

Girls Grade 4 Boys Grade 4

Girls Grade 5 Boys Grade 5

Evaluation Night:

Grade 4 – November 5: 6:00pm-6:45pm @ SPCC

Grade 5 – November 5: 7:00pm-7:45pm @ SPCC

Grades 2-3 & 4-5 Registration Deadline!

Register on or before November 1 and take \$10.00 off regular program fee. Final registration deadline is November 8. Registrations will only be accepted after this if there is room on a team, and there will be a \$10.00 late fee assessed.

COACHES NEEDED!

All coaches must complete a volunteer coach's application and are subject to a criminal background check. Please contact Jenee Pelletier at jpelletier@southportland.org if interested.

High School Rec Basketball League

South Portland Parks & Recreation participates in the long standing Greater Portland High School Rec League sponsored by the Boys & Girls Clubs of Portland & South Portland, Maine. This league provides an opportunity for any boy in grades 9-12 not playing on his school team to play basketball this winter. The number of teams we submit into this league will be based on the number of qualified adult coaches we have. All games and practices are weeknights (schedule TBD). **All players and coaches must complete a Code of Conduct Form to participate in this league.**

COACHES NEEDED! Coaches must be 21 years of age, complete a volunteer coach's application and are subject to a criminal background check. Please contact Jenee Pelletier at jpelletier@southportland.org if interested.

Registration Deadline!

Register on or before December 7 and take \$10.00 off regular program fee. Final registration deadline is December 10. Registrations will only be accepted after this if there is room on a team, and there will be a \$10.00 late fee assessed.

Pre-Season Meeting

All players and coaches are REQUIRED to attend

Date: Wednesday, December 11
Time: 4:30pm **Location:** SPCC Gym

Season Details

Dates: Late December–Early March **Days:** TBD **Time:** Weeknight games & practices

Location: Practices at Redbank Gym, Games in Portland & South Portland **Cost:** \$65.00

Track & Field

Children in **grades 2-5** will be introduced to all aspects of track and field. There will be a warm-up and stretching time. We will focus on a different area of track and field each week. Participants will learn about race distances, starting and finishing technique, proper running form and relay running. There will be an introduction to the field events with a focus on the long jump. Athletes will compete in an intra-squad meet on the final day of the session. Program held at SPHS track. *Min 10/Max 40*

Dates: September 14-October 12

Day: Saturdays **Time:** 9:00am-10:00am

Grades: 2-5 **Location:** SPHS Track

Cost: Residents \$45.00/Non-Residents \$55.00

Instructor: Matt Green **Coordinator:** Jenee Pelletier

Track Magic

Children in **Kindergarten - 2nd grade**, or a child who has turned 5, will get the chance to take their first steps into track and field. Each session will incorporate games and varied relays that focus on teamwork. Proper warm-up techniques will be introduced and beginning track skills such as running in a straight line, throwing and jumping into a sand pit will be practiced in a non-competitive environment. Program held at SPHS track

Min 10/max 40

Date: September 14-October 12

Day: Saturdays **Time:** 10:00am-10:45am

Grade: K-2 **Location:** SPHS Track

Cost: Residents \$45.00/Non-Residents \$55.00

Instructor: Matt Green **Coordinator:** Jenee Pelletier

South Portland Youth Cheering

South Portland Youth Cheering is dedicated to teaching skills, sportsmanship, and teamwork for kids grades K - 8 who live in or attend school in South Portland in a competitive cheerleading environment. Cheerleaders who are on an All Star team cannot participate per MYCCA new rule. All teams will compete against other organizations and communities throughout the state within the Maine Youth Cheerleading Coaches Association under the league name "South Portland Fire". The season runs from November through March. Grades K-1 will practice once per week and attend four local competitions. Grades 2-8 will practice twice per week and attend six competitions.

Competition Schedule

- MYCCA Safety Event - TBD
- Cheers from the Heart - Biddeford High School
- Scarborough Invitational - Scarborough High School
- Elite Cheer Challenge - Gorham Middle School
- Fire Invitational - South Portland High School
- Maine Cheer Classic - TBD

Rising Stars: Grades K-1 **Shooting Stars:** Grades 2-4 **Shining Stars:** Grades 5-6 **Super Stars:** Grades 7-8

Parent Meeting Early October at SPCC Senior Wing

Dates: November-March

Days: Monday-Friday 1-2 Times per week depending on age

Time: 5:30pm-8:00pm

Cost: \$100.00 -Rising \$200.00 -Shooting, Shining & Super

Instructor: Tracy Bissonnette **Coordinator:** Jenee Pelletier



Karate Kids

Students in this class will learn the basic strikes, blocks, kicks and stances used in karate training. This fundamental training also strengthens and prepares the body for the more difficult techniques ahead in one's training. In addition to developing physical fitness, self-defense and safety skills, our karate program also helps your child build confidence, focus and respect for oneself and others.

Dates: Session 1: September 23-November 4 (**No Class October 14**)

Session 2: November 18-December 16

Day: Mondays **Time:** 5:00pm-6:00pm

Ages: 5-12

Location: SPCC Multipurpose Room

Cost: Residents \$60.00/Non-Residents \$70.00

Instructor: Dragon Fire Martial Arts

Coordinator: Jenee Pelletier

Kids Gymnastics

This program is an introduction to gymnastics centered around having fun, while building confidence through various developmental gymnastics skills. Basic concepts of body positions, terminology and early stages of skill development are taught throughout each class. Gymnasts should wear comfortable clothing that they can bend and move in. No socks. If a child has long hair, it should be up.

Dates: October 26–November 23

Day: Saturdays

Location: Redbank

Cost: Residents \$95.00/Non-Residents \$105.00

Instructor: Maine Academy of Gymnastics

Coordinator: Jenee Pelletier

Session	Time
Gymnastics Ages 4/5	2:00pm-2:45pm
Gymnastics Ages 6/7	3:00pm-4:00pm
Gymnastics Ages 8-10	4:15pm-5:15pm

Kiddie Gym

Looking for ways to get some energy out and meet new families this winter? Drop in to our Kiddie Gym and have some fun with your child. We will provide the equipment and activity center but parents/guardians must supervise their child at all times. This is a drop in program.

Age: 5 years of age and under

Dates: October 1–December 17 (No program 11/5)

Day: Tuesdays **Time:** 9:30am-11:30am

Location: Redbank Community Center

Cost: Residents \$3.00 per child
Non-Residents \$4.00 per child

Coordinator: Jenee Pelletier



Hip Hop/Acrobatics Dance

This class will be broken up into 2 styles of dance, hip hop and acrobatics. Dancers will begin with hip hop, a warm up for the body and explore different hip hop concepts, styles and movement. Students will also be taught hip hop choreography. During the second half of class, dancers will learn acrobatics skills, such as mat exercises, balance and strengthening skills, and basic tumbling, all taught by a certified instructor. A great class for ages 6 and up, for boys and girls of all levels!

Min 6/Max 20

Day: Mondays **Time:** 4:30pm-5:15pm

Ages: 6-10 **Location:** SPCC

Cost: Residents \$65.00/Non-Residents \$75.00

Instructor: Drouin Dance Center **Coordinator:** Jenee Pelletier

Session Date

1	September 23–November 4 (No class 10/14)
2	November 18–December 16

Lost Valley Sunday Ski/Ride Program (Ages 7-12)

Join us for another fun season of skiing and riding at Lost Valley this winter! The program will be held on the following Sundays: **January 19, 26, February 2, 9, 16 & 23 (makeup date March 1)**. Participants must sign up for all six weeks – no individual trip rates. Unfortunately, no refunds or vouchers can be issued for missed or canceled trips. The program will depart SPCC each week via school bus at 9:00am and return by 4:00pm.

Helmets are required and available to rent for an additional fee. All participants are strongly encouraged to enroll in lessons. Lessons will run from 10:30am-noon each Sunday. Participants will meet for lunch in the lodge from 12:00pm-12:30pm, then are free to ski/ride with friends and chaperones until departure at 3:00pm.

REGISTRATION DEADLINE – JANUARY 10, 2020.
Registrations will only be accepted beyond this date if there is space available.

Program Details

Dates: Sundays, Jan 29-Feb 23 **Time:** Depart SPCC at 9:00am, Return at approx. 4:00pm

Option

Cost

Transportation Only \$75.00

All options below include transportation

Helmet Rental \$35.00

Lift Only \$165.00

Lift & Rental \$245.00

Lift & Lesson \$270.00

Lift, Lesson & Rental \$350.00 **Coordinator:** Anthony Johnson



Chaperones Needed!

Must commit to all trips and ski/ride with our group at all times. All chaperones must complete a volunteer application are subject to a criminal background check. If interested please contact Anthony Johnson at ajohnson@southportland.org.



American Red Cross Babysitting



This course provides youth training in basic childcare, safe play, first aid and critical emergency action skills. Each participant will receive an American Red Cross certificate, provided that he/she is age 11 or older upon completion of the class, attends and participates in the activities of every lesson, and can demonstrate all of the observable skills. The Red Cross has re-structured this program and only 6 hours are needed for completion. Participants must attend all 3 classes to receive certification. No make-up classes are available. Books are provided during class time.

Min 8/Max 10

Session 1

Dates: October 23,30, November 6 **Day:** Wednesdays

Time: 6:00pm-8:00pm

Age: Must be 11 or older to receive certification **Location:** SPCC

Cost: Residents \$70.00/Non-Residents \$80.00

Session 2

Dates: December 4,11,18 **Day:** Wednesdays

Time: 6:00pm-8:00pm

Age: Must be 11 or older to receive certification **Location:** SPCC

Cost: Residents \$70.00/Non-Residents \$80.00

Instructor: Teri Feely

Coordinator: Jenee Pelletier

Intro to American Sign Language

In this class, participants will develop the skills and knowledge needed to communicate in American Sign Language. This course emphasizes the cultural practices distinct to those that approach the world from a visual perspective. Topics include: historical events that have impacted the language and culture of the D/deaf community; the distinct cultural practices; and, comparison of language features. We will learn through the use of many different activities such as games, art, stories, videos and music.

Min of 4/Max 15

Dates: Session 1: September 17–October 22

Session 2: November 5–December 17

(No class 11/26 for Thanksgiving week)

Day: Tuesdays **Time:** 5:30pm-7:00pm

Ages: 10-18

Location: South Portland Community Center

Cost: Residents \$50.00/Non-Residents \$60.00

Instructor: Darleen Hutchins **Coordinator:** Jenee Pelletier



Toddler Time

NEW PROGRAM! Looking for something to do with your preschooler on a chilly, rainy or quiet day? Bring them to Toddler Time! Here they can play with other children while exploring fun activities such as dress up and music. Once a month we will have a special guest or activity! Children must be accompanied by an adult who is welcome to watch or participate.

Dates: October 21–December 18

(No program on 11/11 or 11/27)

Days: Wednesdays

Time: 10:30am-12:30pm

Cost: Drop in fee \$5.00 per child

Coordinator: Jenee Pelletier

Youth Art



Clay Clay Clay

Everybody loves clay and in this class we will work with Kiln-fired, oven baked and air dry clay. Each week will be a different project ranging from ceramics to quirky sculptures. Come join the fun and get your hands dirty.

Min 4/Max 12

Dates:

Session 1: September 17–October 15

Session 2: November 19–December 17

Day: Tuesdays

Time: 5:15pm-6:30pm

Grades: K-5

Location: SPCC Art Room

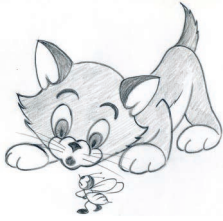
Cost: Residents \$65.00/Non-Residents \$75.00

Instructor: Rachel Mills

Coordinator: Jenee Pelletier

NEW

How to Draw



NEW! Enjoy learning basic techniques and different types of drawing styles in this introductory drawing class. We will be learning a variety of techniques from cartoon drawing, shading, erasing, charcoal and more, while having fun with our creativity! Afterwards, you get the honor of showing off your drawing talent in a mini gallery showing for your family + friends. This class is good for people with interest in learning basic drawing skills and to better their drawing abilities. (Please dress appropriately for getting messy.)

Min 4/Max 12

Dates: September 19-October 17
Day: Thursdays **Time:** 4:00pm-5:30pm
Grades: 3-6
Location: SPCC Art Room
Cost: Residents \$65.00/Non-Residents \$75.00
Instructor: Lindsey Mattei
Coordinator: Jenee Pelletier

NEW

Preschool Fun with Art

NEW! This is a fun, relaxed class where your child can explore being creative and getting their fingers dirty. Each art task has a learning and exploring element. This class reaches your preschooler on their level while still teaching art basics. Learn about colors, shapes, movement and more while having fun creating preschool masterpieces! (Please dress appropriately for getting messy.)

Min 4/Max 12

Dates: : September 20-October 18
Day: Fridays **Time:** 9:30am-10:15am
Ages: 3-5 **Location:** SPCC Art Room
Cost: Residents \$60.00/Non-Residents \$70.00
Instructor: Lindsey Mattei **Coordinator:** Jenee Pelletier



NEW

Homeschool Fun with Art

NEW! Have the full art experience while exploring all different forms of creating. Expand your artistic creativity while trying new approaches to art. Each project will teach a different technique with all types of mediums, (painting, drawing, mixed media, and more!) You will have the freedom to express your creative side, while learning new things about art. **This class is at a discounted price, for homeschool families only. (Please dress appropriately for getting messy.)

Min 4/Max 12

Dates: September 20-October 18
Day: Fridays **Time:** 10:30am-11:45am
Grade: K-5 **Location:** SPCC Art Room
Cost: Residents \$50.00/Non-Residents \$60.00
Instructor: Lindsey Mattei **Coordinator:** Jenee Pelletier



NEW

No Brush Painting

NEW! Learn all the fun and different ways you can create with paint. This class will show you different techniques and inventive ways to make beautiful pieces of art. Have fun exploring the paint work with no brushes! String, nature, pouring, found objects, fingers and more will become our tools to create masterpieces! Afterwards, you get the honor of showing off your new painting techniques in a mini gallery showing for your family + friends. (Please dress appropriately for getting messy.)

Min 4/Max 12



Dates: September 19-October 17
Day: Thursdays **Time:** 5:45pm-6:45pm
Grades: 3-6
Location: SPCC Art Room
Cost: Residents \$65.00
 Non-Residents \$75.00
Instructor: Lindsey Mattei
Coordinator: Jenee Pelletier

Youth Art

NEW

Holiday Arts & Crafts (Gr. K-6)

NEW! The holidays are just around the corner and the best gifts are homemade, from the heart. Each class we will be creating gifts to give to your family and friends during your holiday gatherings. Enjoy a festive atmosphere and all the supplies for gift making! Leave this class with 5+ gifts to give complete with wrapping and kind notes! (Please dress appropriately for getting messy.)
Min 4/Max 12 Per Class

Session	Date	Time	Cost
Ages 3-5	Fridays, 11/8-12/13 (no class 11/29)	9:30am-10:15am	\$60/\$70NR
Grades K-5 (Homeschool)	Fridays, 11/8-12/13 (no class 11/29)	10:30am-11:45am	\$50/\$60NR
Grades 3-6	Wednesdays, 11/6-12/11	5:00pm-6:00pm	\$65/\$75NR



Tot Hop



Tot Hop is our youngest hip hop class offering. This class is perfect for your dancer who has a lot of energy and is always on the move! Please send your dancer in comfortable clothing and indoor sneakers. No jeans please.

Min 4/Max 12

Dates: Session 1: Sep 9 – Oct 21 (No class Oct 14)
Session 2: Nov 4-Dec 16 (No Class Nov 11)

Day: Mondays

Time: 10:00am-10:45am

Ages: 3-4

Location: South Portland Community Center

Cost: Residents \$50.00

Non-Residents \$60.00

Instructor: Brio Dance Studios

Coordinator: Jenee Pelletier

Bouncing Buds

Bouncing Buds is a dancer's first experience with movement. This class is designed for the student to take class without a parent or guardian, experiencing creative movement and pre-ballet steps. Dancers will learn to work with a group, share and take turns and follow directions while having fun and dancing with props. Please send your dancer in comfortable and non-restrictive clothing and bare feet. No jeans please.
Min 4/Max 12

Dates: Session 1: September – October 21

(No class October 14)

Session 2: November 4-December 16

(No Class November 11)

Day: Mondays

Time: 9:15am-9:45am

Ages: 2-3

Location: South Portland Community Center

Cost: Residents \$50.00

Non-Residents \$60.00

Instructor: Brio Dance Studios

Coordinator: Jenee Pelletier

NEW

Mixed Media

NEW! This class is all about seeing art in everything! No matter what the object is, it can be turned into art! We will be getting extra creative and inventive in this class! Be amazed as you learn to make beautiful pieces of art out of found objects mixed with traditional art supplies. You will leave this class seeing the world around you in new artistic ways. (Please dress appropriately for getting messy.)
Min 4/Max 12

Dates: November 7-
December 12

(No class 11/28)

Day: Thursdays

Time: 5:00pm-6:30pm

Grades: 3-6

Location: SPCC Art Room

Cost: Residents \$65.00

Non-Residents \$75.00

Instructor: Lindsey Mattei

Coordinator: Jenee Pelletier



December Vacation Camp

School Vacation Camps are for children in grades K-5 who are residents of South Portland. Children will enjoy field trips and special events, inside and outside play and arts and crafts. There are no sibling discounts for this program. *Min 30/Max 50*

December Pick-A-Day Vacation Camp

Dates: December 23, 26, and 27
Days: Monday, Thursday, and Friday
Time: 8:00am-5:00pm
Grade: K-5
Location: SPCC Afterschool Wing
Cost: \$30.00 per day
Rec Supervisor: Kari Filieo

** February & April Vacation Camps will be advertised in our next brochure.*



Early Release Days

We offer programs for Early Release Days for children in grades K-5 who attend South Portland Schools. Children will enjoy field trips and special events, inside and outside play and arts and crafts. Transportation is provided from area elementary schools. There are no sibling discounts for this program. *Min 30/Max 50*

Time: 12:30pm-5:00pm
Grade: K-5
Location: SPCC Afterschool Wing
Cost: \$35.00
Rec Supervisor: Kari Filieo

** Remaining Early Release Days will be advertised in our next brochure.*

Fall/Winter Early Release Dates

Wednesday, September 25

Tuesday, November 26

Wednesday, December 4

Teacher Workshop Days

Teacher Workshop Days are for children in grades K-5 who are residents of South Portland. Children will enjoy field trips and special events, inside and outside play and arts and crafts. There are no sibling discounts for this program. *Min 30/Max 50*

Time: 8:00am-5:00pm
Grades: K-5
Location: SPCC Afterschool Wing
Cost: \$50.00
Rec Supervisor: Kari Filieo

** Remaining Teacher Workshop Days will be advertised in our next brochure.*

Fall/Winter Teacher Workshop Dates

Friday, October 11

Wednesday, November 27

South Portland Parks and Recreation

Afterschool Adventures!

2019 - 2020



Kindergarten – 5th Grade

This Program is available for South Portland Residents Only

NEW - Brown Elementary School
Before and AfterCare Provided
 7:00am – 9:00am 3:00pm – 6:00pm
 AM Spaces Available: 20
 PM Spaces Available: 30

Kaler Elementary School
Before and AfterCare Provided
 7:00am – 9:00am 3:00pm – 6:00pm
 AM Spaces Available: 20
 PM Spaces Available: 30

Skillin Elementary School
Before and AfterCare Provided
 7:00am – 9:00am 3:00pm – 6:00pm
 AM Spaces Available: 20
 PM Spaces Available: 30

South Portland Community Center
 Transportation from Dyer & Small
Aftercare Provided
 3:00pm – 6:00pm
 Available Spaces: 50

Starting on Tuesday, September 3, 2019

Afterschool Adventures will be held each day school is in full session.

Monday – Friday, 7:00am-9:00am (Before Care) and 3:00pm-6:00pm (Aftercare)

No program on school vacation weeks & early release/teacher workshop days
 (Alternative programs will be offered at an additional cost)



2019-2020 Registration Opens on Monday, April 22nd.

Weekly Cost:

Before Care Only

(Brown, Kaler, & Skillin)

3 days: \$42.00

4 days: \$52.00

5 days: \$60.00

Before & After Care

(Brown, Kaler, & Skillin)

3 days: \$90.00

4 days: \$112.00

5 days: \$130.00

After Care Only

(Brown, Kaler, Skillin, SPCC)

3 days: \$54.00

4 days: \$68.00

5 days: \$80.00

Sibling discount: \$10.00 off 2nd child

Registration fee of \$25.00 per child

Kari Filieo

Interim Recreation Coordinator

kfilieo@southportland.org

Robert Carter

Recreation Manager

rcarter@southportland.org

Breakfast with Santa



Come one come all! Enjoy a breakfast in our senior wing, with a visit from the Jolly old Elf himself! Children will have an opportunity to visit with Santa and have their picture taken, so bring your camera! Breakfast will consist of pancakes, sausage, fruit cocktail and beverages. The proceeds from this program will be donated to the South Portland Police Department VIPS Program.

Date: Saturday, December 7, 2019

Time: 8:00am-10:00am

Location: SPCC Senior Wing

Cost: \$8.00 per person,
children under 2 are FREE!

Coordinator: Robert Carter

HOLIDAY FEST



Join us for our annual Holiday Fest at Mill Creek Park! The trees will be strung with beautiful lights as we all count down from 10 to see the lights turn on for the season! There will be family friendly activities throughout the night including pictures with Santa!

Date: Friday, December 6

Time: TBA

Locations: Mill Creek Park

Coordinator: Robert Carter

Check our Facebook Page for more details and updates "South Portland Parks and Recreation"

Third Saturday Trail Beautification

Are you looking for a way to give back to your community? Join us in partnership with the South Portland Land Trust every third Saturday from April – October for trail beautification! Activities include blazing, raking, pruning, installing/repairing footbridges, building retaining walls and much more. No experience or equipment necessary! This is a great way to discover trails in South Portland. Check our Facebook page for trail dates and locations.

Dates: September 21 & October 19

Day: 3rd Saturday

Time: 9:00am-12:00pm

Locations: Various South Portland Trails

Cost: FREE

Coordinator: Kristina Ertzner

Thank You to Our Event Sponsors!

4th of July Extravaganza and Mill Creek Summer Concerts

Mill Creek Summer Concerts



BECOME A SPONSOR!

Contact Robert Carter for more information on sponsorships.

South Portland Municipal Golf Course – Fall Sunset Specials!

Fall is a great time to play golf! Grab a friend or two and come out and enjoy a few rounds before the snow flies.

Month of September

Play any time after 5:00pm for only \$10.00!

Month of October

Play any time after 4:00 pm for only \$10.00!



Looking for a great stocking stuffer? Stop by the Community Center at 21 Nelson Rd to purchase a 13 Play Pass for next season for only \$140.00!



South Portland Community Center Pool Information

DAILY FEES

Residents of South Portland: Adults \$4.00 Children/Seniors \$3.00

Non-Residents: Adults \$5.00 Children/Seniors \$4.00

Frequent user passes are available for purchase at the Front Desk.

Our pool is 25 meters in length with a one-meter diving board. This facility also has a ramp and Hoyer Lift, which allows for easy access to the water. We have a 6 person HydroWorx spa that is available for public use during public swims. Please contact Aquatics Coordinator Patrick McArdle (pmcardle@southportland.org) with any questions, comments or concerns. A complete list of rules is posted at the desk.

Please Note:

1. Proper bathing attire is required
2. Shoulder length or longer hair must be tied back or in a bathing cap
3. Children (10yo and younger) must be directly supervised by the accompanying adult/swimmer (age 16 years or older)
4. Pool staff has the authority and responsibility to refuse service to anyone who poses a danger to themselves or others
5. Patrons who are incontinent or not completely potty-trained must wear properly fitting rubber pants with elastic cuffs or swimming diapers



OPEN SWIM – Generally, 2 lap lanes are available, but not always on the weekends. Children under 10 must be accompanied and supervised by a swimmer 16 or older. Patrons wearing a life-jacket/PFD **MUST** stay within arms-reach of a parent or guardian at all times.

ADULT SWIM – Participants must be at least 18 years old. Three lap lanes are generally available. Some Adult Swims share the pool with aquatic fitness programs, please refer to the schedule.

ADULT LAP SWIM – For those 18 years and older (or youth with permission), the pool will have “all lanes in”, unless scheduled with a Water Aerobics class or Family Swim. Patrons should be aware of the different speeds (marked on cones) and pick a lane that best represents their pace.

SHALLOW OPEN SWIM – This swim time will be held in the shallow end of the pool, while a deep water aerobics class is using the deep end. There are no lap lanes available. Water toys are available during these swims.

LAP SWIM – Participants (of any age) must be swimming laps for exercise benefit. Generally, there are 3-6 laps available.

SENIOR CITIZEN SWIM – Participants must be at least 60 years young, please!

WATER AEROBICS – All aerobics classes have a Drop-in fee as follows: Residents \$4.00 per class and Non-Residents \$5.00 per class.

~SHALLOW WATER AEROBICS – Non-swimmers welcome. Medium level intensity class taught with the instructor giving cues for other levels. Minimal impact due to the buoyancy of the water. Some classes share the pool with public swims.

~DEEP WATER FITNESS – The workout will include aerobics and strength training. This is a no impact class due to the depth of the water. Participants must be able to swim a minimum of 25 meters (1 length) without a floatation device.

~RHYTHM & SCULPT – Enjoy light dance-style moves and easy-to-follow steps to promote tone and water resistance in the shallow end of the pool, in a circuit style of training.

Want to come over for a swim?

Check out our monthly pool calendars at www.sopoparksrec.com or grab a hard copy at the desk.

Swim Lesson Registration Information

A Note to Parents

In order to derive the maximum benefits from swim lessons, the following suggestions are recommended:

1. In order to keep hair out of your child's eyes, PLEASE style hair in a ponytail, braid, or use a swim cap.
2. Always have your child use the restroom before class.
3. Try to get your child to every class on time and ask your child to learn the instructor's name.
4. Do not expect miracles from your child. Improvement in swimming is often gradual. At the end of each session, a progress card is handed out, which provides the next class level recommendation. Often it takes several sessions to move from one level to the next.

Swimming lesson sessions run for a total 7 weeks. In the event of a facility closure due to weather or a pool related issue, we will extend one week longer to make up for the missed class. We will not allow for individuals to make up a missed class due to safety standards we must maintain for class sizes, instructor ratios and pool spacing.

Fall Swim Registration Dates

Residents may register ONLINE (or in person) beginning

Monday, September 9 at 7:00am.

NON-Residents may register ONLINE
(or in person) beginning

Thursday, September 12 at 7:00am.



Please note the following...

1. If your child is placed on the waiting list, you will receive a call from our pool staff **IF** we are able to accommodate your request with instructions on when to come in and register.
2. Registrations will be accepted for our Fall swim lessons through the start of the first week of class **OR when classes are full.**
3. Adults may register for adult swim lessons online or at the desk anytime.

Diving Lessons for Children and Adults

This program will include instructional classes in springboard diving. These lessons will be designed to incorporate a variety of experience levels. Those with no experience will learn the basics of approaches, hurdles, and entries, as well as some basic dives. Those with more experience will work on technique for voluntary and optional dives from all categories. These classes will be taught by Ryan Green, a coaching veteran in Maine high school's SMAA, and multiple time Class A Diving Coach of the Year.

Fall 2019 Session:

Dates: Tuesdays, October 1-November 12

Time: 6:00pm-7:00pm

Resident Cost: \$50.00 **Non-Resident Cost:** \$60.00

Minimum age is 6 years old (with no exception)

Preschool Aquatics Program Information

Preschool I

For children 3-6 years old, this is an introductory stage in aquatic development. We take a playful approach to learning water safety and swimming basics. Many children who take this class have never been in a pool, lake or other open water before. Either way, our goal is to provide quality leadership in a safe environment where youngsters can work towards self-sufficiency in the water!

Preschool II

Preschool Level II is designed for those 3-6 year olds who have taken Preschool I Lessons and clearly shown a higher level of ability and comfort in the water and have been recommended by staff to move on. Preschool II children must be able to put their faces in the water comfortably, swim with no assistance for short distances and float on their back with minimal support before entering the class. Participants will concentrate on more endurance swimming, back stroke, underwater swimming, and beginners diving. Skills at this level are performed independently.

Preschool III

Preschool Level III is built on the skills learned in Preschools Level I & II by providing additional guided practice of basic aquatic skills at slightly more proficient performance levels and greater distances and times. When these children turn 6 years old and enter Progressive level Learn-to-Swim Lessons, they may go to Learn-to-Swim Level 2 or Level 3, depending on the recommendation of the instructor.

Preschool Aquatics Dates and Times

For children ages 3-5 years old

PLEASE NOTE...3 year old children may be in Parent & Child OR Preschool 1 lessons.

Please consult with Aquatic Supervisors, Lesley or Mike, if you have any questions about which level to start with.

Age is just one factor for entering into our Preschool Swim lessons program.

Cost: \$50.00 residents/\$60.00 non-residents

Fall 2019 Session:

Saturdays, October 5 – November 16

Time: 8:00am-8:30am (Preschool 1)
Time: 8:30am-9:00am (Preschool 3)
Time: 9:30am-10:00am (Preschool 1)
Time: 10:00am-10:30am (Preschool 1, 2)
Time: 10:30am-11:00am (Preschool 1, 3)
Time: 11:00am-11:30am (Preschool 1)

Sundays, October 6 – November 17

Time: 1:00pm-1:30pm (Preschool 3)
Time: 1:30pm-2:00pm (Preschool 1)
Time: 2:00pm-2:30pm (Preschool 1, 2)
Time: 2:30pm-3:00pm (Preschool 1)
Time: 3:30pm-4:00pm (Preschool 2)

Tuesdays, October 1 – November 12

Time: 9:00am-9:30am (Preschool 1)
Time: 9:30am-10:00am (Preschool 1)
Time: 6:00pm-6:30pm (Preschool 1, 2)
Time: 6:30pm-7:00pm (Preschool 1, 3)

Wednesdays, October 2 – November 13

Time: 9:00am-9:30am (Preschool 1)
Time: 9:30am-10:00am (Preschool 1)
Time: 1:00pm-1:30pm (Preschool 2)
Time: 1:30pm-2:00pm (Preschool 3)

Fridays, October 4 – November 15

Time: 9:00am-9:30am (Preschool 1)
Time: 9:30am-10:00am (Preschool 1)

Parent & Child Aquatics ("Family Lessons")

This class is for parents/care-givers and their 9 month to 5 year old child (by the start of the program). In this playful networking class, parents and the children learn together to increase the child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. This level is fun-filled and helps introduce water safety concepts and encourages a healthy recreational habit that the entire family can enjoy.

Although at the age of 3, children can enter into our Preschool I class, we STRONGLY encourage parents to register their children for this Parent & Child class if it is their first experience in swimming lessons. Please ask the swim staff should you have any questions about registering your child for their first swim class.

Cost: Residents: \$50.00/Non-Residents: \$60.00

Minimum 4 Participants

Fall 2019

Fridays, October 4 – November 15

Time: 9:00am-9:30am

Saturdays, October 5 – November 16

Time: 8:00am-8:30am **Time:** 8:30am-9:00am **Time:** 9:00am-9:30am

Sundays, October 6 – November 17

Time: 3:00pm-3:30pm

South Portland Riptide Swim Club

Riptide Swim Club is designed for swimmers ages 8-14 who are looking to build endurance and improve their stroke technique. This program will provide an introduction to competitive swimming in a fun and relaxed atmosphere. Our goal is to inspire a love of the water and foster enjoyment of this lifelong sport. If you have any questions about this program or evaluations, please feel free to contact Head Coach Kara Ciampi via email at kara@ciampimail.com.

**If your child has not participated in Riptide within the last year, please bring him/her to the Evaluation and Placement night prior to registration.

If you do not attend the Evaluation Night, your registration will be removed from the system.**

Practice Nights are Mondays and Wednesdays, 6:00pm-7:00pm

Cost: Residents \$100.00/Non-Residents \$110.00 *Max 40 kids*

Fall 2019 Session:

October 16 through December 18

Holidays: (NO practice) 11/11 & 11/27

Swim Meet: TBD (at Cape Elizabeth Pool)

Evaluation:** Tuesday, September 24 at 6:00pm

(**for those who are new OR have not been involved in the past year)

Online Registration:

Wednesday, September 25 for Residents starting at 7:00am

Thursday, September 26 for Non-Residents starting at 7:00am

South Portland Riptide PLUS Swim Club

RipTide Plus is designed for Middle School swimmers who are genuinely interested in improving their swimming skills. Practice will consist of 50% technique work and 50% endurance and conditioning.

If you are interested in this program and have not done it before, please contact Head Coach Kara Ciampi via email at kara@ciampimail.com, before registering.

Practice Nights are Mondays 7:00pm-8:00pm & Wednesdays 7:00pm-8:00pm

Cost: Residents \$175.00/Non-Residents \$185.00

Max 15 swimmers

Fall/Winter 2019 Session:

October 16 through February 12, 2020

Holidays: (NO practice) 11/11, 11/27, 12/23, 12/25, 12/30, 1/1/20

Online Registration:

RESIDENTS:

Wednesday, September 25 starting at 7:00am

NON-RESIDENTS:

Thursday, September 26 starting at 7:00am

BEGINNER Adult Swim Lessons

We are pleased to offer an exclusive Beginner Swim Lessons for adults (14+) this Fall. These skill-appropriate classes are offered to promote comfort and fundamentals, as well as safety in the water.

Beginners will focus on basics such as water comfort/stability, floating, treading, exhaling in the water and long dog style swimming. Advancement to more active skills such as: rotary breathing, front crawl, and breast stroke, will be taught as well. We will strive for learning efficiency in the water and the confidence to swim independently without support.

Fall 2019

Date: Sundays, October 6-November 17

Time: 7:00pm-7:45pm

Cost: Residents \$50.00/Non-Residents: \$60.00

Stroke Refinement Clinic

We are excited to offer a Fall session for adults (14+) who are training for triathlons, swim races, competitive events or **are simply looking to become stronger lap swimmers (without training for a specific race)**. This course will meet once a week under the guidance of our top instructors and coaches. This course will aim to get athletes in swimming shape by building endurance, utilizing drill work to refine competitive strokes, swimming directed sets and learning tips on how to swim efficiently. This is a course that no advanced swimmer wants to miss out on!

Min 4/Max 9

Cost: Residents \$50.00/Non-Residents: \$60.00

Pre-Requisite: participants MUST be able to 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. Please bring goggles and a swim cap to every lesson. We will supply all other equipment needed.

Fall 2019

Tuesdays

Oct 1-Nov 12

Time: 7:45am-8:30am

Thursdays

Oct 3-Nov 14

Time: 8:00am-8:45pm

Saturdays

Oct 5-Nov 16

Time: 11:00am-11:45am

AMERICAN RED CROSS LIFEGUARD CLASS



Register today for an American Red Cross Lifeguard Course to learn lifesaving skills to help keep people safe in, on and around the water. Skills taught include CPR, how to respond in an emergency, and proper technique for rescues in the water.

These jobs are in high demand! Plus, the American Red Cross certification is recognized nationwide so you can work anywhere in the U.S.

Course length: approx. 20–22 hours

These classes will be taught by: Michael Carter

Cost: Residents \$225.00/Non-Resident \$250.00

Minimum age is 15 years old, by the conclusion of the course (with no exception)

September 2019 Session:

Course dates: Friday, September 20, 5:00pm-9:00pm

Saturday, September 21, 8:00am-4:00pm

Sunday, September 22, 8:00am-4:00pm

High School Swim Team Preparation Course

We are once again pleased to offer a High School Prep program Under Head Coach, Kara Ciampi and her staff, this program is designed for high school swimmers (who are not actively swimming on a club team) who are looking to amplify their accomplishments during their high school season by getting a jump start on conditioning. This group will spend about 80% of their time conditioning and 20% of the time will be taking advantage of the low swimmer-to-coach ratio working on technique. *Max 15 swimmers*

Please e-mail questions to
Kara Ciampi kara@ciampimail.com

Session dates:

September 16-November 15

Practice days:

Mondays, 2:45pm-4:00pm

Wednesdays, 2:45pm-4:00pm

Fridays, 2:45pm-4:00pm

Holidays (NO practice):

Monday, October 14 (Columbus Day)

Monday, November 11 (Veteran's Day)

Cost: Residents: \$175.00

Non-Residents: \$185.00

ARC Swim Lesson Information

Participants in the youth progressive swim program must be a minimum of 6 years old. All swimming abilities are welcome to participate in this American Red Cross Learn-to-Swim program. Because of space and staff limitations, children must be registered for the proper level. Our aquatic staff will gladly assist you in determining the best level for your child. Placement will be verified during the first class meeting and the staff will do their best to accommodate necessary level switches. In the event we are unable to do so, based on class size limits or timing, we can offer a full class refund or credit to be used towards a following session.

(Note: Distances listed in the prerequisites are the minimums that skills must be performed to meet specific proficiency requirements.)

Level 1: Introduction to Water Skills

OBJECTIVE: To help students feel comfortable in the water and learn how to enjoy the water safely. Lessons include: Basic water safety rules, using a life jacket, submerging mouth, nose, and eyes, swimming on front and back using arm and leg actions, exhaling underwater, and floating on front and back.

Level 2: Fundamental Aquatic Skills

OBJECTIVE: To give students success with fundamental skills. Prerequisites include ability to fully submerge face for a minimum of 3 seconds, float on back and front with assistance, and demonstrate safe water/pool entries and exits. Skills introduced include: Submerging entire head, front & back glides, bobbing in water, treading water using arm & leg motions, jellyfish float, swimming using combined strokes on front and back, recognizing swimmers in distress and getting help.

Level 3: Stroke Development

OBJECTIVE: To build on the fundamental skills (see Level 2) through guided practice. Prerequisites include demonstrated ability to perform unsupported 5-second float or glide on front and back, and independent swimming on front and back for a minimum of 5 yards. Being able to roll from front to back and back to front. Feel comfortable in the deep end. Skills introduced include: Reaching assists, swimming without assistance, front and back crawl stroke, rotary breathing in horizontal position, butterfly kick and body motion, kneeling and standing dice from side of pool, survival floats, and retrieving underwater objects.

Level 4: Stroke Improvement

OBJECTIVE: To develop confidence in the strokes learned and improve other aquatic skills. Prerequisites include demonstrated ability to perform the crawl stroke with rhythmic breathing for a minimum of 10 yards, elementary backstroke for a minimum of 10 yards and front dive. Skills introduced include: breaststroke, elementary backstroke, butterfly, and sidestroke, and feet-first surface dives.

Level 5: Stroke Refinement

OBJECTIVE: To provide coordination and refinement of strokes. Prerequisites perform a feet-first entry into deep water, swim front crawl for 25 meters, change direction and position as necessary, swim elementary backstroke for 25 meters, and swim breaststroke for 15 meters. Skills introduced include: open turns, front and backstroke flip turns, standing dives and survival swimming, along with endurance swimming and more complex rescue safety topics.

ARC Learn to Swim Dates and Times

For children ages 6-14 years old

Cost: Residents: \$50.00/Non-Residents: \$60.00

Fall 2019 Session:

Thursdays, October 3-November 14

Time: 7:00pm-7:45pm (Levels 1, 2, 3, 4, and 5)

Saturdays, October 5-November 16

Time: 8:00am-8:45am (Levels 3, 4, and 5)

Time: 9:00am-9:45am (Levels 1, 2, 3 and 4)

Time: 10:00am-10:45am (Levels 2, 3, and 4)

Time: 11:00am-11:45am (Levels 1, 2 and 3)

Sundays, October 6-November 17

Time: 1:00pm-1:30pm (Levels 2, 3 and 4)

Time: 2:00pm-2:45pm (Levels 2 and 3)

Time: 3:00pm-3:45pm (Levels 2, 3, and 4)

Time: 4:00pm-4:45pm (Level 1, 2, 3 and 5)

Staff Spotlight

Michael Blanchard Aquatics Supervisor



What does your job entail with South Portland Parks, Recreation and Waterfront?

I'm the Evening Aquatics Supervisor. I oversee all pool programming/staffing during our evening hours of operation.

How did you get started in this Field?

I've always loved the water. I started swimming competitively at age 13. It was just a natural progression to become a lifeguard at 15, then teach and coach swimming. After high school, I began coaching in Cape Elizabeth, and supervised the evening and Saturday lesson programming.

What do you like most about your job?

Every day, I get an opportunity to emulate the people that were most important in my childhood and adolescent development. There have been many life-lessons along the way that I can trace back to what I learned as a swimmer, guard, instructor, and coach.

What do you like most about South Portland?

The sense of family here. I was a patron who swam here for years. Patrick McArdle used to work nights when I started swimming here. He kept suggesting (pestering! lol!) that I get recertified to guard and teach.

Lesley Hurley and Robert Carter were my biggest cheerleaders, as I began to rediscover how much I loved being involved with the sport. And the entire staff were friendly and welcoming.

What is your favorite park in South Portland?

Is Willard Beach a park?

Tell us about a new project or program you are working on?

I'd like to see a casual evening masters swimming program at South Portland. But finding room on the schedule is a challenge. That's a pleasant problem though, as the pool serves so many residents in and around the South Portland Area.

What do you do for fun?

I like to swim (big surprise!). And I like to watch sports. I enjoy traveling with my husband, and love doing service work in the community for LGBT youth, and people struggling with addiction.

What is your favorite food?

Sushi and Seafood

What is your favorite restaurant?

Yosaku/Ben Kay/Huot's Seafood

What's on your song list now?

I love a band called Yes. I really enjoy progressive rock from the 60's and 70's. But I'll listen to almost any genre.

What is Your favorite sports team:

I'm a Boston/New England sports fan. Tried and true. I'm old enough to remember some very sparse times, so I'm loving these last few decades.

What is your favorite sport to play?

Um . . . Do I really have to tell you?

What is your favorite hobby?

I'll give you a hint. It involves water.

How can people get in touch with you if they have a question?

mblanchard@southportland.org

The South Portland Parks, Recreation & Waterfront Staff Emails

Kevin Adams
Director
kadams@southportland.org

Karl Coughlin
Deputy Director
kcoughlin@southportland.org

ADMINISTRATIVE STAFF

Michelle Erskine
Recreation Administrative Assistant
merskine@southportland.org

Barbara Romano
Parks Administrative Assistant
bromano@southportland.org

AQUATICS STAFF

Michael Blanchard
Aquatics Supervisor
mblanchard@southportland.org

Patrick McArdle
*Aquatics & Waterfront
Recreation Manager*
pmcardle@southportland.org

Lesley Hurley
Aquatics Supervisor
lhurley@southportland.org

CUSTOMER SERVICE STAFF

Stephen Dunn
Customer Service Representative
sdunn@southportland.org

Kari Filieo
*Customer Service Representative/
Before care and Aftercare Billing*
kfilieo@southportland.org

Stella Main
Customer Service Representative
smain@southportland.org

PARKS STAFF

John "Linky" Erskine
Parks Operation Manager
jerskine@southportland.org

Darrell Parker
Parks Foreman
dparker@southportland.org

RECREATION

Robert Carter
Recreation Manager
rcarter@southportland.org

Emily Ciampi
Out of School Recreation Coordinator
econroy@southportland.org

Whitney Dorsett
Recreation Program Manager
wdorsett@southportland.org

Karla Doyon
Senior Program Recreation Coordinator
kdoyon@southportland.org

Alicia Hoyt
Teen Center Coordinator
ahoyt@southportland.org

Anthony Johnson
Recreation Operation Manager
ajohnson@southportland.org

Jenee Pelletier
Youth Program Recreation Coordinator
jpelletier@southportland.org

Rick Perruzzi
Recreation Manager
eperruzzi@southportland.org



**South Portland Parks, Recreation
& Waterfront Presents**

Bug Light Park

CAR SHOW

Wednesday,

September 4, 2019

4:30pm - sunset

***rain date Wednesday, September 11**

Join us for music, food (available at additional cost) as well as door prizes and the opportunity to chat with local owners of over 200 vintage & classic cars & motorcycles!

Admission is free and open to the public

Bug Light Park Madison St, South Portland, Maine 207-767-7650

Coordinator: Robert Carter

The owners respectfully request the "Do Not Touch" policy.

Check our Facebook Page this summer for more details "South Portland Parks and Recreation"