

South Portland Municipal Pool Schedule January & February 2021

Please review other side of this calendar for important information regarding our new swim/class format!

Please stop by and visit us at:
21 Nelson Road 207-767-7650
Or check us out online at:
www.sopoparksrec.com

Swim/Class Fee:

SP Residents:	Adults \$4
	Children/ Seniors 60+ \$3
Non-Residents:	Adults \$5
	Children/ Seniors 60+ \$4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6 AM	SPCC CLOSED					SPCC CLOSED	SPCC CLOSED	
7 AM	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim			
8 AM	Shallow Water Aerobics	Deep Water Aerobics	Shallow Water Aerobics	Deep Water Aerobics	Shallow Water Aerobics			
9 AM	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim			Shallow Water Aerobics
10 AM	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim			Lap/Open Swim
11 AM	SENIOR only Lap/Open Swim	SENIOR only Lap/Open Swim	SENIOR only Lap/Open Swim	SENIOR only Lap/Open Swim	SENIOR only Lap/Open Swim			Lap/Open Swim
12 pm	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	
1 PM	Lap/Open Swim	Lap/Open Swim	Out-Of-School Rec Care Swim Time (closed to public)	Lap Swim & J.A.M. Fitness Class	Maintenance (pool closed)	Lap/Open Swim	Lap/Open Swim	
2 PM	Lap/Open Swim	Lap/Open Swim		Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	
3 PM	SPHS Swim/Dive Team practice	SPHS Swim/Dive Team practice	SPHS Swim/Dive Team practice	SPHS Swim/Dive Team practice	SPHS Swim/Dive Team practice	SPCC CLOSED	Lap/Open Swim	
4 PM							Lap/Open Swim	
5 PM	CMA Swim practice	CMA Swim practice	CMA Swim practice	CMA Swim practice	CMA Swim practice		Deep Water Aerobics	
6 PM	Deep Water Aerobics	Shallow Water Aerobics	Deep Water Aerobics	Shallow Water Aerobics	Deep Water Aerobics		SPCC CLOSED	
7 PM	Lap Swim & Deep Water Aerobics	Lap/Open Swim	Lap Swim & Deep Water Aerobics	Lap/Open Swim	Lap/Open Swim			

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SPHS & CMA swim teams intend to maintain their practice schedule as listed. Should this change, we will add in Lap/Open Swims and will inform the public via an email blast.

IMPORTANT points to know before using the pool:

The pool is CLOSED on:

-**Monday, 1/18** for Martin Luther King Jr. Day

-**Monday, 2/15** for President's Day

- Registration AND payment must be made online for each swim/class; **no refunds for missed sessions.**
- Punch passes will not be honored at this time, due to constraints of our software system
- ALL swims and classes will be 45 minutes in length, allowing staff to sanitize before the next slot
- 2 swimmers per lap lane and 15 aerobics participants per class
- The hot tub will be open during each timeslot. One guest or one household in at a time.
- Enter the building 5 min early, and use the computerized temperature scanner. Walk to the Family Locker rooms.
- Masks are required until you enter the water; street shoes OFF on the blue deck (leave them on the shoe racks)
- Entrance to each timeslot will occur through the Family Locker room; please wait for the guard to take attendance
- Be ready to use the pool without changing...**swim suits ON before you arrive, please!**
- Exit through the Mens and Womens (masks on) locker room. You may use the open lockers to change.
- No showering in the locker rooms. Showers have been turned off.
- Kickboards, pull buoys, noodles, toys and barbells WILL be available for use (sanitized after each timeslot)

LAP/OPEN SWIM (defined): there will be 6 lap lanes set up in the pool with two patrons allowed in each lane. Patrons may swim, exercise, stretch, walk or float in the lane, with equipment (if desired). Patrons may choose to split the lane (with each patron staying on one ½) or may choose to use a circle format. 45 mins is the allotted time, allowing the staff time for sanitizing between timeslots. Masks must be worn when arriving/departing the building, but not IN the pool.

J.A.M. (Joint And Movement) (defined): a group program that uses a variety of low-impact, water-based exercises and movements for those who experience stiffness and discomfort with day-to-day activities. We will focus on improving range of motion, balance, flexibility, along with muscle strength. Both the shallow and deep ends of the pool will be used, along with dumbbells, noodles, belts and other flotation and water resistant devices.