

SOUTH PORTLAND

Parks, Recreation & Waterfront

Fall

2021

Fall Registration Dates

Rec Programs - Resident Registration
– August 23 –

Rec Programs - Non-Resident Registration
– August 26 –

Pool Programs - Resident Registration
– September 13 –

Pool Programs - Non-Resident Registration
– September 16 –

Online Registration begins at 12:00 a.m.

Walk-in Registration begins at 7:00 a.m.

www.sopoparksrec.com • 207-767-7650



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Congratulations to our brochure cover contest winner Denise Michaud for providing us with this beautiful photo of Hinckley Park.

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 in the community.

"Enriching lives...strengthening community"



LOCATIONS & HOURS OF OPERATION

SOUTH PORTLAND COMMUNITY CENTER

Address: 21 Nelson Rd, South Portland, ME 04106

Telephone: 207-767-7650

Hours of Operation:

Monday – Friday – 6:00am – 9:00pm

Saturdays – 8:00am – 5:00pm

Sundays – 10:00am – 6:00pm

*Recreation Admin Offices: Mon-Fri - 8:00am – 4:30pm

REDBANK COMMUNITY CENTER

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

Telephone: 207-347-4145

Hours of Operation:

Teen Center Hours: Mon-Fri – 2:30 – 6:00pm

Other Hours: vary with scheduled programs

PARKS DEPARTMENT

Address: 929 Highland Ave, South Portland, ME 04106

Telephone: 207-767-7670

Hours of Operation:

Office Hours: Mon-Fri - 7:00 am – 3:00 pm

SOUTH PORTLAND RECREATION COMPLEX AT WAINWRIGHT FARMS

Address: 125 Gary L Maietta Way

Telephone: 207-767-7611 press 2 then 7506

Hours of Operation:

Daily 7:00am – Dusk

Website: www.sopoparksrec.com

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
RENTALS**

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
767-7650 ext. 7512
ajohnson@southportland.org

Parks (includes requests for outdoor weddings)

Karl Coughlin, Director
207-767-7650 ext. 7803
kcoughlin@southportland.org

Outdoor Athletic Fields (includes school fields & Wainwright Athletic Complex)

Rick Perruzzi, Recreation Manager
767-7650 ext. 7558
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For Facility Rental Rates – visit our website, www.sopoparksrec.com and view the rates under the "Facilities" tab.

GENERAL POLICIES & REGISTRATION 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 cancelled. 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 residents only. Please call the South Portland Community for more information.

CITY OF SOUTH PORTLAND CLOSED DATES

Monday, September 6 - Labor Day
Monday, October 11—Indigenous Peoples Day
Thursday, November 11—Veteran's Day
Thursday, November 25—Thanksgiving
Friday, November 26—Day After Thanksgiving
Friday, December 24 (observed) - Christmas
Friday, December 31 (Observed) - New Years Day 2022

FALL REGISTRATION DATES

Rec Programs - Resident Registration	August 23
Rec Programs - Non-Resident Registration	August 26
Pool Programs - Resident Registration	Sept. 13
Pool Programs - Non-Resident Registration	Sept. 16
Online registration begins at 12:00 am	
Walk-in registration begins at 7:00 am	

SOUTH PORTLAND SKATEPARK PROJECT

The South Portland Skatepark Committee continues to actively fundraise for the development of a 10,000 square foot, concrete skatepark to be installed at 230 Evans Street, in between the Community Center and South Portland High School. The fundraising goal is \$500,000. Between the City of South Portland CIP funds, local donations and grants, we are only \$100,000 from reaching our goal and making this dream a reality for the community. Help support the park!



*Design of proposed park at 230 Evans Street,
South Portland*

How to Help

Donate Online

Visit our online donation page to make an online donation. You can also “create your own fundraiser” to share on your own social media pages to help raise funds for the park.

Use QR code or visit www.4giving.com/donation/29AE.



Check donations are also accepted at the Community Center or can be mailed to 21 Nelson Rd, South Portland ME, 04106, Attn: Skatepark Project. Checks should be made payable to the “City of South Portland”.

SoPo Skatepark Fundraising Skate Jam!

Sunday, August 29

3:00 - 6:00pm

SPCC Parking Lot (Nelson Rd side)

Mini Ramps

Food Truck

Kids Activities

Silent Auction

Bring the whole family for an evening of fun and learn more about our fundraising efforts!



HUGE THANKS to our supporters so far!

Advanced Level Sponsors



Professional Level Sponsors



Jeff Woodbury

Intermediate Level Sponsors



WALKING TRACK INFORMATION

The walking track is located above the gymnasium at the South Portland Community Center. 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. 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 55 - \$1.00

Non-residents over age 55 - FREE



SCHOLARSHIP INFORMATION

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.



SOUTH PORTLAND COMMUNITY SCHOLARSHIP FUND

We have created this fund to allow the public the ability to make donations to our department. These donations will be used to help those youth, adults and seniors with program related costs such as registration fees, equipment and more. You may donate any amount that you would like. To make a donation, please visit our website (www.sopoparksrec.com) and search "Donation Opportunities" under the Programs Tab. We appreciate your generosity as every little bit helps.



Stay up to date on news, program and event information by searching "South Portland Parks & Recreation" on Facebook.



SENIOR TRIPS

PUMPKIN VALLEY FARM SUNFLOWER FEST

Are you grieving the end of summer? This is for you! Pumpkin Valley Farm's Sunflower Festival is the perfect opportunity for you to get outside before the boots and scarves make their way back into your wardrobe. Stroll through the field of blooming sunflowers, visit the farm animals, enjoy fresh kettle corn and more. Visiting days are planned according to blooming days, so you are sure to witness the most glorious views of giant sunflowers. *Min 8/Max 11*



Date: Friday, September 3
Time: Departs SPCC 12:15pm / Approx. return 3:30pm
Location: Dayton, ME
Fee: \$14.00 *(Includes transportation, sunflower fest admission, water & snack. Bring cash for food/drink purchases at the farm)*
Staff Coordinator: Karla Doyon

PICNIC AT THE NUBBLE

Pack your lunch and join us as we head to one of the most photographed lighthouses, Nubble Light. We will have time to picnic, take photographs, visit the gift shop and roam the surrounding park. Please bring money if you would like to make a purchase at the gift shop or food/ice cream at the food shack. *Min 8/Max 11*

Date: Tuesday, September 7
Time: Departs SPCC 10:00am / Approx. return 2:00pm
Location: York, ME (Cape Neddick)
Fee: \$7.00 *(Includes transportation, water & snack. Don't forget your picnic lunch!)*
Staff Coordinator: Karla Doyon

SEASHORE TROLLEY MUSEUM TOUR & LUNCH

Chat w/ a Docent, a 40-minute trolley ride, a Docent led walk/tour around the property, a boxed lunch included and time on your own to explore the Visitor's Center and gift shop. **Boxed lunch: will consist of a sandwich, chips, and a piece of fruit, dessert & drink – no substitutions.** *Min 8/Max 11.*

Date: Friday, September 17
Time: Departs SPCC 9:15am / Approx. return 2-2:30pm
Location: Kennebunkport
Fee: \$30/\$40 NR *(Includes transportation, docent led trolley museum tour/ride, water, snack and boxed lunch)*
Staff Coordinator: Karla Doyon

BEHIND THE SCENES TOUR, CITY THEATER, BIDDEFORD

Visit the costume room filled with costumes, the annex and more as we go backstage at this historic theater. Please note that this trip involves walking and stairs. There are 3 to 4 flights of stairs and some without railings. Please wear appropriate footwear. *Min 8/Max 11*

Date: Thursday, September 23
Time: Departs SPCC 10:45am/Approx. return 1:30-2:00pm
Location: Biddeford, Maine
Fee: \$7.00
Staff Coordinator: Karla Doyon

LUNCH, WALK & MORE AT FERRY BEACH RETREAT & CONFERENCE CENTER

First doughnuts & cider. Then a 45-minute trail walk, followed by a 15-minute leisurely stroll through the memorial garden. If you would like to forego the walk and stay by the fire that is good too! After, lunch which will include a fall soup w/ a veggie or meat sandwich option. Before we depart tour the Quillen Building and enjoy a quick walk on the beach! **Dietary restrictions cannot be accommodated.** *Min 8/Max 11*

Date: Wednesday, September 29
Time: Departs SPCC 10:00am / Approx. return 3-3:30pm
Location: Saco
Fee: \$20/\$30 NR *(Includes transportation, water, snack, doughnut & cider, tour & lunch)*

FRYEBURG FAIR

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. We will depart the fair by 3:00p.m. Must be able to navigate the fair independently. *Min 8/Max 11*

Date: Tuesday, October 5
Time: Departs SPCC 8:30am/ Approx. return 4:00pm
Location: Fryeburg, ME
Fee: \$10.00
Staff Coordinator: Karla Doyon



SENIOR TRIPS

DAY AT THE MOVIES

Join us for a trip to the movies! We are headed to Smitty's Cinemas in Sanford. We will be watching a movie and having lunch at the theater. We will have unlimited popcorn and soda. Lunch will consist of cheese, pepperoni or veggie pizza. *Min 8/Max 11*

Date: Thursday, October 7

Time: Departs SPCC 9:30am /Approx. return 2:30-3:00pm

Location: Sanford

Fee: \$15.00 ***(Includes transportation, movie, unlimited popcorn & soda, a pizza lunch, tax and gratuities)***

Staff Coordinator: Karla Doyon

PICNIC AT HACKER'S HILL PRESERVE

Hacker's Hill Preserve, is 27-acres of fields and woods that provides 360-degree views of the White Mountains, Pleasant Mountain, and the Lakes Region. We will drive up via a paved roadway leading 753 feet above sea level to the top of the hill. The hill has a restroom, picnic tables, and open fields perfect for walking, nature observation, picnicking and more. Depending on the weather, we might even see some peak foliage along the way!

Min 8/Max 11

Date: Wednesday, October 13

Time: Departs SPCC 9:30am / Approx. return 2:30pm

Location: Casco, ME

Fee: \$7.00 ***(Includes transportation, water & snack. Do not forget your picnic lunch!)***

Staff Coordinator: Karla Doyon

MAINE'S PAPER & HERITAGE MUSEUM

Come Explore the Legacy of Maine's Paper Business. The goal of the museum is capturing the cultural heritage of the papermaking towns and mills along the Androscoggin River. An exciting interactive museum where visitors can experience life in a papermaking community, and showcase the area's distinctive heritage. This museum does have stairs but there is an option to stay downstairs and watch a movie about the museum if you cannot do stairs. Lunch out. *Min 8/Max 11*

Date: Thursday, October 14

Time: Departs SPCC 8:45a.m. /Approx. return 3-3:30pm

Location: Livermore Falls

Fee: \$10.00 ***(Transportation & museum cost only. Don't forget your money for lunch.)***

Staff 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 and gratuity for tour guide, which is not included.

This trip involves walking/standing for approximately two hours out of the day at a leisurely pace and approximately a little over 1 mile. Lunch out on your own. *Min 8/Max 11*



Date: Saturday, October 23

Time: Depart SPCC 9:00am/Approx. return 4:30-5:30p.m.

Location: It's a mystery!

Fee: \$40/\$50 NR ***(Includes transportation, water, snacks, 2 tours. Please bring money for lunch and a small gratuity for tour guide, which is not included)***

Staff Coordinator: Karla Doyon

A DAY OUT ON ROUTE 26

Route 26 in Oxford is full of gems. Stops will include some planned and some unplanned! We will attempt to stop at two of the antique shops, a farm stand, a bookshop, a retail Label store, a mill-end store and the last stop will be the New Balance Outlet. Following our time exploring the shops of Route 26 we will go out to lunch and stop for dessert on the way home!

Min 8/Max 11

Date: Friday, Oct. 29

Time: Departs SPCC 8:30am /Approx. Return 4-4:30pm

Location: Oxford, ME

Fee: \$6.00 ***(Don't forget money for any purchases you want to make and for your lunch)***

Staff Coordinator: Karla Doyon

BARGAIN SHOPPING DAY IN LEWISTON

Should have bought it when you saw it at Mardens! Looking for the perfect gift or unusual find? We are headed to one of the biggest Mardens stores in Maine. You will have an allotted amount of time at Mardens, and then we will stop at one or two smaller & fun locations to shop (hint: an Italian bakery maybe?), before heading back to South Portland! Bring money for lunch. *Min 8/Max 11*

Date: Monday, November 1

Time: Departs SPCC 8:00a.m. /Approx. Return 3:00pm

Location: Lewiston

Fee: \$7.00 ***(Transportation only. Don't forget money for lunch and any purchases you want to make)***

Staff Coordinator: Karla Doyon

SENIOR TRIPS

WALKING FIELD TRIPS

Join us on our four walking trips this season as we venture through Maine's majestic beauty for walks in different settings. You must be physically able to walk at least 2 miles **independently** and sometimes over uneven terrain. Please wear appropriate footwear for walking & bring walking poles/ice cleats if you have them. The awe of Maine awaits you on these wonderful trails and paths. *Min 8/Max 11*



Trip #1: Wednesday, Sept. 15 - Rines Forest Trail

Trip #2 Friday, Oct. 1 - Cherry Hill Farm

Trip #3 November 10 - Libby Hill Forest Trails Guided Tour

Trip #4: Thursday December 2 - Prides Preserve & Westbrook River Walk (Bundle Up!)

Time: Departs SPCC Lobby @ 8:30a.m. /Approx. return between 12:30-1:00p.m.

Fee: \$5.00 per trip for September, October & December trips/\$10.00 for guided tour in November

Locations: Cumberland, Gorham, Gray, Westbrook

Staff Coordinator: Karla Doyon

HAMLIN MEMORIAL LIBRARY & MUSEUM & SURPRISE TOUR

A small public library and local history museum next door to the birthplace of Hannibal Hamlin. This unique, 1822 granite-block building was the original Oxford County Jail. Hannibal Hamlin, a native of Paris Hill, was Abraham Lincoln's first Vice President. After departing the museum, we will embark on a surprise visit that involves walking, stairs and a STEEP hill. You must be able to navigate the hill, walk and do stairs. Lunch out. *Min 8/Max 11*

Date: Tuesday, November 2

Time: Departs SPCC 8:30am / Approx. return 3-3:30pm

Location: Paris Hill, ME

Fee: \$12.00 (*Includes museum and surprise tour fees, transportation, water & snack. Lunch is on your own.*)

Staff Coordinator: Karla Doyon

SNOWFLAKE TRAIL

A great day trip! Hop on the bus w/ your friends and hit the Snowflake Trail! The Snowflake Trail is a progressive open house celebration of 9 small businesses in the small towns of Newfield, Limerick & Limington. Something for everyone, some come for the food and drink while others start their shopping. We will follow the map as we leisurely make our way through the 9 locations. Lunch following our time on the trail! *Min 8/Max 11*

See coordinator for list of venues we will be visiting. Our bus will transport us to each location.

Date: Friday, November 12

Time: Depart SPCC 9:00am / Approx. return 2:00-3:00pm

Location: Newfield, Limerick & Limington

Fee: \$6 (*Cost is for transportation only, lunch and purchases are on your own.*)

Staff Coordinator: Karla Doyon

OUT TO LUNCH BUNCH

Join us on these two trips to some unusual, popular, out of the way, or plain old ordinary dining experiences. Please make sure to bring your money for lunch & gratuity. *Min 8/Max 11*

Dates: Thursday, Nov.18 & Tuesday, Dec. 7th

Time: Departs SPCC 10:30am/Approx. return 2:30-3:00pm

Locations: TBD

Fee: \$5.00 (*Transportation only*)

Staff Coordinator: Karla Doyon

HOLIDAY LIGHTS RIDE & HOT CHOCOLATE

The Maine coast is a wonder any time of year, but there is something about Christmastime that makes it truly magical. Our cheery coastal road trip takes us up iconic Route 1, through picturesque small towns, quaint Main Streets and into some of the season's most festive holiday displays. *Min 8/Max 11*

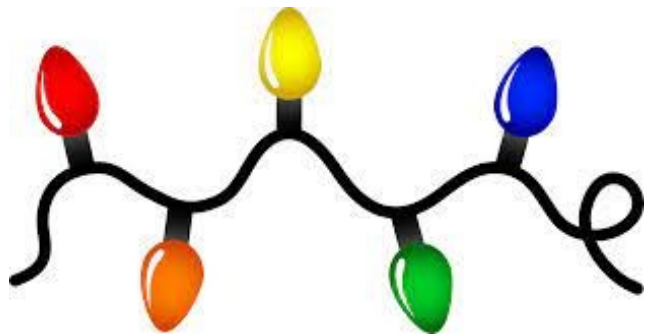
Date: Wednesday, December 15th

Time: Departs SPCC 3:30pm / Return 6:30-7:00pm

Location: TBD

Fee: \$7.00 (*Includes transportation/hot chocolate/water/snack*)

Staff Coordinator: Karla Doyon



SENIOR TRIPS

THE ROCKY HORROR SHOW

In this cult classic, sweethearts Brad and Janet, stuck with a flat tire during a storm, discover the eerie mansion of Dr. Frank-N-Furter. As their innocence is lost, Brad and Janet meet a houseful of wild characters, including a rocking biker and a creepy butler. Through elaborate dances and irresistible rock 'n' roll score, including "Science Fiction Double Feature", "Damn it Janet", "Time Warp" and more, The Rocky Horror Show is a hilarious, wild ride that you won't soon forget. *Min 8/Max 11*

PLEASE BE ADVISED THAT YOU SHOULD RESEARCH WHAT THIS IS ABOUT BEFORE YOU REGISTER.

Date: Wednesday, October 20

Time: Departs SPCC 6:15pm / Approx. return 10:00pm

Location: Westbrook

Fee: \$59/\$69 NR

Staff Coordinator: Karla Doyon



WHO'S HOLIDAY AT GOOD THEATER

Last seen when she "was no more than two", Cindy Lou Who is all grown up now, and living in a trailer on the side of Mount Crumpit. WHO'S HOLIDAY! Is a wildly funny and heartfelt **adults-only** comedy that tell the story of Cindy Lou as she recalls that Christmas Eve she first met the Grinch and the twisted turn of events her life has now taken. *Min 8/Max 11*

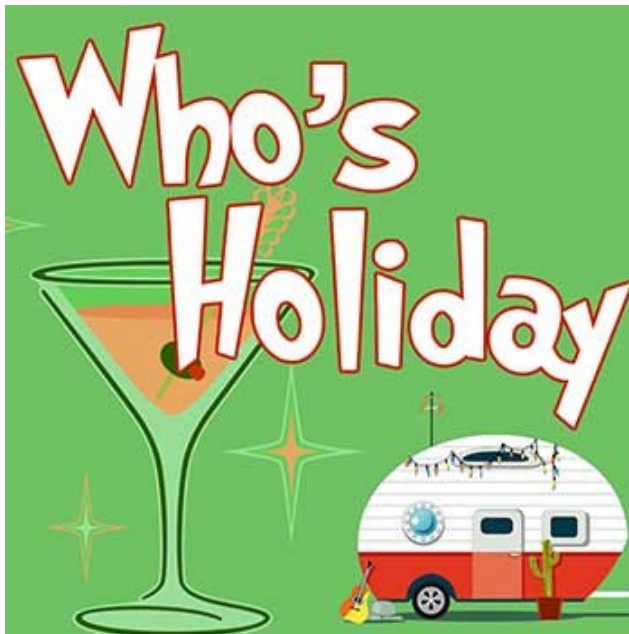
Date: Wednesday, December 1

Time: Departs SPCC 6:15pm / Approx. return 9:15pm

Fee: \$24/\$34 NR

Location: Portland

Staff Coordinator: Karla Doyon



CHERISH THE LADIES

Grammy Award nominated Irish-American super group, Cherish the Ladies has shared timeless Irish traditions and good cheer with audiences worldwide. They have brought their signature blend of virtuosic instrumental talents, beautiful vocals, and stunning step dancing to the White House, the Olympics and to PBS with their television special, An Irish Homecoming, which recently received, an Emmy Award. Tonight the beautifully decked halls of the Opera House welcome. Cherish the Ladies as they present a Celtic Christmas. *Min 8/Max 11*

THE OPERA HOUSE IS REQUIRING PATRONS TO SHOW VACCINE CARDS SO PLEASE BRING YOURS.

Date: Friday, December 10

Time: Depart SPCC 5:00pm / Approx. return 10-10:30pm

Location: Boothbay Harbor

Fee: \$42/\$52 NR

Staff Coordinator: Karla Doyon



SENIOR PROGRAMS

INTRODUCTION TO MINDFULNESS CLASS

Learn how to make small purposeful changes in your life through moment-to-moment awareness. Mindfulness is a practice of reducing stress and increasing resilience. Some of the benefits include being more present, reducing autopilot reactivity, being kind and compassionate to yourself, and choosing a slower pace to enjoy life. This course will provide you with the foundation to build your own mindfulness practice. This three-week class will review various types of mindfulness meditation and how to incorporate mindfulness into your daily life. *Min 6/Max 20*

Instructor: Deborah VanLangen

Day: Fridays

Time: 10:00-11:15am

Location: SPCC Multi-Purpose Room

Fee: \$30/\$40 NR

Staff Coordinator: Karla Doyon

Session	Dates
October	Fridays, October 1, 8 & 15
November	Fridays, November 5, 12 & 19

MEDITATION “STRESS DURING THE HOLIDAYS”

Come join us for a weekly meditation class that focuses on developing and continuing mindfulness practices. Classes will address a variety of topics and teachings that support everyone's mindfulness practice in the community. *Min 6/Max 12*

Instructor: Deborah VanLangen

Dates: Fridays, December 3, 10 & 17

Time: 10:00-11:15am

Location: SPCC MP Room

Fee: \$30/\$40 NR

Drop-ins: \$12.00

Staff Coordinator: Karla Doyon



INSTRUCTOR BIO: Deborah VanLangen PhD: Deborah VanLangen has her PhD in Exercise Physiology and is currently teaching at USM. She has been teaching and pursuing research in the health and wellness field in higher education for over ten years. She has a passion for developing a practice for mindfulness within the community, workplace, and healthcare setting to help facilitate health and wellbeing to those interested. She has taken several mindfulness courses and is trained to teach mindfulness classes. Currently, she is developing a mindfulness course for USM and conducting research in a similar area.

SENIOR CREATE & CHAT

Do you like to knit, sew, crochet or create masterpieces? Please bring whatever you are working on and join fellow crafters/knitters/sewers/crocheters/beaders (anything will do!) as we chat and share our ideas, tips and projects with each other. Stay for the entire time or come and go anytime you please! Bring water & a cushion! *Min 3/Max 12*

Dates: Thursdays September 9 - December 16
(No Program Nov. 11, 18 & 25 or Dec. 23 & 30)

Times: 9:00-11:30 am

Location: SPCC Senior Wing

Fee: FREE

Staff Coordinator: Karla Doyon

HOLIDAY BREAKFAST TEA

Join us for a morning tea, breakfast treats, holiday games & music in the Senior Wing! All will have a jolly time! We will get you into the holiday spirit! *Min 15/Max 30*

Date: Friday, December 17

Time: 9:00-11:00am

Fee: \$10.00

Location: SPCC Senior Wing

Staff Coordinator: Karla Doyon



SENIOR PROGRAMS

SENIOR ACTIVITY DAYS

Join us at the community center to enjoy some of our free and or low cost activities. You can drop-in for conversation, coloring, walking, check out an exercise class (\$), go for a dip in the pool – (check schedule for times) (\$), or enjoy other activities being offered such as games. **You may drop in and leave anytime of your choosing on activity day!**

Dates: Tuesdays Sept. 14 & 28, Oct. 12 & 26, Nov. 9 & 30 and Dec. 14

Staff Coordinator: Karla Doyon

Activity	Time	Fee
Conversation	9:00 - 9:30am	FREE
Coloring or activity of choice	9:30 - 10:30am	FREE
Indoor or Outdoor Walking	10:30 - 11:30am	FREE
Lunchtime (bring your own)	11:30am - 12:30pm	FREE
Game time	12:45 - 1:45pm	FREE
Senior Swimming	11:00am - 12:00pm	\$3/\$4 NR
Vitality T'ai Chi for Seniors	1:00 - 2:00 pm	\$5.00

The Senior Wing will be open from 9:00am - 2:00pm for you to enjoy. You may also enjoy any activity of your choice in the Senior Wing throughout the day!

MAH JONGG

Come to SPCC on Thursday afternoons or Friday mornings to play Mah Jongg. You may bring your own Mah Jongg set or we have a few available. **PLEASE BRING YOUR OWN CARDS – WE DO NOT PROVIDE CARDS.** Please note if you come on Thursdays that there are many other card games going on at the same time and it is very noisy!

Dates: September 9 - December 16

(No Program Oct. 8, Nov. 11, 12, 18, 19, 25, 26 or Dec. 17, 23, 24, 30 & 31)

Location: SPCC Senior Wing

Fee: FREE

Staff Coordinator: Karla Doyon

Session	Times
Thursdays	12:30 - 3:30pm
Fridays	9:00am - 12:00pm

CARDS & GAMES

Come to SPCC on Thursday afternoons for a fun and informal time playing cards or a game of your choice! Bring a partner, a few friends or come alone and join in the fun. Games groups currently played are Hand & Foot and Spite & Malice, Manipulation, Five Crowns, Uno etc.

Dates: Thursdays, September 9 - December 16

(No Cards & Games Nov. 11, 18, 25, Dec. 23 & 30)

Times: 12:30 – 3:30pm

Location: SPCC Senior Wing

Fee: FREE

Staff Coordinator: Karla Doyon



T'AI CHI MOVIE

"The Professor, T'ai Chi's Journey to the West", is a key documentary on the appeal of this ancient Chinese practice. Here is a look back to the 1960's, a period of great change in America with T'ai Chi arriving in the person of one of its great masters, Cheng Man-Ch'ing. Vintage archival footage tells the story of his life, and gives a glimpse of T'ai Chi's first major rooting in the United States." Snacks provided.

Min 10/Max 30

Date: Wednesday, September 22

Time: 1:00pm

Location: SPCC Senior Wing

Fee: \$1.00

Staff Coordinator: Karla Doyon

SENIOR BINGO

Open to residents and non-residents (50+ and older). You are invited to participate in weekly Bingo games. Each week come play at least 12 games of BINGO. Please bring your own beverage. Please stop at the desk and register upon your arrival before heading to the Senior Wing.

Dates: Mondays, September 13 - December 27

(No Program Oct. 11, Nov. 1, 15, 22 or Dec. 27)

Time: 12:00 - 2:00pm

Location: SPCC Senior Wing

Fee: \$1.00/visit (*cost includes games, prizes & snack*)

Staff Coordinator: Karla Doyon



SENIOR PROGRAMS

SENIOR LUNCH & LEARNS

Evergreen Credit Union, EGCU, is pleased to announce a new Financial Wellness Series for Seniors. Addressing issues concerning seniors face more and more today, they will offer tips on how to better manage your retirement income and protecting your assets. Join us on the third Tuesday each month beginning in September for a four-month program. Individually packaged lunches will be provided by EGCU in the Senior Wing at SPCC. Registration in advance is required and reservation are on a first-come basis. **Please do not just show up**, as we need a headcount for lunch a week before the meal. *Min 10/Max 20*

Presenter: Brenda Polluck, CCUFC, EGCU

Time: 11:00am - 1:00pm

Location: SPCC Senior Wing

Fee: \$6.00

Staff Coordinator: Karla Doyon

Date	Meal
Tuesday, September 21	Grilled Chicken
Tuesday, October 19	Baked Virginia ham
Tuesday, November 16	Roast Turkey
Tuesday, December 21	Sausage & Peppers

50+ BOWLING

SPP&R has teamed up with Sea Dog Brewing restaurant and bowling alley for Senior Bowling every Wednesday. All levels are welcome. You must register through SPCC – please do not just show up at Sea Dog Brewing, this is a SPP&R program. Thank you! We require a monthly registration fee of \$10.00 to cover shoe rentals, lock in your spot for the month, and occasional treats. \$3.00 per string is to be paid to Sea Dog Brewing weekly.

Dates: Wednesdays, September through December

Time: 11:30am - 1:30pm

Location: Sea Dog Brewing, South Portland

Fee: \$10 monthly to SPCC, \$3 per game to Sea Dog Brewing per string

Staff Coordinator: Karla Doyon



STEP INTO FITNESS

Step into fitness! Some LIGHT cardio mixed with weights and core and ending with some great stretches.

Min 4/Max 20

Instructor: Lynn Steward

Days: Thursdays

Time: 11:30am - 12:15pm

Location: SPCC Multi-Purpose Room

Instructor: Lynn Steward

Staff Coordinator: Karla Doyon

CHAIR FIT

Chair Fit is a great total body workout for everyone but perfect if you have trouble doing standing exercise.

Min 4/Max 20

Instructor: Lynn Steward

Days: Thursdays

Time: 12:30 - 1:15pm

Location: SPCC Multi-Purpose Room

Instructor: Lynn Steward

Staff Coordinator: Karla Doyon

Session	Dates	Fee
September	September 9 - 30	\$20/\$30 NR
October	October 7 - 28	\$20/\$30 NR
November	November 4 & 18	\$10/\$10 NR
December	December 2, 9 & 16	\$15/\$15 NR

***Drop-In Fee is \$5.00 per class**

Session	Dates	Fee
September	September 9 - 30	\$20/\$30 NR
October	October 7 - 28	\$20/\$30 NR
November	November 4 & 18	\$10/\$10 NR
December	December 2, 9 & 16	\$15/\$15 NR

***Drop-In Fee is \$5.00 per class**



SENIOR PROGRAMS

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 3/Max 10*

Instructor: Michael Elliott – 49-year practitioner

Time: 1:00 - 2:00pm

Location: SPCC Aerobic Room

Fee: \$5.00

Staff Coordinator: Karla Doyon

Tuesdays on the following dates:

September 14 & 28

October 12 & 26

November 9 & 30

December 14 & 28

SENIOR CORNHOLE

Beginning in **November** - come join us to play Cornhole at the South Portland Community Center! Please pre-register before attending the program. Drop-ins always welcome!

Dates: Thursdays, November 4 - December 30

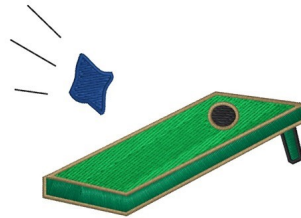
(No Program Nov. 11 & 25 or Dec. 23 & 30)

Time: 12:30 – 2:00pm

Location: SPCC Half Gym A

Fee: FREE

Staff Coordinator: Karla Doyon



ADULT PROGRAMS

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.

Instructor: Jean Ricciardelli

Days: Mondays and Wednesdays

Time: 5:30 – 6:30pm

Location: SPCC MP Room

Staff Coordinator: Whitney Dorsett

Session	Dates	Fee
September	9/8 - 9/29	\$52.50/\$62.50 NR
October	10/4 - 10/27 (no class 10/11)	\$52.50/\$62.50 NR
November	11/1 - 11/29 (no class 11/24)	\$60/\$70 NR
December	12/1 - 12/22	\$52.50/\$62.50 NR

*** Drop in fee is \$8.00 per class.**

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*

Instructor: Martha Williams

Days: Wednesdays

Time: 9:00 - 10:15am

Location: SPCC MP Room

Fee: \$80/\$90 NR

Staff Coordinator: Whitney Dorsett

Session	Dates
Wednesday Fall Session 1	9/8 - 10/27
Wednesday Fall Session 2	11/3 - 12/22

*** Drop in fee is \$12.00 per class.**



ADULT PROGRAMS

STRICTLY STRENGTH

Strictly Strength is a small group strength training class utilizing free weights, body weight and resistance bands. This program allows for more one on one attention and more personalized exercises tailored to each participant.

Min 5/Max 12

Instructor: Karen McCue

Days: Mondays and Thursdays

Time: 9:00 - 10:00am

Location: SPCC MP Room

Staff Coordinator:

Whitney Dorsett

Session	Dates	Fee
September	9/9 - 9/30	\$52.50/\$62.50 NR
October	10/4 - 10/28	\$52.50/\$62.50 NR
November	11/1 - 11/29 (no class 11/11 & 11/25)	\$52.50/\$62.50 NR
December	12/2 - 12/27	\$60/\$70 NR

*** Drop in fee is \$10.00 per class.**

MIX IT UP!

Mix it Up is a co-ed group strength training class utilizing various methods of training as well as a variety of exercises and equipment. The class is designed for all ages and all fitness levels. On Tuesdays, we kick up the intensity a little bit and incorporate interval training. Thursday's focus is on total body strength training. Mix it Up! is easy to follow and will make you sweat. *Max 20*

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

Instructor: Karen McCue

Days: Tuesdays & Thursdays

Time: 5:00 - 5:50pm

Location: SPCC MP Room

Staff Coordinator:

Whitney Dorsett

Session	Dates	Fee
September	9/7 - 9/30	\$52/\$62 NR
October	10/5 - 10/28	\$52/\$62 NR
November	11/2- 11/30 (no class 11/11 & 11/25)	\$45.50/\$55.50 NR
December	12/2 - 12/28	\$52/\$62 NR

*** Drop in fee is \$10.00 per class.**

ADULT CARDIO TENNIS

Cardio Tennis is a fun group activity that incorporates a good workout. This program features a warm-up, drills, cardio workout, and cool down phases. If you are looking for a great new way to get in shape, burn calories, and enjoy the game of tennis then Cardio Tennis is for you! For intermediate/advanced skill levels. *Min 5/Max 10*

**Instructor: David Cousins, PTR Certified Professional,
USPTA Elite Professional**

Date: Saturdays, September 4 – October 5

Time: 8:00 - 9:00am

Location: SPHS Tennis Courts

Fee: \$55/\$65 NR, Drop in rate: \$12.00 per class

Staff Coordinator: Whitney Dorsett

FREE ADULT TENNIS LESSONS

Free adult tennis lessons will be held for players at the beginner level and those who have never played before. Participants will learn the basic tennis skills and have the chance to play against one another. Sessions will be held at the SPHS tennis courts. Rackets will be on hand to use during class if you do not have one. *Min 6/Max 25*

No rain makeups.

**Instructor: Davis Cousins, PTR Certified Professional,
USPTA Elite Professional**

Date: Wednesdays, September 8 – October 6

Time: 5:30 - 6:30pm

Location: SPHS Tennis Courts

Fee: FREE

Staff Coordinator: Whitney Dorsett



ADULT PROGRAMS

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. **TRUE BEGINNERS ONLY.** No Senior Discount available. No Drop-ins, must pre-register. *Min 4/Max 12 per session*

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

Instructor: David Cousins PTR Certified Professional, USPTA Elite Professional

Location: RBCC Gym

Staff Coordinator: Whitney Dorsett



Session	Dates	Time	Fee
Beginner Pickleball October Sundays	10/3 - 10/24	11:00am - 12:30pm	\$40/\$50 NR
Beginner Pickleball October Fridays	10/8 - 10/29	8:00 - 9:30am	\$40/\$50 NR
Beginner Pickleball November Fridays	11/5 - 11/19 (3 days only)	8:00 - 9:30am	\$30/\$40 NR
Beginner Pickleball November Sundays	11/7 - 11/28	11:00am - 12:30pm	\$40/\$50 NR
Beginner Pickleball December Fridays	12/3 - 12/17 (3 days only)	8:00 - 9:30am	\$30/\$40 NR
Beginner Pickleball December Sundays	12/5 - 12/26	11:00am - 12:30pm	\$40/\$50 NR

*** No Drop-Ins for this program. Must pre-register.**

PICKLEBALL INTERMEDIATE LESSONS

This 4-day program is structured for you to gain the confidence to get on the court with beginners and other intermediate players. No Drop-ins, must pre-register. *Min 4/Max 12.*

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

Instructor: David Cousins PTR Certified Professional, USPTA Elite Professional

Location: RBCC Gym

Staff Coordinator: Whitney Dorsett

Session	Dates	Time	Fee
Intermediate Pickleball October Sundays	10/3 - 10/24	1:00 - 2:30pm	\$40/\$50 NR
Intermediate Pickleball October Fridays	10/8 - 10/29	10:00 - 11:30am	\$40/\$50 NR
Intermediate Pickleball November Fridays	11/5 - 11/19 (3 days only)	10:00 - 11:30am	\$30/\$40 NR
Intermediate Pickleball November Sundays	11/7 - 11/28	1:00 - 2:30pm	\$40/\$50 NR
Intermediate Pickleball December Fridays	12/3 - 12/17 (3 days only)	10:00 - 11:30am	\$30/\$40 NR
Intermediate Pickleball December Sundays	12/5 - 12/26	1:00 - 2:30pm	\$40/\$50 NR

*** No Drop-Ins for this program. Must pre-register.**

ADULT SPORTS LEAGUES

ADULT BASKETBALL LEAGUES

Teams and individuals are welcome! Individuals will be placed on teams with available spots. All team rosters must have a minimum of eight players with at least 1 male and 1 female. The league rules are based on the Maine High School basketball rules and Maine CDC 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 both Whitney (wdorsett@southportland.org) & Alicia Hoyt (ahoyt@southportland.org) with a tentative roster after registering. Individuals please contact Whitney & Alicia after registering to get on the free agent list each session.**

Game times are between 6:00 - 9:00pm

Location: SPCC Gym

Fee: \$60/\$70 NR

Staff Coordinator: Whitney Dorsett & Alicia Hoyt



Session	Dates	Registration Deadline
Thursday League - Fall	9/9 - 11/18 (no games 11/11)	Closes September 2
Monday League - Fall	9/13 - 11/29 (no games 10/11 & 11/1)	Closes September 2
Thursday League - Winter 1	12/2 - 2/3	Closes November 22
Monday League - Winter 1	12/6 - 2/14 (no games 1/17)	Closes November 22

ADULT SOFTBALL LEAGUES

South Portland Recreation will hold a Coed Softball League on Sunday mornings at Wainwright Recreation Complex. Participants must be at least 18 years old and out of High School.

Game and League Format

- 8 games guaranteed including playoff tournament.
- 10 v 10 format, a minimum of 4 female and 4 male must be on the field
- 7 innings, no new innings after 60 minutes from scheduled start time.
- Champion teams win - adult league championship pullover

Captains must email Whitney Dorsett (wdorsett@southportland.org) and Jenée Pelletier (jpelletier@southportland.org) with a tentative roster after registering. Individuals/free agents will be contacted at least 1 week prior to the league start date.

Dates: Sundays, August 29 – October 31

Game Times: 9:00am – 12:00pm

Team Cost: \$550.00

Free Agent Cost: \$50/\$60 NR

Team Roster Minimum: 14 Max: 20

Team and Individual Registration deadline is Aug. 20.

Location: Wainwright Athletic Complex

Staff Coordinators: Whitney Dorsett & Jenée Pelletier



We offer Esports for Adults too!

**Madden 21
Rocket League
Fortnite 1v1
Super Smash Bros
Fortnite 2v2**

Check out information on page 27!

ADULT OPEN GYMS

ADULT BASKETBALL OPEN GYM & VOLLEYBALL OPEN GYM

Come out and get some exercise in our open gyms. Please remember to follow all rules in these programs. Those not following rules will be asked to leave.

Fee: (MUST SHOW ID each visit)

\$3.00 - South Portland Residents

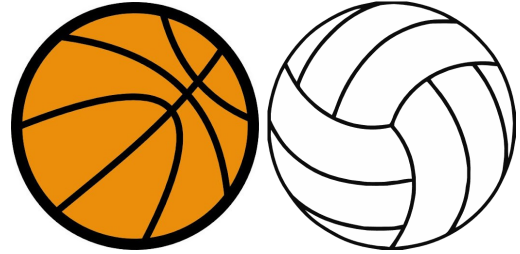
\$4.00 - Non-Resident

\$1.00 - Active and Veteran Military

*** Frequent User Passes (FUP Passes) are available at the South Portland Community Center front desk.**

Basketball: Max 30

Volleyball: Max 24



Adult Basketball Open Gym	Dates	Time	Location
Tuesdays	9/7 - 12/28 (no program 11/2)	11:30am - 1:30pm	SPCC Gym
Wednesday (Sopo Res Only)	9/8 - 12/29 (no program 11/24)	7:00 - 9:00pm	SPCC Gym
Fridays	9/10 - 12/31 (no program 11/26 & 12/24)	11:30am - 1:30pm	SPCC Gym
Sundays (over 30)	9/12 - 12/26	1:30 - 3:30pm	SPCC Gym
Sundays (over 40)	10/3 - 12/26	9:00 - 10:30am	RBCC Gym

Adult Volleyball Open Gym	Dates	Time	Location
Sundays	9/12 - 12/26	4:00 - 6:00pm	SPCC Gym

ADULT PICKLEBALL OPEN GYM

South Portland Recreation has several opportunities to get out and play pickleball. Each program below is drop in.

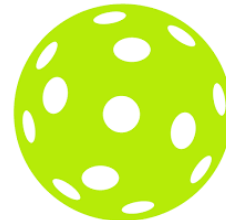
Fee: (MUST SHOW ID each visit)

\$3.00 - South Portland Residents

\$4.00 - Non-Resident

\$1.00 - Active and Veteran Military

*** Frequent User Passes (FUP Passes) are available at the South Portland Community Center front desk.**



South Portland Community Center (6 courts playing doubles) – **Max of 40 players at one time.**

Redbank Community Center (3 courts playing doubles) – **Max of 24 players at one time.**

Adult Pickleball Open Gym	Dates	Time	Location
Monday - Friday	10/4 - 12/30 (see no program dates below)	8:00 - 11:00am	SPCC Gym
Mon & Wed (Beginners Only)	10/4 - 12/29 (see no program dates below)	8:00 - 11:00am	RBCC Gym

*** No programs on following dates: 10/8, 10/11, 11/2, 11/3, 11/11, 11/12, 11/25, 11/26, 12/24 - 12/31**

South Portland Parks and Recreation
Afterschool Adventures
2021- 2022

Kindergarten – 5th Grade

This Program is available for South Portland Residents Only

Brown Elementary School
Skillin Elementary School
Kaler Elementary School
Small Elementary School
Dyer Elementary School

Before and Aftercare Provided
7:00am – 9:00am 3:00pm – 6:00pm
AM Spaces Available: 20
PM Spaces Available: 30

Starting on Wednesday, September 1, 2021 (Tentative first day of school)

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

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

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

2021-2022 Registration Opens on Monday, June 7th.

A payment of the first two weeks is required at the time of registration.

Before Care Only

3 days: \$50.00

4 days: \$60.00

5 days: \$68.00

Before & After Care

3 days: \$105.00

4 days: \$125.00

5 days: \$140.00

After Care Only

3 days: \$60.00

4 days: \$75.00

5 days: \$87.00

Program Questions

Sibling discount: \$10.00 off 2nd child

Robert Carter
Recreation Manager
rcarter@southportland.org

Kari Filieo
Program Coordinator
kfilieo@southportland.org

**We are
HIRING**

Looking for a fun job and a chance to make a positive impact in kids lives? We are looking for Part-Time Before & After Care Counselors to work at all 5 of our sites for the upcoming school year. Contact Robert Carter at rcarter@southportland.org if interested or for more information.

SCHOOL VACATION CAMPS & NO SCHOOL DAYS

VACATION CAMPS

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 15/Max 30*

SIGN UP BY DECEMBER 1, 2021 AND RECEIVE \$20.00 OFF REGISTRATION FEE

DECEMBER VACATION CAMP

Dates: Monday - Thursday, December 27 - 30, 2021 (4 days)

Time: 8:00am – 5:00pm

Grade: K – 5

Location: SPCC

Fee: \$160.00 (register by 12/1/21 and receive \$20 off)

Staff Coordinator: Kari Filieo

**Care for February & April Vacation camp will be advertised in our next brochure and open for registration when that becomes available later this fall. Stay tuned!*



NO SCHOOL DAYS

We offer programs for No School Days (Faculty In-Service Days, Early Release Days, etc) 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. There are no sibling discounts for this program. *Min 15/Max 30.*

No School Days this Fall

Dates: October 8th, November 12th, November 24th and December 23rd

Time: 8:00 am – 5:00 pm

Grades: K – 5

Location: SPCC

Fee: \$55.00 per day

Staff Coordinator: Kari Filieo

**Care for the remaining “No School Days” will be advertised in our next brochure and will be open for registration when that becomes available later this fall. Stay tuned!*

For questions regarding these Out of School Programs, please contact Kari Filieo at kfilieo@southportland.org

YOUTH PROGRAMS

TINY TYKES SOCCER MAGIC

Tiny Tykes is a new and exciting program run by Challenger Sports British Soccer Coaches that focuses on the development of children aged 2 – 5 years old. Challenger Sports International coaches are experts at working with young children and will combine soccer with fun games; stories and music that keeps your children entertained and enthused to return next week! Includes Tiny Tykes Uniform, size 3 ball, Kicker stickers awarded after each session and Graduation certificate after level completion.



Dates: Sundays, September 12 – October 17

Location: Wainwright Complex

Fee: \$90/\$100 NR

Instructor: Challenger Sports

Staff Coordinator: Jenee Pelletier

Ages

2-3

4-5

Time

9:00 – 9:45 am

10:00 – 10:45 am

CROSS COUNTRY RUNNING

This program will be offered for children in grades 4 - 8. Grades 6-8 will be introduced to training and race techniques that can be used to explore the sport or to supplement those currently running in middle school program. Grades 4-5 will complete a 1 mile course. Program will meet each Saturday at the SPHS Track. *Min 10/Max 20.*

Instructor: Matt Green

Dates: Saturdays, September 11 - October 9

Time: 11:00am - 12:00pm

Grades: 4 - 8

Location: SPHS Track

Fee: \$45/\$55 NR

Staff Coordinator: Jenee Pelletier



TRACK MAGIC

Children in Ages 5 - 2nd grade 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*

Instructor: Matt Green

Dates: Saturdays, September 11 – October 9

Time: 9:00 – 9:45am

Grade: Ages 5 - Grade 2

Location: SPHS Track

Fee: \$45/\$55 NR

Staff Coordinator: Jenee Pelletier

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*

Instructor: Matt Green

Dates: Saturdays, September 11 - October 9

Time: 10:00 – 11:00am

Grade: 2-5

Location: SPHS Track

Fee: \$45/\$55 NR

Staff Coordinator: Jenee Pelletier

MIDDLE SCHOOL VOLLEYBALL

We are pleased to have Coach Emily Savage back to offer middle schoolers a chance to come learn how to play volleyball! This is for kids who have never played before and those who want to brush up on their skills. Coach Emily will go over rules, proper techniques and strategies in this growing sport. Games will be played and fun will be had!. *Min 10/Max 24*

Instructor: Emily Savage

Dates: Sept 21 – Nov 12 (No program 11/2)

Days: Tuesdays & Fridays

Time: 6:30 - 8:00pm

Grades: 6-8

Location: SPCC Gym

Fee: \$70/\$80 NR

Staff Coordinator: Jenee Pelletier

YOUTH PROGRAMS

FALL FIELD HOCKEY GRADES 3 - 6

The purpose of this program is to promote field hockey skill development in an environment which will enhance the physical, social, and emotional growth of the child as she learns to become part of a team and work with others. The program will focus on the fundamentals of the game through skill work, fun games, and drills. There will be 2 practices during the week and play days against another town on the weekends. Date and location TBD, **travel may be required for the play days.** A game schedule will be available early-September. Participants will receive a program t-shirt. *Min 12/Max 50*

Instructor: Sarah Millington SPHS Varsity Coach

Dates: September 13- October 31

Game Days: Sundays

Time: Practices –2 during the week TBD

Grade: 3-6

Location: Wainwright and local communities

Fee: Resident \$70/\$80 NR

Staff Coordinator: Jenee Pelletier



Coach Wanted! We need a coach to help out in case Coach Millington has to be with the varsity team. If you're interested in coaching please contact Jenee Pelletier at jpelletier@southportland.org.

FIELD HOCKEY MAGIC (K-2)

This is an opportunity to learn the skills of field hockey in a fun and informal setting. Children in grades K – 2 will be introduced to field hockey skills and get their hands on the equipment used to play this fast paced, and exciting game. Participants will get to hold a stick and learn the basics of passing, shooting, and defense as well as participate in some fun skill development games. Participants will receive a program t-shirt. *Min 10/max 20.*

Instructor: Julia Leighton

Dates: Sundays, September 12 - October 17

Time: 9:00 - 10:00am

Grade: K-2

Location: Wainwright Complex

Fee: \$60/\$70 NR

Staff 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/caregiver must accompany each child to every class and participate with them.** *Min 8/max 12*

Instructor: Bob Boucher

Dates: Saturdays, January 8 – February 12

Time: 12:15 - 1:00pm

Ages: 3 – 5 (with parent/caregiver)

Location: RBCC Gym

Fee: \$40/\$50 NR

Staff 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. *Min 10/Max 20*

Instructor: Dragon Fire Martial Arts

Day: Fridays

Time: 4:00 - 5:00pm

Ages: 5-12

Location: SPCC Multipurpose Room

Fee \$60/\$70 NR

Staff Coordinator: Jenee Pelletier

Session	Dates
Session 1	9/17 - 10/22
Session 2	11/5 - 12/17 (no program 11/26)

YOUTH PROGRAMS

SPINNING SPROUTS

Spinning Sprouts is a ballet/tap combination class. This class will include stretching, basic tap, basic ballet steps, as well as creative movement. This is a fun introduction to dance and will allow dancers to explore two different techniques. Please note that parents and visitors will not be permitted in the classroom. Please send your dancer in form-fitting clothing. No jeans please. Ballet and tap shoes are requested. *Min 4/Max 12*

Instructor: Brio Dance Studios

Time: 9:30 - 10:15am

Ages 3-4

Location: SPCC Aerobic Room

Fee: \$60/\$70NR

Staff Coordinator: Jenee Pelletier

Session	Dates
Session 1	Mondays, 9/13-10/25 (no class 10/11)
Session 2	Mondays, 11/8-12/13

POP – PRESCHOOL OPEN PLAY

Looking for ways to get some energy out and meet new families in the community? Drop in to our POP program and have some fun with your child/family. We will provide the equipment and activity space! Parents/guardians must supervise their child at all times. This is a drop in program. Age: 5 years of age and under accompanied with an adult.

Dates: Tuesdays, Oct. 5 – Dec. 28 (No program 11/2)

Time: 9:00 – 11:00am

Location: RBCC Gym

Fee: \$3/\$4 NR per family

Staff Coordinator: Jenee Pelletier

LEARN TO SEW

This program is designed for the beginner sewer. Your child needs little or no experience to participate! Jeanette will teach them how to select fabric, pin and cut, piece fabrics together then practice hand sewing completing a full project. Sewing machine basics will be reviewed but the majority of the class will be hand sewing. All materials for projects will be provided. *Min 4/Max 12*

Instructor: Jeanette Guglielmetti

Age: 7-12

Dates: Mondays, Sept. 20 - Oct. 25 (no program 10/11)

Time: 3:30 - 5:30pm

Location: SPCC Senior Wing

Fee: \$50/\$60 NR

Staff Coordinator: Jenee Pelletier

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.*

Instructor: Brio Dance Studios

Time: 1015-11:00am

Ages 3-4

Location: SPCC Aerobic Room

Fee: \$60/\$70 NR

Staff Coordinator: Jenee Pelletier

Session	Dates
Session 1	Mondays, 9/13-10/25 (no class 10/11)
Session 2	Mondays, 11/8-12/13

GROWN UP & ME

Grown-up & Me is an introduction to dance and creative movement class. This class will include stretching, basic dance steps, fine and gross motor skills. We will explore movement, shapes, rhythm, and more! Please send your dancer in comfortable, form fitting clothing and with a water bottle. Dancers will be asked to dance barefoot. This is a class for dancers to enjoy with their grown up! Please note that we will encourage grown ups to participate with their dancers. *Min 4, Max 12*

Instructor: Brio Dance Studios

Time: 8:45 - 9:30am

Ages: 3-4

Location: SPCC Aerobic Room

Fee: \$60/\$70 NR

Staff Coordinator: Jenee Pelletier

Session	Dates
Session 1	Mondays, 9/13-10/25 (no class 11/11)
Session 2	Mondays, 11/8 - 12/13



YOUTH PROGRAMS

YOUTH COOKING CLASS

Stacey Stolman is a chef with 18 years of experience cooking and teaching. She owns Fun Chefs, a cooking academy for all ages. She also works in the Portland area as a food stylist. In this class your child will learn how to prepare a new recipe each week with step by step instructions. Stacey will teach things such as nutrition, sanitation, geography and culinary math. At the end your child will have made a cookbook with all the recipes they made.

Min 8/Max 20

Instructor: Stacey Stolman owner of Fun Chef

Age: 7-12

Time: 3:30 - 4:30pm

Location: SPCC Senior Wing

Fee: \$120/\$130 NR

Staff Coordinator: Jenee Pelletier



Session	Dates
Session 1	Tuesdays, 9/21 - 10/26
Session 2	Tuesdays, 11/9 - 12/14

SOUTH PORTLAND FIRE CHEERING

South Portland Fire 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

Levels

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

Instructor: Tracy Bissonnette

Dates: November - March

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

Time: 5:30-8:00pm

Fee: \$120 - Rising, \$220 - Shooting, Shining & Super

Staff Coordinator: Jenee Pelletier



***Parent Meeting Early October at SPCC Senior Wing - Date/Time TBD**

*** Info subject to change.**

YOUTH PROGRAMS

INTRO TO HIP HOP

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.
Min 6/Max 20

Instructor: Drouin Dance Center
Time: 5:30 - 6:15pm
Ages: 6-10
Location: SPCC MP Room
Fee: \$65/\$75 NR
Staff Coordinator: Jenee Pelletier

Session	Dates
Session 1	Mondays, 9/20-11/1 (no class 10/11)
Session 2	Mondays, 11/15-12/20

INTRO TO DANCE

Students will learn the fundamentals and basics of various styles of dance including jazz, tap, lyrical and hip hop through exercises and progressions. Flexibility and strength exercises will be incorporated into the class along with choreography. Students should wear comfortable clothing and have bare feet or wear ballet or jazz shoes if desired. Students should bring a pair of tap shoes to class or if they do not have tap shoes dress shoes will work fine. *Min 8/Max 20*

Instructor: Drouin Dance Center
Time: 4:30 - 5:15pm
Ages: 6-10
Location: SPCC MP Room
Fee: \$65/\$75 NR
Staff Coordinator: Jenee Pelletier

Session	Dates
Session 1	Mondays, 9/20-11/1 (no class 10/11)
Session 2	Mondays, 11/15-12/20

LOST VALLEY SUNDAY SKI/RIDE PROGRAM

LOST VALLEY SUNDAY SKI/RIDE PROGRAM (Ages 7-12)

We are happy to be bringing this program back for 2022! 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 16, 23, 30 February 6, 13, & 20 (makeup date February 27)**. Participants must sign up for all six weeks – no individual trip rates. Unfortunately, no refunds or vouchers can be issued for missed or cancelled trips. The program will depart SPCC each week via school bus at 9:00 am and return by 4:00 pm.



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 – 12:00pm each Sunday. Participants will meet for lunch in the lodge from 12:00 – 12:30pm, then are free to ski/ride with friends and chaperones until departure at 3:00pm.

Program Details

Dates: Sundays, January 16 – February 20
Time: Depart SPCC at 9:00 am, Return at approx. 4:00 pm
Staff Coordinator: Anthony Johnson

REGISTRATION DEADLINE - JANUARY 10, 2022

Registrations will only be accepted beyond this date if there is space available.

Option	Fee
Transportation Only	\$75.00
All options below include transportation	
Helmet Rental	\$35.00
Lift Only	\$170.00
Lift & Rental	\$255.00
Lift & Lesson	\$280.00
Lift, Lesson & Rental	\$360.00

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.

YOUTH BASKETBALL

GRADES 2-3 IN-HOUSE REC BASKETBALL LEAGUE

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 15. 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 4 – February 5
 Day: Saturday games (**no program 12/25 & 1/1**)
 Time: Games are Saturday mornings
 Location: RBCC Gym
 Fee: \$65.00

Divisions

Girls Grade 2
 Girls Grade 3
 Boys Grade 2
 Boys Grade 3

COACHES NEEDED!

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

GRADES 4-5 IN-HOUSE REC BASKETBALL LEAGUE

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. Coaches are not permitted on the court during games. Teams will practice 1-2 times per week (space dependent) at local schools or SPCC. Practices will begin the week of November 15. Teams will be separated by gender and grade if numbers allow.

Season Details

Dates: December 4 – February 5
 Day: Saturday games (**no program 12/25 & 1/1**)
 Time: Games are Saturday mornings
 Location: SPCC Gym
 Fee: \$65.00

Divisions

Girls Grade 4
 Girls Grade 5
 Boys Grade 4
 Boys Grade 5

YOUTH BASKETBALL PRE-SEASON CLINIC

This program is designed to dust off the cobwebs and get your child ready for basketball season! Pat Blais will be running this 6 week long clinic to help strengthen your child's fundamentals. He will focus on footwork, movement, positioning and building confidence. A great way to kick off the 2021-2022 season!

Instructor: Pat Blais

Time: 6:45 - 7:45pm
 Location: RBCC Gym
 Fee: \$40/\$50 NR

Staff Coordinator: Jenée Pelletier



Grade

Grades 3 & 4
 Grades 5 & 6
 Grades 7 & 8

Dates

Tuesdays, 10/12 - 11/16 (**no program 11/2**)
 Wednesdays, 10/13 - 11/17
 Thursdays, 10/14 - 11/18 (**no program 11/11**)

YOUTH BASKETBALL

TRAVEL BASKETBALL ANNOUNCEMENT - PLEASE READ

Beginning in the fall of 2021, South Portland Parks, Recreation & Waterfront Department will **no longer be sponsoring "travel basketball" teams for grades 5-8** as we have done in years past. We are shifting our focus and attention to offering quality recreational based basketball programming for all grade levels (K-12).

There are many factors that have gone into this decision, and it was not made lightly

Our department will still support offering practice time in our gyms (as they are available) to local "travel teams" that are 100% South Portland residents. These groups will need to provide a certificate of liability insurance, but will not be charged an hourly rate.

6TH GRADE BASKETBALL LEAGUE

New this year! South Portland will submit teams into the 6th grade basketball league in Portland. This league offers children of all abilities to play. The goals are to continue teaching the fundamentals, provide a fun environment for players to grow and provide a positive experience.

Dates: Beginning of December – End of January
Days: Weeknight practices & games TBA
Times: Practices and game times are between 5-8pm
Location: Portland Schools
Fee: \$65/\$75 NR
Staff Coordinator: Jenée Pelletier

7th & 8th GRADE BASKETBALL

New this year! South Portland will play against other recreation teams in the area. This informal league is designed to keep kids active and to have fun. Games will be January through March. Game days and timed TBD. Practices on weeknights.

Dates: January – March
Days: Weeknight practices & games TBA
Times: TBD
Location: South Portland and local communities
Fee: \$65/\$75 NR
Staff Coordinator: Jenée Pelletier

HIGH SCHOOL REC BASKETBALL LEAGUE

New this year, South Portland Parks & Recreation will participate in a league with Portland Recreation. This league provides an opportunity for any boy in grades 9-12 not playing on his school team to play basketball this winter at a recreational level. All players must pre-register. When registering, you may indicate 1-2 players you would like to play with and we will do our best to accommodate. All games and practices are weeknights (schedule TBA). **All players and coaches must complete a Code of Conduct Form to participate in this league.**

Dates: January – March
Days: TBA
Time: weeknight games & practices
Location: Practices at RBCC Gym, Games in Portland & South Portland
Fee: \$65.00 (South Portland Residents Only)
Staff Coordinator: Jenée Pelletier



REGISTRATION DEADLINE - December 7, 2021

Registrations will only be accepted beyond this date if there is space available on a team.

COACHES NEEDED!

Coaches must be **21 year of age** or older and must complete a volunteer coach's application and complete a criminal background check. Please contact Jenée Pelletier at jpelletier@southportland.org if interested.

PRE-SEASON MEETING

All players and coaches are REQUIRED to attend

Date: Tuesday, December 14

Time: 5:00pm

Location: SPCC Gym

ESPORTS LEAGUES

South Portland Recreation is offering several options for Esports leagues for 2021. We have partnered with GGLeagues to offer Maine community based recreation leagues. Games are all held online only.

Games offered are:

Madden21 (Xbox or PlayStation), Rocket League 1v1 (Beginner or Competitive), Rocket League 3v3 (Beginner or Competitive), Fortnite 1v1, Fortnite 2v2, Super Smash Bros.

Fall Season Details

Registration opens: August 1, 2021

Registration closes: September 24, 2021

Leagues Launch: October 4, 2021

Leagues end: November 8, 2021

Cost per person: \$30 single season play pass (All leagues can be played in the fall season)

\$90 yearly play pass (ALL leagues can be played per season)

Age Divisions: Youth ages 8-12 years, Teen ages 13-18 (HS Senior cut off), Adult 18+

Staff Coordinator: Jenée Pelletier



GAME SCHEDULES

MONDAYS - MADDEN 21

System: PS4 with Playstation Plus Subscription and Xbox One with Xbox Live Subscription

Day of the Week/Start Date: Monday, October 4th

Time and Age Division:

7:00pm-8:00pm (Youth Division: 8-12)

8:00pm-9:00pm (Teen Division: 13-18)

9:00pm-10:00pm (Adult Division: 18+)

TUESDAYS - FORTNITE 1v1

System: PlayStation, Xbox, PC, Nintendo Switch, Mobile.

Day of the Week/Start Date: Tuesday, October 5th

Time and Age Division:

7:00pm-8:00pm (Youth Division: 8-12)

8:00pm-9:00pm (Teen Division: 13-18)

9:00pm-10:00pm (Adult Division: 18+)

WEDNESDAYS - ROCKET LEAGUE

Rocket League 1v1

System: PlayStation, Xbox, PC, Nintendo Switch, Mobile.

Day of the Week/Start Date: Wednesday, October 6th

Time and Age Division:

7:00pm-8:00pm (Youth Division: 8-12)

8:00pm-9:00pm (Teen Division: 13-18)

9:00pm-10:00pm (Adult Division: 18+)

THURSDAYS - SUPER SMASH BROS

Super Smash Bros

System: Nintendo Switch with Nintendo Switch Online Subscription

Day of the Week/Start Date: Thursday, October 7th

Time and Age Division:

7:00pm-8:00pm (Youth Division: 8-12)

8:00pm-9:00pm (Teen Division: 13-18)

9:00pm-10:00pm (Adult Division: 18+)

Rocket League 3v3

System: PlayStation, Xbox, PC, Nintendo Switch, Mobile.

Day of the Week/Start Date: Wednesday, October 6th

Requirements: Teams must come registered with a TEAM OF 3 or the city can assign the players to a team

Time and Age Division:

7:00pm-8:00pm (Youth Division: 8-12)

8:00pm-9:00pm (Teen Division: 13-18)

9:00pm-10:00pm (Adult Division: 18+)

FRIDAYS - FORTNITE 2v2

System: PlayStation, Xbox, PC, Nintendo Switch, Mobile.

Day of the Week/Start Date: Friday, October 8th

Requirements: Teams must come registered with a TEAM OF 2 or the city can assign the players to a team

Time and Age Division:

7:00pm-8:00pm (Youth Division: 8-12)

8:00pm-9:00pm (Teen Division: 13-18)

9:00pm-10:00pm (Adult Division: 18+)

SOUTH PORTLAND COMMUNITY CENTER POOL INFORMATION



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 front desk of the community center.

Please Note:

- Proper bathing attire is required.
- Shoulder length or longer hair must be tied back or in a bathing cap.
- Non-swimmers (esp children) must be directly supervised by the accompanying adult/swimmer (age 18 years or older).
- Pool staff has the authority and responsibility to refuse service to anyone who poses a danger to themselves or others.
- Patrons who are incontinent or not completely potty-trained must wear properly fitting rubber pants with elastic cuffs or swimming diapers.

DAILY FEES

Residents of South Portland: Adults \$4.00 Children/Seniors \$3.00
Non-Residents: Adults \$5.00 Children/Seniors \$4.00

20 Punch Frequent User Passes:

Residents:	Adults- \$60	Child/Senior- \$40
Non-Res:	Adult- \$80	Child/Senior- \$60

Frequent user passes are available for purchase at the Community Center Front Desk only



SOUTH PORTLAND COMMUNITY CENTER POOL INFORMATION CONT'D

OPEN SWIM – Generally, 2 lap lanes are available, but not always! Please check the schedule carefully. Children under 10 must be accompanied and supervised by a swimmer 16 or older. Non-swimming 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. A few 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”. Patrons should be aware of the different speeds (marked on cones) and pick a lane that best represents their pace. Circle swimming may apply.

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 6 laps available, although exceptions may be made to this. Patrons should be aware of the different speeds (marked on cones) and pick a lane that best represents their pace. Circle swimming may apply.

SENIOR SWIM – Participants must be at least 60 years young, please! Lap lanes are available as well as a large space in the pool for general aquatic exercising.

RENTAL - Please see page 2 of brochure for rental information

CMA - Coastal Maine Aquatics. A local swim team. The pool is closed to the public during their practice times.

SCARBOROUGH SCHOOLS - A private pool rental for a school group. The pool is closed to the general public during this rental time.

AFTERSCHOOL ADVENTURES - Our in-house childcare program for K-5th graders for before/after school. The pool is closed to the general public while this group uses the pool.

WATER AEROBICS – All aerobics classes have a drop-in (daily) fee as follows:

Residents \$4 (adult) \$3 (senior) per class

Non-residents \$5 (adult) \$4 (senior) 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.

J.A.M. (Joint And Movement) FITNESS – this class 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.

HYDRO FITNESS - this class will consist of a blend of Deep Water, Shallow Water and joint mobility-based exercises. Both the deep end and shallow end of the pool are used as we move through cardio, strength and flexibility exercises.

For questions regarding the Pool, contact Patrick McArdle at
pmcardle@southportland.org.

SWIM LESSON REGISTRATION INFORMATION

FALL SWIM REGISTRATION DATES

Residents ONLINE (or in person) beginning - Monday, September 13th at 7am
NON-Residents ONLINE (or in person) beginning - Thursday, September 16th at 7am

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 their 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. It often 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.

Please note the following...

1. If you are unable to get your child into the class date/time you prefer, please call the Customer Service Desk and asked to be placed on a waiting list. 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 and how to register.
2. Registrations will be accepted for our 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 starting on the above dates as well.

AMERICAN RED CROSS LEARN TO SWIM YOUTH LESSONS

For children ages 6-13 years old

Fee: \$60 residents/ \$70 non-residents

Fall 2021 Session:

Saturdays, October 2nd – November 13th

Time: 9:00-9:45 AM (Levels 3 and 4)

Time: 10:00-10:45 AM (Levels 1, 2, and 5)

Time: 11:00-11:45 AM (Level 2 & 3)

Sundays, October 3rd – November 14th

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

Time: 2:00- 2:45 PM (Levels 2, 3 and 5)

Time: 3:00- 3:45 PM (Levels 1, 3, and 4)

Thursdays, October 7th – November 18th

Time: 6:00- 6:45 PM (Levels 2, 3, and 4) **NEW time!**



**American
Red Cross**

YOUTH SWIM LESSON INFORMATION for ages 6-13

****Please read the NEW standards that we will be following for level placement!***

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 minimal 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 front crawl and elementary backstroke action. Students will explore the deep end of the pool. In order to pass out of this level, students **MUST** be comfortable in deep water.

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 15 yards. Being able to roll from front to back and back to front. Feel completely 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 dive from side of pool, survival floats, and retrieving underwater objects. In order to pass out of this level, students **MUST** pass the DEEP WATER SWIM TEST which is defined as the ability to enter the water, stay afloat, swim (in any capacity) one length of the pool (going underwater at least one time) and ending with a 15 sec tread in deep water).

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 15 yards, elementary backstroke for a minimum of 15 yards and a front dive. Skills introduced include: breaststroke, butterfly, and side-stroke, open turns, building endurance 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: efficient open turns, front and backstroke flip turns, standing dives and survival swimming, along with endurance swimming and more complex rescue safety topics.



RIPTIDE SWIM CLUB INFORMATION

ONLINE REGISTRATION FOR BOTH RIPTIDE & RIPTIDE “PLUS”!

Thursday, September 23rd - Residents starting at 7am

Friday, September 24th—Non-residents starting at 7am

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 Lia Langeveld via email at LLangeveld@southportland.org.

Evaluation & Placement Session

Your child **MUST** attend one of the Evaluation and Placement sessions prior to registration. **If you do not attend one of the Evaluation and Placement sessions, your registration will be removed from the system.**

Date: Monday, September 20 OR Tuesday, September 21

Time: 6:00 pm

Location: SPCC Pool

Riptide Swim Club Details

Dates: September 27 - December 22 (no program 10/11 & 11/24)

Day: Mondays and Wednesdays

Time: 6:00 - 6:55pm

Fee: \$125/\$135NR

Max: 36 kids



SOUTH PORTLAND RIPTIDE “PLUS” SWIM CLUB

RipTide Plus is designed for Middle School aged swimmers who are genuinely interested in improving their swimming skills. Practice will consist of 50% technique work and 50% endurance and conditioning. If you have questions about this program, please contact Head Coach Lia Langeveld via email at LLangeveld@southportland.org.

Evaluation & Placement Session

Your child **MUST** attend one of the Evaluation and Placement sessions prior to registration. **If you do not attend one of the Evaluation and Placement sessions, your registration will be removed from the system.**

Date: Monday, September 20 OR Tuesday, September 21

Time: 6:00 pm

Location: SPCC Pool

Riptide “PLUS” Swim Club Details

Dates: September 27 - December 22 (no program 10/11 & 11/24)

Day: Mondays and Wednesdays

Time: 7:00 – 7:55pm

Fee: \$125/\$135 NR

Max: 18 kids

PRESCHOOL SWIM INFORMATION

Preschool Aquatics Program Information

Please read the NEW standards that we will be following for level placement!

PRESCHOOL 1

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, using a variety of swim techniques and floatation devices (where and when appropriate). In order to pass out of this level into Preschool 2, students must be able to get their faces wet comfortably, swim on their front with minimal assistance/floatation and float or swim on their back with minimal assistance.

PRESCHOOL 2

Preschool Level 2 is designed for those 3-6 year olds who have passed Preschool 1 (or a similar level with a different program) and clearly shown a higher level of ability and comfort in the water. Preschool 2 children must be able to put their faces in the water comfortably, swim with minimal assistance/floatation for short distance and float on their back with minimal support before entering the class. Participants will concentrate on more endurance swimming, elementary backstroke, underwater swimming, and beginner diving. Skills at this level are performed with assistance and some floatation aid, as well as independently. In order to pass out this level and into Preschool 3, students must be able to swim a short distance on their front and back with no support/floatation, and float with ease.

PRESCHOOL 3

Preschool Level 3 is designed for children ages 3-6, and is built on the skills learned in Preschool Levels 1 & 2. Instructors will provide additional guided practice of basic aquatic skills but at slightly more proficient performance level with greater distances. Skills taught at this level will include efficiency with front crawl, elementary backstroke, kneeling dives and treading water. A good portion of this class will be spent in deeper water with a focus on safety skills. When these children turn 6 years old and enter Learn-to-Swim Lessons, they may go to Learn-to-Swim Level 2 or Level 3, depending on the recommendation of the instructor.

PRESCHOOL LESSONS (Ages 3-5)

PLEASE NOTE...3yo 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

Ages: 3-5
Location: SPCC Pool
Fee: \$60/\$70 NR



Saturdays, October 2nd – November 13th

Time: 9:00 - 9:30am (Preschool 1)
Time: 10:00 - 10:30am (Preschool 2)
Time: 11:00 - 11:30am (Preschool 1)
Time: 9:30 - 10:00am (Preschool 2)
Time: 10:30 - 11:00am (Preschool 3)
Time: 11:30am - 12:00pm (Preschool 1)

Sundays, October 3rd – November 14th

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

Tuesdays, October 5th - November 16th

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

Wednesdays, October 6th – November 17th

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

Wednesdays, October 6th – November 17th

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

PARENT/CHILD "FAMILY SWIM 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. *Min 4/Max 10*

Ages: 9 months - 5 years with parent/care-giver

Fee: \$60/\$70 NR



Day	Times	Dates
Saturdays	9:00 - 9:30am	October 2 - November 13
Saturdays	9:30 - 10:00am	October 2 - November 13
Sundays	3:00 - 3:30pm	October 3 - November 14
Thursdays	9:00 - 9:30am	October 7 - November 18

HIGH SCHOOL SWIM TEAM PREP COURSE

We are once again pleased to offer a High School Prep program. Under Coaches Mike Blanchard and Lia Langeveld 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 swimmers: 15.*

Please e-mail questions to Mike Blanchard at mblanchard@southportland.org.

Instructors: Mike Blanchard & Lia Langeveld

Dates: Mondays & Wednesdays, September 13 - November 10

Time: 2:45 - 4:00pm

Grades: 9 - 12

Location: SPCC Pool

Fee: \$150/\$160 NR

ADULT SWIM PROGRAMS

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.

Instructor: Aquatics Staff

Dates: Sundays, October 3 - November 14

Time: 4:00 - 4:45pm

Location: SPCC Pool

Fee: \$60/\$70 NR

ADULT SWIM PROGRAMS

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!

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.



Instructor: Aquatics Staff

Location: SPCC Pool

Fee: \$60/\$70 NR

Session	Dates	Time
Weekend Afternoon Class	10/2 - 11/13	11:00 - 11:45am
Weekday Morning Class	10/5 - 11/16	7:45 - 8:30am
Weekday Evening Class	10/7 - 11/18	8:00 - 8:45pm

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, located in the Redbank Community Center, is open to ANY student in grades 6-12 that resides in South Portland. Teens have access to a full size gym, kitchen and activity room with 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 return to its regular hours of 2:30 - 6:00pm for the fall. We will also be featuring a cooking class once a week for registered students.



Hours of Operation (School Year):

Date: September 7, 2021 – June 10, 2022

Days: Monday – Friday

Time: 2:30pm – 6:00pm.

Address: 95 MacArthur Circle West, South Portland ME 04106

Teen Center Number: (207) 347 - 4145

Stay up to date on Teen Center information by searching "South Portland Parks & Recreation" on Facebook.

**Schedule subject to change at any time.*

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

BUG LIGHT PARK FALL CLASSIC CAR SHOW - SEPTEMBER 8th, 2021

FREE FAMILY EVENT!

Over 200 Classic Cars and Motorcycles, Music,
Food Trucks, 50/50 raffle.

Date: Wednesday, September 8th
(rain date: Wednesday, September 15th)

Time: 4:30pm - Sunset

Location: Bug Light Park

Staff Coordinator: Robert Carter

Check out our Facebook page for
more details "South Portland Parks
and Recreation"



TRUNK OR TREAT - OCTOBER 23rd, 2021

SOUTH PORTLAND POLICE, FIRE,
PARKS, RECREATION, AND WATERFRONT DEPTS. PRESENT:



OCTOBER 23rd, 2021
12 pm - 3 pm

TRUNK or treat



FOR MORE INFO - SOPOPARKSREC.COM

SOUTH PORTLAND COMMUNITY CENTER - NELSON RD PARKING LOT

HOLIDAY TREE LIGHTING - December 3rd, 2021

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

Event Details

Date: Friday, December 3rd, 2021

Time: TBA

Location: Mill Creek Park



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



BREAKFAST WITH SANTA - DECEMBER 11th, 2021

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 Volunteers in Police Service (VIPS) program.

Please pre-register.

Date: Saturday, December 11th, 2021

Time: 8:00am—11:00am

Location: SPC Senior Wing

Fee: \$8 pp, children under 2 are FREE!

Staff Coordinator: Robert Carter



GOLF COURSE

Our tentative course closure date for 2021 is set for Friday, November 14, 2021. The course may close earlier or later depending on the weather. Stay tuned to our website (www.sopoparksrec.com), Facebook page and email blasts for updates.



*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!*



LADIES GOLF CLINICS

SMGA LADIES GOLF CLINICS

Join Scott Mann, PGA Pro and PGA Director of the Scott Mann Golf Academy (SMGA) and start playing and enjoying the great game of golf! Learn swing basics including grip, stance and alignment, followed by an introduction to irons, woods, chipping and putting along with proper golf etiquette. Once the class is complete, you will be ready to schedule your first tee time! Please bring your own equipment. **Cost includes a complimentary pass to play at South Portland Municipal on your own. Maximum enrollment: 20**

Scott Mann is the 2017 PGA Golf Instructor of the year and is also the teaching pro at Spring Meadows Golf Course in Gray. **Note: the last day of lessons will run from 4:30 – 6:30 pm, with the first hour instruction and the second hour on the course.**

Dates: September 7 – 28

Day: Tuesdays

Time: 5:30 – 6:30pm, last clinic will run 4:30-6:30pm

Location: South Portland Municipal Golf Course

Fee: \$100/\$110 NR

Instructor: Scott Mann

Staff Coordinator: Anthony Johnson



STAFF SPOTLIGHT -Lia Langeveld, Aquatics Supervisor

What does your job entail with South Portland Parks, Recreation & Waterfront? I work as the Weekend Supervisor in the winter and Willard Supervisor in the summer. I lifeguard for most of the day and teach adult stroke clinic and deep water aerobics. I oversee staff during those times as well as running the Rip Tide swim program. I'm looking forward to swim lessons coming back in the fall.

How did you get started in this field? Swimming played a big role in my life in high school and college. When I graduated, I wanted a job that worked with kids and involved aquatics. I started coaching and from there have done different things in the Aquatics field.

What do you like most about your job? Each day is just slightly different so it keeps it interesting. It's great to see patrons improve their strokes.

What do you like most about South Portland? I enjoy all the people I work with.

What is your favorite park in South Portland? Willard Beach.

Tell us about some new projects or programs you are working on? The RipTide swim program will return this fall after shutting down in March 2020. I'm really excited to get that program going again as it's a combination of learning swim skills, being in a team atmosphere and fun!

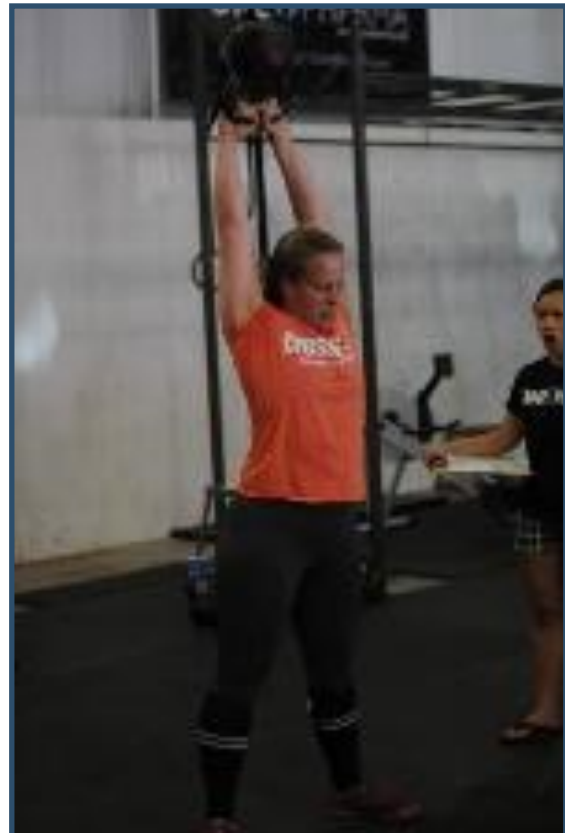
What do you do for fun? I compete in Powerlifting competitions, surf, hike and like to read.

What is your favorite restaurant? Otto's Pizza – Mashed Potato and Bacon.

What is on your song list now? I love country and lately have been listening to a lot of Chris Stapleton, Thomas Rhett and Jordan Davis.

What is your favorite hobby? Powerlifting.

How can people get in touch with you if they have a question? My email is llangeveld@southportland.org.



THANK YOU VOLUNTEERS



A huge thank you goes out to all of our program volunteers during the past year. It has been a challenging year, and we really appreciate the time and effort you have dedicated to our programs.

Bob Rainville
Linda Fearon
Haley Markos
Andrew Moore
Dan Soule
Logan Doucette
Lucas Brown
Brenda Polluck, Evergreen CU
Julia Leighton, Evergreen CU

THANKS TO OUR 2021 EVENT SPONSORS



2021 SUMMER REC CAMP SPONSOR



*2021 MILL CREEK SUMMER
CONCERTS SPONSOR*