

SOUTH PORTLAND PARKS, RECREATION & WATERFRONT

PROGRAMS & ACTIVITIES GUIDE

*Spring
Summer*
2022

REGISTRATION DATES

Rec Programs - Resident Registration April 11

Rec Programs - Non-Resident Registration April 14

Pool Programs - Resident Registration June 6

Pool Programs - Non Resident Registration June 9

Online registration begins at 12:00 am

Walk-in registration begins at 7:00 am



WWW.SOPOPARKSREC.COM * 207-767-7650

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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
Telephone: 207-767-7650

Hours of Operation Thru May 26, 2022

Monday – Friday – 6:00am – 9:00pm

Saturdays – 8:00am – 5:00pm

Sundays – 10:00am – 6:00pm

Summer Hours of Operation May 27 - Sept. 4, 2022

Monday - Thursday - 6:00am - 9:00pm

Fridays - 6:00am - 5:00pm

Closed weekends May 28 - September 4

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

REDBANK COMMUNITY CENTER

Address: 95 MacArthur Circle West
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

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, South Portland

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. **Pool parties are only available on Saturdays from 1:00-2:00pm or 2:00-3:00pm through May 21, 2022. SPCC closed on weekends 5/28-9/4.**

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
RENTALS**

Facility Use Questions

Community Centers (South Portland Community Center & Redbank Community Center)

Anthony Johnson
767-7650 ext. 7512
ajohnson@southportland.org

Parks (includes requests for outdoor weddings)

Kristina Ertzner
207-767-7670 ext. 7811
kertzner@southportland.org

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

Rick Perruzzi
767-7650 ext. 7558
eperruzzi@southportland.org

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.

Location Legend

SPCC - South Portland Community Center
RBCC - Redbank Community Center
SPHS - South Portland High School

Community Center Shutdown Dates

SPCC Closed- August 22nd - September 2nd
RBCC Closed - August 15th - 19th

City of South Portland Closed Dates

May 31 - Memorial Day
June 20 - Juneteenth
July 4 - Independence Day
September 5 - Labor Day

SPRING / SUMMER REGISTRATION

Rec Programs - Resident Registration	April 11
Rec Programs - Non-Resident Registration	April 14
Pool Programs - Resident Registration	June 6
Pool Programs - Non-Resident Registration	June 9
Online registration begins at 12:00 am	
Walk-in registration begins at 7:00 am	

SOUTH PORTLAND SKATEPARK PROJECT

The South Portland Skate park Committee continues to actively fundraise for the development of a 10,000 square foot, concrete skate park 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 \$85K 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”.

HUGE THANKS to our supporters so far!

Professional Level Sponsors



THE LONG FAMILY

Advanced Level Sponsors



**JEFF
WOODBURY**

Intermediate Level Sponsors



...and to many more individual donors for their generous support. We are almost there!

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 60 - \$1.00

Non-residents over age 60 - 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

SURRENDER DOROTHY AT FOOTLIGHTS THEATRE

This New Folk Musical takes place in groovy 1969 when 42-year-old Dorothy Gale travels back to Oz because life has not turned out exactly like the sepia 1939 promised. The Scarecrow, the Tinman and the Cowardly Lion are back but like Dorothy have seen many changes on the yellow brick road of life and love. And no trip back to Oz would be complete without a spell of wickedness! The malevolent Hagatha (the fifth witch no one talked about) is determined to make Dorothy pay for what she did to her sister – and her little dog too. Perhaps there is no place like home...or is there?! *Min 10/Max 13*

Date: Thursday, May 5

Time: Departs SPCC at 6:15pm/Approx. return 9:00pm

Location: Falmouth

Fee: \$25/\$35NR

Staff Coordinator: Karla Doyon

TOUR OF WHITE COLUMNS, BUSH FAMILY EXHIBIT & LIGHT AFTERNOON TEA

Docent led tour through seven rooms, hear stories about three generations of the Perkins-Nott family that lived, loved, and lost in this magnificent Greek revival mansion. The tour includes a brief history of Kennebunkport, its shipbuilding and maritime traditions, and the important connection between the house and the family of Presidents H.W. and George W. Bush who have summered in Kennebunkport for generations. Self-guided tour of the Bush Family exhibit & gift shop. Light Afternoon Tea in the parlor. **White Columns is NOT handicapped accessible and there are TWO flights of stairs.** *Min 10/Max 13*

Date: Tuesday, May 10

Time: Departs SPCC 1:15pm

Approx. return 5:30-5:45pm

Location: Kennebunkport

Fee: \$25/\$35NR (*Transportation, tour and light afternoon tea: finger sandwiches, tea and small sweets*).

Staff Coordinator: Karla Doyon

MINI MYSTERY TRIP

Join us for a mini version of a mystery trip! Come with an open mind and be ready for anything! You must like animals! Do not be afraid, this trip is for anyone and/or everyone! Please pack a picnic lunch. Minimal walking involved! *Min 10/Max 13*

Date: Thursday, May 12

Time: Depart SPCC 9:30am

Approx. return between 3:00-3:30pm

Location: It is a mystery!

Fee: \$20/\$30 NR (*Includes transportation, activity, water & snack. Bring picnic lunch.*)

Staff Coordinator: Karla Doyon

AFTERNOON OF AUTOMOBILES

First stop Bentley Warren's Antique Car Museum (Bentley's toys); then we head to The Maine Classic Car Museum which features 50 of the world's finest motorcars and astounding curiosities such as a Tucker 48 #1028 and crowd pleasers like, President Roosevelt's Packard and Doc Hudson the Fabulous Hudson Hornet. From there we head to Bentley's Saloon to the third outdoor car show of the season where we will also grab an early dinner. *Min 10/Max 13*

Date: Tuesday, May 17

Time: Departs SPCC 12:45pm

Approx. return 6:30-7:00pm

Location: Arundel

Fee: \$15.00 (*Transportation and museum costs only. Bring money for dinner.*)

Staff Coordinator: Karla Doyon

Contact coordinator if you have questions regarding Bentley's Saloon.

BBQ AT RANGE POND

Come soak up the sun with a BBQ at Range Pond with our friends from Portland Recreation! Make sure to bring sunscreen, beach items (including beach chair/bathing suit (optional), and be prepared to walk on uneven ground. Remember, whatever you bring, you must be able to carry independently. We will supply the typical BBQ fixings - burgers, hot dogs, chips, dessert & water! If you would like a different beverage, please bring it. *Min 8 / Max 13*

Date: Wednesday, June 8

Time: Departs SPCC 9:15am

Approx. return 2:30-3:00pm

Fee: \$12.00

Location: Poland Spring

Staff Coordinator: Karla Doyon

SENIOR TRIPS

THE CHER SHOW AT OGUNQUIT PLAYHOUSE

Superstars come and go, but Cher is eternal! The Tony Award-winning THE CHER SHOW is packed with so much story and hit music it takes three women to tell her tale: the enigmatic newcomer, the glamorous pop star, and the cinematic icon. 35 smash hit songs, two rock-star husbands, and those epic Bob Mackie gowns, all in one fabulous Broadway musical that will turn back time and leave you dancing in the aisles! *Min 13/Max 13*

Date: Thursday, June 9

Time: Departs SPCC 12:15pm

Approx. return 4:30 -5:00pm

Location: Ogunquit

Fee: \$90/\$100NR

Staff Coordinator: Karla Doyon

DAY OF SHOPPING ON ROOSEVELT TRAIL

We are off to Windham for a fun few hours of shopping! There are some well-known places and some not so well known places. We will spend an allotted amount of time at each stop. You are responsible for your own purchases and must be physically able to shop and carry your bags independently. We still stop for lunch after we exhaust ourselves from shopping! *Min 10/Max 13*

Date: Friday, June 10

Time: Departs SPCC 8:30am

Approx. return 3:00pm

Location: Windham

Fee: \$6.00 (*Transportation only. Bring money for lunch*)

Staff Coordinator: Karla Doyon

OSGOOD HOUSE TOUR & CURRIER DOLL MUSEUM

A visit to the Currier Doll Museum (exceeding 10,000 dolls!), with antique furniture and vintage dresses on loan from the Historical Society, is a unique experience. They have something for everyone! We will have tour of the Colonel Samuel Osgood House and Research Library with the Fryeburg Historical Society. The history of Fryeburg is so unique; it is older than the State of Maine! You will be on your feet/walking for both tours. Boxed lunch included. *Min 10 Max 13*

Date: Thursday, June 16

Time: Departs SPCC 8:30am

Approx. return 3:30pm

Location: Fryeburg

Fee: \$25/\$35NR (*Includes two museum fees, transportation, water, snack and boxed lunch*)

Staff Coordinator: Karla Doyon

DAVISTON MUSEUM

The Daviston Museum is a regional history, tool, and art museum focusing on the marriage of tools, art and history. The Museum's goals are to recover, display, and explain hand tools of New England's maritime culture; to increase awareness about Native American and environmental history; and to provide an arena for Maine artists to exhibit their work. We will also explore the town of Liberty and see what else we can find!
Min 8 Max 13

PLEASE NOTE THERE ARE TWO FLIGHTS OF STAIRS TO GET UP INTO THE MUSEUM

Date: Wednesday, July 6

Time: Departs SPCC 9:15am

Approx. return 4:00-4:30pm

Location: Liberty

Fee: \$11.00 (*Includes transportation, fees, water & snack. Bring money for lunch*)

Staff Coordinator: Karla Doyon

LAVENDER PICKIN' DINNERTIME TRAIN

Board the train at Sheepscot station for a steam-powered ride to *Top of Mountain* where you will hop a short wagon ride to complete the journey to Alna's lavender farm. At Sea Lyon Farm, enjoy these activities for additional fees: pick your own lavender during the setting sun, peruse a plethora of lavender themed goods, dine on farm fresh meats and other goodies from Grandpa's Kitchen, and/or take a horse-drawn wagon ride around the farm.
Min 13/Max 13

SeaLyon Farm and their partners sell dinner, refreshments, lavender stalks, horse wagon rides, and other farm products separately. Please bring CASH if you wish to purchase pick your own lavender, dinner, or other things that are offered. Note that due to the nature of this event, wheelchairs cannot be accommodated.

Date: Saturday, July 9

Time: Departs SPCC 2:30pm

Approx. return 7:00-8:00pm

Location: Alna

Fee: \$25/\$35NR (*Includes all transportation - bus, train, tractor wagon ride, 2 waters and 2 snacks.*)

Staff Coordinator: Karla Doyon

SENIOR TRIPS

MAINE MARITIME MUSEUM & RIVER CRUISE

We will take an outdoor guided tour of the grounds and Percy & Small Shipyard. Following, we will explore the Kennebec River on a 1-hour narrated River Cruise and see where Maine shipbuilding began more than 400 years ago and continues today. We will cruise past BIW to see spectacular views of the Navy's most advanced ships taking shape. We end the day with some free time in the Museum. Lunch out on your own. *Min 10/Max 13*

Date: Tuesday, July 12

Time: Departs SPCC 9:30am

Approx. return 4:00-5:00pm

Location: Bath

Fee: \$38/\$48 NR

Staff Coordinator: Karla Doyon

SUNSHINE TRAIL

A great day trip! Hop on the bus w/ your friends and hit the Sunshine Trail! Join 10 local businesses on a trail through Limington, Limerick and Newfield in this unique summer open house experience. Hop on the trail and enjoy local, hand-made artisan chocolate, pure Maine maple syrup, small batch honey, and sweetened jams, visit some Alpacas, get some turkey pot pies & BBQ rubs as we explore for unique gifts and antiques.

Min 8/Max 13

Date: Saturday, July 16

Time: Depart SPCC at 9:00am

Approx. return 2:00 - 3:00pm

Fee: \$7.00 (Transportation only. Lunch and purchases are on your own.)

Location: Limerick, Limington, & Newfield, ME

Staff Coordinator: Karla Doyon (see coordinator for list of venues we will be visiting/bus will transport us to each location)



COAST GUARD STATION TOUR

Have you always been curious about the Coast Guard Station in your own backyard? Well, now you have a chance to see what goes on down there! We will have a half hour to one-hour tour of the South Portland Coast Guard Station. Due to Coast Guard security measures, we are not allowed to tour any restricted areas. Most or all of the tour will be outside. You must bring a government issued photo I.D. *Min 8 / Max 13*

Date: Wednesday, July 20

Time: Departs SPCC 9:45am

Approx. return 11:30am -12:00pm

Fee: \$3.00

Location: South Portland

Staff Coordinator: Karla Doyon

**Your name and address will be given to the Coast Guard prior to our visit.*

FOSTERS DOWNEAST CLAMBAKE

New England Clam Chowder, freshly dug Maine clams, cultivated mussels, succulent Maine lobster, sweet corn on the cob, roasted red bliss potatoes and onions, rolls & butter, hot drawn butter, blueberry crumb cake, iced tea & lemonade, coffee & tea are on the menu for this trip to Foster's Downeast Clambake! Live entertainment included! BBQ chicken or Vegetarian Option are substitute choices for lobster, must contact coordinator for details. We will be eating indoors. *Min 10/Max 13*

Date: Wednesday, July 27

Time: Departs SPCC 10:15am

Approx. return 2:00-2:30pm

Location: York

Fee: \$45/\$55NR (Includes transportation, complete clambake meal, tax, gratuity, & live entertainment)

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 eclectic, eccentric and/or unusual! Please be prepared for a long day and be prepared to be on your feet for at least an hour or two during the course of the day. Please pack picnic lunch! This trip involves a fair amount of walking/standing and sitting on the bus. *Min: 8 / Max: 13*

Date: Thursday, August 4

Time: Departs SPCC 8:00am

Approx. return 4:30-5:00pm

Location: It is a mystery!

Fee: \$25/\$35NR (Includes transportation, water, snacks, and fees. Please bring picnic lunch).

Staff Coordinator: Karla Doyon

SENIOR TRIPS

SISTER ACT AT INTERLAKES SUMMER THEATRE

Broadway's habit-forming musical comedy smash hit that will make you jump for joy! When wannabe disco diva Deloris Van Cartier witnesses a crime, the cops hide her in the last place anyone would think to look – a convent! Under the suspicious watch of Mother Superior, Deloris helps her fellow sisters find their voices as she unexpectedly rediscovers her own. *Min 10 / Max 13*



Date: Thursday, August 11

Time: Departs SPCC 10:00am – show begins at 2:00pm

Approx. return 5:30-6:00pm

Location: Meredith, NH

Fee: \$40/\$50NR (*Transportation and ticket only. Bring money for lunch*)

Staff Coordinator: Karla Doyon

WALKING FIELD TRIPS

Join us on FIVE 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/bug spray if you have them. The awe of Maine awaits you on these wonderful trails and paths. Includes one water and one snack per trip. *Min 8 Max 13*

Dates:

Wednesday, May 4 - Pondicherry Park & Picnic (**Do not forget your picnic lunch**)

Tuesday, June 14 – Wolfe's Neck Farm & Picnic (**Do not forget your picnic lunch**)

Monday, July 11 – Paper Mill Trail & Lunch Out (**Bring money for lunch**)

Tuesday, Aug. 9 – Kennebunk Plains Preserve & Blueberry Barrens plus deli Stop for takeout & beverages (**Do not forget your money for deli purchases**)

Monday, 8/15 – Donna Lippmann Park & Picnic (**Do not forget your picnic lunch**)

Time: Departs SPCC Lobby 8:30am

Approx. return between 12:30-2:00p.m.

Locations: Bridgton, Freeport, Lisbon, Kennebunk & Windham

Fee: \$5.00 per trip (*Includes transportation, water & snack*)

Staff Coordinator: Karla Doyon



SONGO RIVER QUEEN II CRUISE

A cruise on the Songo River Queen II alongside our friends from Portland Recreation. The QUEEN II is a replica of the Mississippi River Paddle Wheeler and offers an exceptionally smooth ride. There are two decks, an open upper deck with a canopy for protection from the sun and rain, as well as a fully enclosed lower deck, and there are restrooms on board. A food court is available for your convenience. *Min 10 / Max 13*

Date: Thursday, Aug. 18

Time: Departs SPCC at 10:30am

Approx. Return 4:00-4:30pm

Location: Naples

Fee: \$30/\$40NR (*Transportation and cruise only*)

Staff Coordinator: Karla Doyon

SUMMER PICNICS

Pack your lunch as we head to some beautiful locations to have a picnic, sit and enjoy the scenery or take a walk and explore. Whatever you choose to do on these picnics is up to you! Please bring your lunch and beverage, bug spray, suntan lotion, hat and whatever else you think you may need to enjoy these outdoor locations in Maine & N.H.! One water and one snack only provided.

Min 8 / Max 13

Trip	Dates
Coastal Rivers Land Trust	Wednesday, May 18
Fort Stark Historic Site	Friday, August 5

Time: Departs SPCC at 9:30am

Approx. return 2:30pm

Locations: Damariscotta, Maine & New Castle, NH

Fee: \$8.00 for Salt Bay Farm (*Includes transportation, water & snack*). \$13.00 for Fort Stark (*Includes transportation, admission fee, water & snack*)

Staff Coordinator: Karla Doyon

SENIOR TRIPS

OUT TO LUNCH BUNCH

Join us a couple times for a trip 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 13*

Time: Departs SPCC at 10:30am / Approx. return 2:30-3:00pm
Locations: Old Orchard Beach & TBD
Fee: \$5.00 (*Transportation only*)
Staff Coordinator: Karla Doyon

Dates	Destination
Thursday, May 26	TBD
Tuesday, June 7	TBD
Friday, July 22	Joseph's by the Sea
Wednesday, August 17	TBD

SENIOR PROGRAMS

WELCOME TO SUMMER LUAU

Aloha! Put on your favorite floral shirt, dress or attire and join us for our first ever Luau! Lots of Ono food, music, games & fun! Our hoalohas from Portland Recreation will be joining us as well. *Min 10 / Max 15*

Date: Friday, May 13
Time: 11:00am-1:00pm
Location: SPCC Senior Wing
Fee: \$15.00
Staff Coordinator: Karla Doyon

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 play are Hand & Foot and Spite & Malice, Manipulation, Five Crowns, etc.

Dates: Thursdays, May 5 - August 11
(No Program on 6/2, 7/14)
Times: 12:30pm – 3:30pm
Location: Senior Wing
Fee: FREE
Staff Coordinator: Karla Doyon



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: May 5 - August 11 (No program 5/13, 6/2, 7/14, 7/15, 8/12)
Times: Thursdays, 12:30-3:00pm
Fridays, 9:00am -12:00pm
Location: Senior Wing
Fee: FREE
Staff Coordinator: Karla Doyon

LOBSTER ROLL LUNCHEON & ROOT BEER FLOATS

What says summer better than a lobster roll lunch? Lunch will consist of a lobster roll, chips, dessert and root beer float. Bob Bayer, Emeritus Director, Lobster Institute will join us for a Lobster Talk! Our friends from Portland Recreation will be joining us as well! Thank you for understanding that you must register ahead of time, please do not just show up. *Min 10 / Max 15*

Date: Tuesday, July 19
Time: 12:00 - 2:00 pm
Location: SPCC Senior Wing
Fee: \$15.00
Staff Coordinator: Karla Doyon

ECO PRINTING ON SILK

As the city's "Plant Lady" Horticulturist May Lou Fathke has embraced this ancient plant based method of dyeing on cloth. You will delicately create a unique one-of-a-kind printed silk scarf for yourself. You will use carefully selected plants. No chemicals, no mess, no fuss. You will be provided with all the materials you will need. **There will be down time so bring a bag lunch or go out for a quick bite nearby!** *Min 6 / Max 6*

Dates: Tuesday, July 26
Wednesday, August 3
Time: 11:00am -2:00pm
Location: SPCC Senior Wing
Fee: \$12.00
Staff Coordinator: Karla Doyon

SENIOR PROGRAMS

CHAIR FIT

A new you! Let's get back to healthy! Chair Fit is a great total body workout for everyone but perfect if you have trouble doing standing exercise. Cardio strength and core all using a chair! Class must meet the minimum or class will be canceled. *Min 4/Max 20*

Instructor: Lynn Steward
Days: Thursdays
Time: 12:30-1:15pm
Location: SPCC Multi-Purpose Room
Staff Coordinator: Karla Doyon

Session	Dates	Fee
May	5,12,19,26	\$18/\$28 NR
June	2,9,16,23	\$18/\$28 NR
July	7,14,21,28	\$18/\$28 NR
August	4,11,18	\$18/\$28 NR
*\$5.00 Drop-in Fee per class		

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: Every Thursday morning May 5 - Aug. 11
(No Create & Chat 6/2, 7/14)

Times: 9:00-11:30am
Location: SPCC Senior Wing
Fee: FREE

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, May 2 - Aug. 8
Time: 12:30 - 3pm **(No Bingo 5/30, 6/20, 7/4 & 7/11)**
Location: SPCC Senior Wing
Fee: \$1.00 each Monday *(Includes games, prizes & snack)*

Staff Coordinator: Karla Doyon

BINGO

VITALITY T'AI CHI FOR SENIORS T'AI CHI TUESDAYS

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

Dates: June 7 & 21
July 5 & 19
Aug. 2 & 16

Time: 1:00 - 2:00pm
Location: SPCC Aerobic Room
Fee: \$5.00

Staff Coordinator: Karla Doyon



FOOTBALL 101 & TAILGATE PARTY

Do you want to learn about football? Do you not watch football because you do not understand it? Our own Mike Bailey, football coach for over 20 years will explain all the rules and how to understand football so you can watch and enjoy! Following the football talk, we will have a "tailgate party" with traditional tailgate food: nachos, buffalo chicken wings, hot dogs, hamburgers, mac & cheese, mozzarella sticks, chips & dips and non-alcoholic beverages. *Min 10 / Max 15*

Date: Friday, Aug. 12
Time: 12:30-3:30pm
Location: SPCC Senior Wing
Fee: \$12.00
Staff Coordinator: Karla Doyon



SENIOR PROGRAMS

OPEN 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. Remember to register monthly!

Dates: Wednesdays, May - August

Time: 11:45am-1:45 pm

Location: Sea Dog Brewing, Broadway, South Portland

Fees: \$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

Staff Coordinator: Karla Doyon

Session	Dates	Fee
May	5,12,19,26	\$18/\$28 NR
June	2,9,16,23	\$18/\$28 NR
July	7,14,21,28	\$18/\$28 NR
August	4,11,18	\$18/\$28 NR

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



STRESS FREE TUESDAY AFTERNOONS

Join us one Tuesday afternoon a month at the Community Center in the Senior Wing for a relaxing cup of tea and stress free coloring. Relax, unwind and enjoy a variety of teas while you color your stress away. We have the tea and coloring supplies if you have the time! Coloring supplies provided or you may bring your own.
Min 5 / Max 25

Dates: May 3, June 7, July 5, Aug. 2

Time: 1:00pm - 3:00pm

Location: SPCC Senior Wing

Fee: Free

Staff Coordinator: Karla Doyon

NATURE THEMED PRESENTATIONS

The natural world is full of exciting, curious, and beautiful things! Join our new park ranger, Sydney Raftery for these themed presentations and dive deeper into these interesting nature topics. Snacks will be provided. Please show up if you register, as there is a lot of work put into these presentations. *Min: 5 / Max: 30*

Presenter: Sydney Raftery, Park Ranger

Time: 9:00 -10:00am

Location: SPCC Senior Wing

Fee: Free

Staff Coordinator: Karla Doyon

SESSION	DATES
1. From Big Sky to the Coast (An introduction to our park ranger)	5/11
2. Adapting to Survive: The natural history of coyotes	6/1
3. All About Owls; with interactive owl pellet dissections	7/18
4. Constellation Stories: Stars and Greek Mythology	8/10

KNIT AND FELTED WOOL HAT

Folks signing up for this 2-part class must know how to knit. The first class will be an explanation of how to get started and a quick overview of how to felt. The second class will be a demonstration of the felting process – we may not have time to felt everyone's hat in class, but participants will learn to felt it at home. *Min 4 / Max 6*

Instructor: Expert Hat Maker Judy Simpson

Dates: Mondays, Aug. 1 & 8 (must attend both classes)

Time: 9:00-10:30am (You may stay longer to knit if you like but instruction will be done at 10:30)

Location: SPCC Senior Wing

Fee: \$35/\$45 NR (Includes instruction & all materials, however there will be limited colors of yarn so you may want to bring your own)

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 (**No Class on 6/20**)

Time: 5:30 – 6:30pm

Location: SPCC Aerobic Room

Staff Coordinator: Whitney Dorsett

Session	Dates	Fee
May	5/2 - 5/25	\$60/\$70 NR
June	6/1 - 6/21	\$60/\$70 NR
July	7/6 - 7/27	\$52.50/\$62.50 NR
August	8/1 - 8/17	\$45/\$55 NR
*Drop in fee per class: \$8.00		

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: \$70/\$80 NR

Staff Coordinator: Whitney Dorsett

Session	Dates
Wednesday Session 1	5/4 - 6/29
Wednesday Session 2	7/6 - 8/17
(No Class 6/15 & 6/22)	
* Drop in fee per class: \$12.00	

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 (**no class 6/20**)

Time: 8:30 - 9:30am

Location: SPCC MP Room

Staff Coordinator: Whitney Dorsett

Session	Dates	Fee
May	5/2 - 5/26	\$62/\$72 NR
June	6/2 - 6/30	\$62/\$72 NR
July	7/11 - 7/25	\$38.50/\$38.50 NR
August	8/4 - 8/18	\$38.50/\$38.50 NR
* Drop in fee per class: \$10.00		

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. *Min 10 / Max 20*

Please note this adult class will only allow a 10% Senior Discount. For Questions contact Karen McCue at

Bodyflex2011@gmail.com

Instructor: Karen McCue

Days: Tuesdays & Thursdays

Time: 5:00 - 5:50pm

Location: SPCC MP Room

Staff Coordinator: Whitney Dorsett

Session	Dates	Fee
May	5/3 - 5/31	\$60.75/\$70.75 NR
June	6/2 - 6/30	\$60.75/\$70.75 NR
July	7/5 - 7/26	\$40.50/\$50.50 NR
August	8/2 - 8/18	\$40.50/\$50.50 NR
* Drop in fee per class: \$10.00		

ADULT PROGRAMS

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: Wednesdays and Saturdays May-July

Time: Wednesdays, 6:30-7:30pm

Saturdays, 8:00 - 9:00am

Location: SPSHS Tennis Courts

Fee: \$55/\$65 NR

Staff Coordinator: Whitney Dorsett

Session	Dates	Fee
Wednesday Cardio Tennis A	6/1 - 6/29	\$55.00/\$65.00 NR
Wednesday Cardio Tennis B	7/6 - 8/3	\$55.00/\$65.00 NR
Saturday Cardio Tennis A	5/28 - 6/25	\$55.00/\$65.00 NR
Wednesday Cardio Tennis B	7/2 - 7/30	\$55.00/\$65.00 NR
* Drop in fee per class is: \$12.00		

MONDAY NIGHT TENNIS MOTIVATION

Monday Night Tennis Motivation is a point based drills clinic. Instructional, yet upbeat, this clinic is a way to improve your strokes while under the pressure of victory or defeat. Fun games will be added in as well. Intermediate (USTA rated 3.0+) player's levels are welcome. *Min 8/Max 16*

Instructor: David Cousins, PTR/USPTA Elite Professional

Time: 6:00 - 7:30pm

Location: SPSHS Tennis Courts

Fee: \$66/\$77 NR

Staff Coordinator: Whitney Dorsett

Session	Dates	Fee
Monday Night Tennis Motivation A	6/6 - 6/27	\$66/\$77 NR
Monday Night Tennis Motivation B	7/11 - 8/1	\$66/\$77 NR
* Drop in fee per class is: \$13.00		

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 SPSHS tennis courts. Rackets will be on hand to use during class if you do not have one. *Min 6/Max 14*

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

Time: 5:30 - 6:30pm

Location: SPSHS Tennis Courts

Fee: FREE

Staff Coordinator: Whitney Dorsett

Sessions	Dates
ATL 1 (Beginner)	Wednesdays, 6/1 - 6/2
ATL 2 (Beginner)	Wednesdays, 7/6 - 7/27

TENNIS IN THE PARK FOR ADULTS - LEARN AND PLAY TENNIS!

Led by a USTA Approved Coach, participants will have fun and get great exercise while developing the skills to serve, rally, and play tennis. The program is perfect for first-time and beginner players, as well as returning novice players. All players in their first session receive and keep a new tennis racket! *Min 6 / Max 8*

Instructor: USTA Approved Coach

Dates: Mondays, May 2 - June 13 (No class 6/30)

Time: 5:45- 7:15pm

Location: Small School Elementary School Tennis Courts

Fee: \$75/\$85 NR

Staff Coordinator: Whitney Dorsett



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 Whitney (wdorsett@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: \$65/\$75 NR

Staff Coordinator: Whitney Dorsett



Session	Dates	Registration Deadline
Monday League - Summer	5/23 - 8/15 (no games 7/4)	Closes May 16
Thursday League - Summer	6/23 - 8/18	Closes June 16

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.
- New game balls provided each game
- Champion teams win - adult league championship shirts



Captains must email Whitney Dorsett (wdorsett@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: Monday League starting 7/11

Tuesday League starting 7/12

Game Times: 5:30 pm – 9:00pm

Location: Wainwright Athletic Complex

Team Cost: \$550

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

Team Roster Minimum: 14 Max: 20

Team and Individual Registration deadline is June 30.

Staff Coordinators: Whitney Dorsett

We offer Esports for Adults too!

Madden 21

Rocket League

Fortnite 1v1

Super Smash Bros

Fortnite 2v2

Mario Kart 8 Deluxe

Check out information on page 27

ADULT GOLF LEAGUE

ADULT GOLF LEAGUE

Come join our 2nd year of adult recreation golf leagues. Once a week each team will play 9 - holes during the week at the South Portland Municipal Golf Course. Teams will not be playing on the course with anyone other than your teammates until playoffs.

League Format

All skill levels and genders are welcomed to play

Ages: 18+ and out of high school

Team - 4 people.

Register as a single, twosome, threesome or foursome. All registered golfers (free agents) who are not in a foursome team will be paired into teams of 4 if possible.

5 weeks of regular season – each team places once a week. Playoff will be mixed pairs placed in a seeded playoff bracket. Teams/players may play more than once in a week for playoffs.

Scramble Format Play

No handicaps. (Triple Bogey Max)

Winning Team receives 4 SoPo Adult League championship 1/4 zip pull-overs

Spring League Dates: May 2 – end of June 2022

Summer League Dates: July 5 – end of August 2022

Location: South Portland Municipal Golf Course

Tee Times: Monday – Thursday 5:00pm, 5:15pm, 5:30pm, 5:45pm, 6:00pm.

Teams will choose a day of the week and tee time for first 5 weeks.

League Cost: \$40/\$50 NR

Players are responsible to pay their green fees at the pro shop or use a play pass.

Staff Coordinator: Whitney Dorsett

Greens Fee: \$15.00 per person. Can play an additional 9 holes after first round and scored league play.

Option to purchase a South Portland golf course 10 play pass and get 3 extra plays for \$140.00 (before May 31st) or purchase 5 play pass for \$70.00.

ADULT TRACK AND FIELD

ADULT TRACK AND FIELD

Attaining your exercise goal by running is easier than you think, and there's a lot more out there than training for a 10k or marathon. This class will introduce (or reintroduce) you to the sport of track & field. Your goal may be to get around the track once or to run a full mile. You may be a former runner looking to awaken those dormant muscles you haven't been able to stretch out for years, or maybe you're someone looking for the camaraderie of training with a group without having to go out for miles at a time on the road. This program will focus on setting and reaching a goal, safe training methods and progressions, and injury prevention.

All skill levels (walk/jog through experienced) are welcome, and it's never too late to start. Coach Matt Green's adult track team annually adds members in their 50s and older who are competing on the track for the first time. While competition is not part of this program, options to compete locally in either the Maine Corporate Track Association (ages 18-90+), the Maine Senior Games (age 45+), or Maine USATF meets (all ages) will be shared. Practices will be adjusted to your skill and fitness level and tailored individually so you can hit that personal goal.

Please bring your own water bottle filled.

You can park in the high school lot next to the Stadium/track

Instructor: Coach Matt Green – SP Athletics

Dates: Thursdays, June 16 – July 21

Time: 6:00– 7:00pm

Location: SPSHS Track and Field (Martin Stadium)

Fee: \$54/\$64 NR

Staff Coordinator: Whitney Dorsett



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)

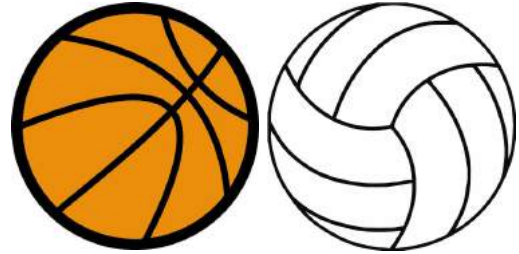
\$3/ \$4 NR

\$1 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	5/3 - 6/7	11:30am - 1:30pm	SPCC Gym
Wednesday (Sopo Res Only)	5/4 - 5/25	7:00 - 9:00pm	SPCC Gym
Wednesday (over 40)	5/4 - 5/25	11:30am - 1:30pm	SPCC Gym
Fridays	5/6 - 6/10	11:30am - 1:30pm	SPCC Gym
Sundays (over 40)	5/1 - 5/22	9:00 - 10:30am	RBCC Gym

Adult Volleyball Open Gym	Dates	Time	Location
Sundays	5/1 - 5/22	4:00 - 6:00pm	SPCC Gym

ADULT PICKLEBALL OPEN GYM

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

Fee: (MUST SHOW ID each visit)

\$3/ \$4 NR

\$1 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 Pickle ballOpen Gym	Dates	Time	Location
Monday - Friday	5/2 - 6/10 (see no program dates below)	8:00 -11:00am	SPCC Gym
Mon & Wed (Beginners Only)	5/2 - 5/25	8:00 -11:00am	RBCC Gym
* No programs on following dates: 5/30			

SUMMER REC CAMPS 2022

SUMMER REC CAMPS

Dates: Monday through Friday, 6/27 - 8/12 (**no camp 7/4**)

Hours: **Mini, Little, Big Riots:** 8:00am-5:30pm

(8:00am-12:00pm on 8/12)

Mega Riots: 8:30am-4:30pm (8:00am-12:00pm on 8/12)

Staff Coordinator: Kari Filieo



Session	Registration Deadline	Fees
Full 7 weeks	Friday, 6/17	\$825
Pick a Week – Week 1	Friday, 6/17	\$125 per week
Pick a Week - Weeks 2-8	Wednesday prior to the chosen week	

Camp	Grades	Location
Mini Riots	Entering Kindergarten and 1st grade	Small Elementary School
Little Riots	Entering 2nd and 3rd grade	Brown Elementary School
Big Riots	Entering 4th and 5th grade	Mahoney Middle School
Mega Riots Camp	Entering 6th, 7th & 8th grade	Redbank Community Center

AROUND THE WORLD IN A WEEK

Let's travel around the world! Campers will get to explore somewhere different each day. While "visiting" other countries, campers will get to try different foods, make craft items and try new activities from each specific place. We will still swim and go on field trips this week as well and that schedule will be posted at a later date.

This program is for South Portland residents entering Kindergarten through 5th grade in the fall. *Min: 30/ Max: 50*

Dates: Monday-Friday, August 15-19

Time: 8:00am – 5:30pm

Grades: K-5

Location: SPCC

Fee: \$200 (\$20 sibling discount)

Staff Coordinator: Kari Filieo

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

MIDDLE SCHOOL RAFTING TRIP

We will be bussed to Caratunk, ME where Adventure Bound Youth Adventures will host us at their amazing base camp, and lead us down the Kennebec River for a 12 Mile rafting trip. The trip will depart from the Redbank Community Center on Monday, August 15th at 1:00 pm and return to Redbank on Tuesday, August 16th at approximately 7:00 pm. An additional liability waiver, provided by the rafting company, will be required in order to participate. Dinner, Breakfast and BBQ River lunch are provided.

Min: 10/ Max: 20

Dates: August 15 at 1:00pm to August 16 at 7:00pm

Grades: 6-8

Location: Caratunk, ME

Fee: \$180/\$200 NR (\$15 discount before July 1st)

Staff Coordinator: Kari Filieo



BEFORE & AFTER CARE PROGRAM

South Portland Parks and Recreation

SOPO KIDS CLUB

Before & After School Care

2022 - 2023 school year

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

Kindergarten - 5th Grade SP Residents
Before/After Care is in the school gym.
Snack is provided in the afternoon.



Before and After care Provided
7:00am - 9:00am 3:00pm - 6:00pm
AM Spaces Available: 20
PM Spaces Available: 30
This program includes Early Release Days

Starting on Tuesday, August 30, 2022 (Tentative 1st day of school)

Before & After Care will be held each day school is in session.

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

Weekly Cost

BEFORE CARE ONLY

3 Days: \$54.00
4 Days: \$64.00
5 Days: \$75.00

BEFORE & AFTER CARE

3 Days: \$105.00
4 Days: \$130.00
5 Days: \$155.00

AFTER CARE ONLY

3 Days: \$54.00
4 Days: \$64.00
5 Days: \$75.00

Kari Filieo
Program Manager
kfilieo@southportland.org



YOUTH PROGRAMS

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 bring a water bottle, 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 4/Max 15*

Instructor: Drouin Dance Center

Date: Mondays, 5/2-5/23

Time: 4:30-5:15pm

Ages: 6-10

Location: SPCC Aerobic Room

Fee: \$65/\$75 NR

Staff Coordinator: Brianne Maloney

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

Dates: **Mondays, 4/25-6/6 (No class on 5/30)**

Time: 9:30-10:15am

Location: SPCC Aerobic Room

Fee: \$60/\$70 NR

Staff Coordinator: Brianne Maloney

TOT HOP

Tot Hop is our youngest hip hop class offering. This class is perfect for your dance who has a lot of energy and who are always on the move! Please send your dancer in comfortable clothing and indoor sneakers. No jeans please. *Min 4/Max 12*

Instructor: Brio Dance

Dates: Mondays, 4/25-6/6 (No class on 5/30)

Time: 10:15-11:00am

Location: SPCC Aerobic Room

Fee: \$60/\$70 NR

Staff Coordinator: Brianne Maloney

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. A great class for ages 6 and up, for boys and girls of all levels! *Min 4/Max 15*

Instructor: Drouin Dance Center

Date: Mondays, 5/2-5/23

Time: 5:30-6:15pm

Ages: 6-10

Location: SPCC Aerobic Room

Fee: \$65/\$75 NR

Staff Coordinator: Brianne Maloney

MOVIE MAGIC DANCE CAMP

Explore your favorite movie characters with dance! Encanto, Onward, Soul, Raya & the Last Dragon, Coco! Dance Camp for Ages 3-8 incorporates creative movement, ballet, and jazz styles of dance. Camp include dance instruction, arts & crafts, choreography, movement activities & games. Half Day Dance Camp have a snack break. Dancers are responsible to bring a water bottle, and items for the snack break. A short performance at the end of the week on Friday at 11:45am. *Min 5 / Max 18*.

Instructor: Drouin Dance Center

Date: Monday - Friday, 8/15 - 8/19

Time: 9:00am -12:00pm

Ages: 3-8

Location: SPCC Aerobic Room

Fee: \$85/\$95 NR

Staff Coordinator: Brianne Maloney



YOUTH PROGRAMS

CHOPPED JR CAMP

Calling all young chefs! If you love the show Chopped Jr. then this camp is for you! Everyday campers will be divided up into teams and will compete against each other. They will be given a mystery basket and then will have to create fun and delicious recipes in an allotted amount of time. Each day there will be a culinary lesson and 2 challenges. If your child has anaphylactic food allergies we recommend not signing up as we cannot guarantee the recipes are completely free of certain ingredients.

Instructors: Fun Chefs

Dates: Monday - Wednesday, 6/27 - 6/29

Time: 9:30am-12:00pm

Ages: 9-14

Location: SPCC Senior Wing

Fee: \$130/\$140 NR

Staff Coordinator: Brianne Maloney

MR. REAGAN'S THEATER CAMP

Have you ever wondered how the animals got their coats? Well, you can find out the answer and more this summer at Mr. Reagan's Theater Camp! No experience necessary. Just a willingness to try and have some fun! Actors will build theater skills such as: voice projection, stage presence and teamwork in a fun creative atmosphere. **There will be a presentation for parents and friends on Friday at 12:00 pm on the last day of camp! Min 10/ Max 25.**

Patrick Reagan is a fifth grade teacher in Scarborough. He has been doing theater in the classroom for the past twenty-two years and has run theater camps in the area for over ten years

Instructor: Patrick Reagan

Dates: Monday - Friday, 7/11-7/15

Time: 9:00am-12:30 pm

Ages: 6-11

Location: SPCC Senior Wing

Fee: \$200 /\$210 NR

Staff Coordinator: Brianne Maloney

YOUTH YOGA

This program is a six week introduction and further exploration of yoga, designed for all ages and abilities, kids K-12. Sessions focus on the basic principles of yoga through a physical practice involving a variety of poses that help strengthen, stretch, and align the body and the mind. In tandem with the physical practice, they will also be learning breathing techniques and positive mentalities that will help bring attention to sustained focus, finding more inner calm, confidence, and self-validation. And best of all, it's fun, new, and exciting! It's great chance for your kids to learn more about yoga, life, and most importantly, themselves.

Zero experience is necessary. Comfortable clothes are best, in order to move without any constrictions.

Yoga Mats Available for class use. Min 10/Max 20

Instructor: Ben Roberts

Date: Wednesdays, 4/27 - 6/1

Grades: K-12

Location: SPCC Multi-Purpose Room

Staff Coordinator: Brianne Maloney

Camp	Times	Fee
Elementary	4:30 - 5:15 pm	\$60/\$70 NR
Middle School	3:30 - 4:15 pm	\$60/\$70 NR
High School	2:30- 3:15 pm	\$60/\$70 NR
* Drop in fee per class is: \$12.00		

JUNIOR POLICE ACADEMY CAMP (J-PAC)

Students entering grades 6, 7 and 8 in the fall.

This physically active, weeklong, day camp will provide kids with activities that will develop communication, decision making skills, teamwork and leadership. Campers will learn about the role of police in their community and the importance of the department's Guiding Values: *Integrity, Respect, Leadership, Fairness and Service.*

Instructor: South Portland Police Department

Dates: Monday - Friday, 7/11- 7/15

Time: 8:00am-4:00pm

Grades: 6-8

Location: SPCC Gym

Fee: \$80/\$90 NR

Staff Coordinator: Brianne Maloney



YOUTH PROGRAMS

TRACK & FIELD CAMP

This program is for boys and girls entering **grades 2 – 9 in September 2021**. This recreation based summer track and field program will include an exploration of different race distances, specific track technique, and instruction in different throwing and jumping events including hurdles. Participants will try as many or as few different events as interested. *Min 10/Max 40*

Session	Dates
June	27-30
July (A)	5-7
July (B)	11-14

Instructor: Matt Green

Days: Monday –Thursday (No Class on July 4)

Time: 9:00-10:15am

Location: SPHS Track

Fee: \$70/\$80 NR

Staff Coordinator: Brianne Maloney

SPRING CROSS COUNTRY

This camp will be offered for boys and girls grades 2-8. Camp will meet each Saturday at the **SPHS Track**. 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 2-3 will have an introduction with the goal of running 1km (little over half mile) while grades 4-5 complete a 1 mile course. *Min 10/Max 20*.

Grades	Time
Grades 5-8	9:00 - 9:50am
Grades 2-5	10:00 - 11:00am

Instructor: Matt Green

Dates: May 28 - June 25

Day: Saturdays

Location: SPHS Track

Fee: Resident \$45/\$55 NR

Staff Coordinator: Brianne Maloney



CROSS COUNTRY RUNNING CAMP

This camp will be offered for boys and girls **Entering grades 5 - 9 in September, 2021**. Camp will meet each day at the **SPHS Track**. Each session will begin with stretching and warm up exercises. Runners will have an opportunity to work on his/her existing running techniques and get in shape for the upcoming season. You do not have to be participating in cross country this fall to attend this camp. This camp is designed to help any athlete get in shape for any sport this fall. *Min 10/Max 20*.

Camp	Dates
Cross Country Camp 1	August 15-August 19
Cross Country Camp 2	August 22-August 26

Instructor: Matt Green

Days: Monday-Friday

Time: 9:00– 10:00am

Location: SPHS Track

Fee: \$40/\$50 NR

Coordinator: Brianne Maloney

SUMMER RUNNING & CONDITIONING PROGRAM

This program is for boys and girls entering **GRADES 5 – 9 in September 2022**. Athletes from all sports looking to get into or stay in shape over the summer will meet once per week for an organized workout and receive guidance in planning an off season conditioning program. The goal of the program is to prepare to compete in a fall sports team at the start of the school year. *Min 10/Max 20*.

Instructor: Matt Green

Dates: Mondays, July 11– August 8

Time: 6:00 – 7:00pm

Location: SPHS Track

Fee: \$40/\$50 NR

Staff Coordinator: Brianne Maloney

YOUTH PROGRAMS

TINY TIKES SPRING SOCCER

Join us for great exercise and soccer fun! Tiny Tykes, led by experienced Challenger Sports Coaches, is an innovative program created by childcare specialists that introduce children ages 2-5 to basic skills of soccer. Both our Cubs and our Lions modules use fundamental soccer activities, games and stories to develop their skills. Includes Challenger Soccer jersey and ball. *Min 5 /Max 15*



Instructors: Challengers Sports

Dates: Sundays, 5/8 - 6/19

Ages: Cubs 2-3 / Lions 4-5

Location: Wainwright Field Complex

Fee: \$90/\$100 NR

Staff Coordinator: Brianne Maloney

Session	Times
Cubs Session 1	9:00-9:45am
Cubs Session 2	10:00-10:45am
Lions	11:00-11:45am

NOTHING-BUT-NET BASKETBALL CAMP

This **full-day** basketball camp is for **girls entering GRADES 2-8 in September, 2022**. Come join the SPHS coaches and players for a week full of fun! There will be skill contests, skill work, and game play. This is a great chance to learn how to become a better basketball player and have fun while doing it! Please bring a lunch each day. There will be time for swimming at the indoor community center pool (Days and times TBD). Please bring your swimsuit and towel. *Min 10 /Max 50*.

Instructor: Lynne Hasson & SPHS Players

Dates: Tuesday-Friday, 6/21-6/24

Time: 9:00am-3:00pm

Location: SPCC Gym

Fee: \$120/\$130 NR

Staff Coordinator: Brianne Maloney

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. *Min 10/Max 30*.

Instructor: Dragon Fire Martial Arts

Day: Fridays

Time: 4:00-5:00pm

Ages: 5-12

Location: SPCC Multipurpose Room

Fee: Resident \$60/\$70 NR

Staff Coordinator: Brianne Maloney

Session	Dates
Session 1	May 6 - June 10
Session 2	July 1 - August 5

BIG RED BASKETBALL CAMP

This is a camp for **boys entering GRADES 2 – 8 in September, 2022**. Be ready for a competitive week of basketball, combined with lots of fun! Learn skills from SPHS coaches and players. Please bring a snack, water and a mask. **Camp includes free t-shirt.** *Min 10/Max 50*.

Instructor: Kevin Millington & Chris Hasson

Dates: Tuesday-Friday, 6/21-6/24

Time: 9:00am-3:00pm

Locations: SoPo High School (grades 6-8)

Memorial Middle School (grades 2-5)

Fee: \$120/\$130 NR

Staff Coordinator: Brianne Maloney

INTRO TO FLAG FOOTBALL

This program is for boys and girls ages 4-6 who have **NEVER** played before. Players will spend the majority of their time learning the basic skills of this non-contact sport and will be wrapping up each day by playing fun games. *Min 10/Max 20*.

Instructor: Aaron Filieo SPHS Varsity Football Coach & Gerry Brown SP Director of Flag Football

Dates: Sundays, April 24 - May 22

Time: 11:15am - 12:00pm

Ages: 4-6

Location: RBCC Gym

Fee: \$50/\$60 NR

Staff Coordinator: Brianne Maloney

YOUTH PROGRAMS

RED RIOT BOYS YOUTH & MIDDLE SCHOOL LACROSSE CAMP

SPHS Varsity Coach Dan Hanley is running this four day camp for kids entering grades 3-8 in the fall of 2022. This camp will emphasize the development of lacrosse skills and team play. The goal is to help build each player's skills, confidence, and enthusiasm for the game. Participants should bring their own equipment and a water bottle. Open to new and returning players. Some equipment can be provided upon request.
Min 10/Max 20 (for each level).

Instructor: Dan Hanley SPHS Boys Varsity Lacrosse Coach

Dates: Tuesdays and Thursdays - 8/2, 8/4, 8/9, 8/11
Times: Youth (GRADES 3-5) 8:30-10:00am
Middle School (GRADES 6-8) 10:15-11:45am
Location: Wainwright Field Complex
Fee: \$60/ \$70 NR
Staff Coordinator: Brianne Maloney

LAX MAGIC

This is an opportunity to learn the skills of Lacrosse in a fun and informal setting. There are no games against other teams. Children in grades K – 2 will be introduced to lacrosse 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, catching, shooting, pick-ups and defense as well as participate in some fun skill development games. Participants will receive a program t-shirt.
Min 8/Max 20.

Instructor: Eben Adams

Dates: Tuesdays , May 10 - June 7
Location: Wainwright Athletic Complex Field
Fee: \$50/ \$60 NR
Staff Coordinator: Brianne Maloney

FIELD HOCKEY & LACROSSE CAMP

Come Join South Portland High Schools Varsity Girls Lacrosse & Field Hockey Coaches for a week's long combined camp! Players will have the chance to learn about both sports and work on the fundamentals of each. Participants should bring their own equipment limited sticks will be available. Lacrosse equipment: stick, goggles, mouth guard Field Hockey Equipment: stick, goggles, mouth guard, and shin guards.

Instructors: Sarah Millington & Colleen Fleming

Dates: Monday– Friday, 7/18 - 7/22
Time: 9:00-11:30am
Ages: K-5
Location: Wainwright
Fee: \$40/\$50 NR
Staff Coordinator: Brianne Maloney

GRAND SLAM TENNIS CAMP

Summer tennis camps offered through the St. Peter's Grand Slam Tennis Programs are fun, yet challenging and instructional and cater to boys and girls ages 7-16 at all skill levels. Camps are taught by certified teaching pros and college tennis players. For the beginner, a progressive format is followed. Each session teaches basic tennis strokes and strategy in an enthusiastic but low pressure environment. For intermediate and advanced players, every session consists of intense drills to define strokes, conditioning exercises, strategy, and competitive match play. *Min 8/Max 36*

Instructor: St Peter's Grand Slam Tennis

Dates: Monday-Friday, 7/18-7/22
Time: 9:00am-12:00pm
Age: 7-16
Location: SPHS Tennis Courts
Fee: \$182/\$192 NR
Staff Coordinator: Brianne Maloney

KIDS KAYAK & PADDLEBOARDING CAMP

Spend a week playing games and learning about the proper techniques to safely paddle on the Coast of Maine. We will plan on meeting at Willard Beach each day, with a big Casco Bay Expedition on the last day (weather depending). Bring your own snack and drink each day and be prepared for a change in weather conditions.
Min 6/Max 16.

Register for only one session.

Instructors: Seaspray kayaking

Dates: Monday – Friday, August 15-19
Ages: 8-18
Time: Morning Session 9:00-12:00pm
Afternoon Session 1:00 - 4:00pm
Location: Willard Beach
Fee: \$215/\$225 NR
Staff Coordinator: Brianne Maloney



YOUTH PROGRAMS

CHALLENGER SPORTS BRITISH SOCCER CAMPS

With an innovative curriculum that develops skills, speed and confidence in players of all ages and abilities, Challenger British Soccer Camps provide boys and girls with the rare opportunity to receive high-level soccer coaching from a team of international expert's right in the heart of their own community. In addition to teaching new skills and improving game performance, each British Soccer Camp provides lessons in character development, cultural education and is the most fun your child can have learning the sport they love! Simply put, Challenger camps offer amazing coaches, awesome accents, innovative practices and a unique cultural twist that combine for a one-of-a-kind camp experience! **Camp includes free ball and t-shirt. Min 10/Max 25**

Instructor: Challenger Sports Staff
Date: Monday - Friday, August 8-12
Location: Wainwright Field Complex
Staff Coordinator: Brianne Maloney

Camp	Ages	Time	Fee
Tiny Tykes	3-6	8:00 – 8:45am	\$120/\$130 NR
Half Day	7-14	9:00 am – Noon	\$140/\$150 NR
Full Day	7-14	9:00 am – 3:00 pm	\$225/\$235 NR

TENNIS IN THE PARKS

The tennis program where kids play while they learn! Led by an approved USTA Net Generation tennis coach, the program will focus on developing the skills to serve, rally and play - so it's perfect for beginners and first-time players. Once the skills are there, participants will play fun matches with other players in the program. This program uses modified tennis balls, age-appropriate rackets, court sizes, and the latest fun and engaging activities that help players successfully learn and play the game quicker! All players in their first session receive and keep a new age appropriate racket, and a program t-shirt.

Mondays	Dates	Time	Location	Fee
Grades 1 & 2 (Red Ball)	5/2-6/13	4:30 - 5:30 p.m.	Small Elementary School	\$65/\$75 NR
*Minimum 7 players and maximum 8 players				
Sundays	Dates	Time	Location	Fee
Grades 3-5 (Orange Ball)	5/1-6/12	9:00 - 10:00 am	SP High School	\$65/\$75 NR
Grades 6-8 (Green Ball)	5/1-6/12	10:00 - 11:00 am	SP High School	\$65/\$75 NR

***Minimum 7 players and maximum 12 players**

(No class on 5/29 & 5/30)

3 ON 3 YOUTH TOURNAMENT

The recreation department will be hosting the first annual Youth 3 v 3 tournament this summer. Teams will consist of a max of 5 and min of 3 players. Teams can be coed, and there is no requirement for number of males or females per team. This tournament will be a double elimination format. Teams will be placed in a bracket at random. There will be separate middle school and high school brackets. Tournament rules are available online.

Date: July 23 & 24
Days: Saturday & Sunday
Time: 8:00 a.m.– 6:00 p.m.
Grade: 6-12
Location: RBCC Gym
Fee: \$75/\$85 NR
Coordinator: Brianne Maloney



YOUTH FALL SOCCER LEAGUE

GRADES 1/2 & 3/4 FALL SOCCER LEAGUE

South Portland Parks and Recreation offers a Youth Soccer League for boys and girls in grades 1 through 4. The purpose of this program is to promote soccer skill development in an environment which will enhance the physical, social and emotional growth of the child as he/she learns to become part of a team and work with others. Sportsmanship will be stressed on all teams, with the ultimate goal of having FUN! Girls and boys will play on separate teams. Teams will practice 1 time during the week in the evening and play 1 game each Saturday in South Portland. Includes team shirt. **We do not allow Kindergarteners to play in this league, no exceptions will be made. If you have a specific day or time that you CANNOT practice, please indicate this upon registration. In an effort to create equally balanced teams, unfortunately we cannot honor all specific team/coach requests.**

Season Details

Dates: Saturday games, weekday practices, September 11-October 17 (**Rain Date 10/18**)

(Practices will begin the week of 8/29)

Time: Games between 9am – 12pm. Practices are weekday evenings.

Location: Wainwright Complex Soccer Quad

Fee: \$60.00

Staff Coordinator: Brianne Maloney

Divisions

Girls Grades 1/2

Boys Grades 1/2

Girls Grades 3/4

Boys Grades 3/4



Deadline is August 5. Registrations will only be accepted after this if there is space on a team.

GRADES 5/6 REC SOCCER LEAGUE

This is a recreational league, but games will be played in area towns, so travel is required. Teams have 1-2 practices per week in the evening at the Wainwright complex and play one game per weekend on Saturday mornings/early afternoons. A game schedule will be available late August. Includes team shirt. **If you have a specific day or time that you CANNOT practice, please indicate this upon registration. In an effort to create equally balanced teams, unfortunately we cannot honor all specific team/coach requests.**

Season Details

Dates: Saturday games, weekday practices. September 11-October 17 (**Rain Date 10/18**)

(Practices will begin the week of August 29th)

Time: Games are mid-late mornings, practices are weekday evenings

Location: Wainwright Complex and other area towns for games

Fee: \$60.00

Staff Coordinator: Brianne Maloney

Divisions

Girls Grades 5/6

Boys Grades 5/6



Coaches Needed! Please contact

Brianne Maloney: bmaloney@southportland.org

ESPORTS LEAGUES

South Portland Recreation is offering several options for Esports leagues for 2022. 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, Mario Kart 8 Deluxe

Summer Season Details

Registration opens: April 11, 2022

Registration closes: June 27, 2022

Leagues Launch: July 11, 2022

Leagues end: Week of August 29, 2022

Season Pass Price: \$40 per person*

***A player only needs to purchase 1 season pass which will unlock all the games offered in the summer season.**

If the game is team based, all players will need to purchase a season pass.



Age Divisions

All games will have the following age divisions:

Youth: 8-12 years old

Teen: 13-18 years old (high school senior cut off)

GAME SCHEDULES

MONDAYS

Madden 21

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

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+)

Game: Mario Kart 8 Deluxe

System: Nintendo Switch with Nintendo Switch Online Subscription

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.

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.

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+)

TUESDAYS - FORTNITE 1v1

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

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

System: Nintendo Switch with Nintendo Switch Online Subscription

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.

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+)

Staff Coordinator: Whitney Dorsett

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 floatation 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

SUMMER SWIM REGISTRATION DATES

Residents ONLINE (or in person) beginning - Monday, June 6th at 7am
NON-Residents ONLINE (or in person) beginning - Thursday, June 9th 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 LIFE GUARDING CLASS

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

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

Course length: approx. 20 – 22 hours

This class will be taught by the Aquatics Supervisory staff

Fee: \$225/ \$250 NR

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

June 2022 Session:

Dates	Times
Friday, June 17	5:00-9:00pm
Saturday, June 18	8:00am - 4:00pm
Sunday, June 19	8:00am - 4:00pm



YOUTH SWIM LESSON INFORMATION for ages 6-13

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.



SWIM TEST PROTOCOL

Swim Test Protocol

(for rentals and rec camps)

EVERY swimmer will get a bracelet to be worn through the duration of the swim time. Swimmers may “test up” at the start of each swim, but not once the swim has started.

RED Bracelet:

non-swimmer
needs floatation (bubbles or life jacket)
must remain the shallow end

YELLOW Bracelet:

beginner swimmer
has passed the Shallow End Swim Test*
no floatation needed
must remain in the shallow end

GREEN Bracelet

strong swimmer
has passed the Deep End Swim Test**
no floatation needed
can move around the entire pool
can use the diving board

Shallow End Swim Test*

Swimmer walks down the ramp and goes underwater to submerge their whole head. Swimmer pushes off the shallow end wall and swims (in any fashion) to the blue divider rope and floats (front, back or treading) for 10 seconds.

Deep End Swim Test**

Swimmer jumps in the shallow end and swims (in any fashion) to the deep end of the pool. Swimmer must submerge their whole head while going under the blue divider rope. Swimmer will tread water or float for 30 seconds in deep water.

DIVING LESSONS (ENTERING GRADES 6th—12th)

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

Summer 2022 Session

Instructor: Ryan Green

Dates: Tuesdays, June 28 - August 2

Times: 6:00 - 7:00pm

Grades: 6-12 (There will be NO exceptions made to the grade requirement for this course)

Fee: \$60/\$70 NR

RIPTIDE SWIM CLUB INFORMATION

ONLINE REGISTRATION FOR BOTH RIPTIDE & RIPTIDE “PLUS”!

Thursday, June 2nd- Residents starting at 7am

Friday, June 3rd-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: Wednesday, June 1st

Time: 6:00 pm

Location: SPCC Pool

Riptide Swim Club Details

Dates: Mondays & Wednesdays, June 6 - July 27 (No practice 7/4)

Time: 6:00 - 7:00pm

Fee: \$90/\$100NR

Max: 20 kids



SOUTH PORTLAND RT 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: Wednesday, June 1st

Time: 6:00 pm

Location: SPCC Pool

RT Plus Swim Club Details

Dates: Mondays & Wednesdays, June 6 - July 27 (No practice 7/4)

Time: 6:00 - 7:00pm

Fee: \$90/\$100NR

Max: 20 kids

PRESCHOOL SWIM INFORMATION

Preschool Aquatics Program Information

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 I (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

Session 1: (6 classes over 3 weeks)

Tuesdays & Thursdays, 6/28 - 7/14

Time: 9:00 - 9:30am (Preschool 2 & 3)

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

Session 2: (6 classes over 3 weeks)

Tuesdays & Thursdays, 7/19 - 8/4

Time: 9:00 - 9:30am (Preschool 2 & 3)

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

Tuesday Evening Lessons (6 classes over 6 weeks)

Tuesdays evenings only, 6/28th - 8/2

Time: 6:00 - 6:30 pm (Preschool 1)

Time: 6:30 - 7:00 pm (Preschool 2 & 3)



PARENT/CHILD “FAMILY SWIM LESSONS”

FOR BABIES AND TODDLERS (NEW!!!)

This classes are for parents/care-givers and their 9 months to 3 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. These levels are fun-filled and help introduce water safety concepts, while encouraging a healthy recreational habit that the entire family can enjoy.

The **BABIES class** will focus on water introduction with songs, and skill based activities focused on acclimating children to swim lessons, being safe in and enjoying water. This class is geared towards younger babies.

The **TODDLERS class** will focus on swim skills, safety components in and around the water, as well providing fun activities/songs/games that can be translated to practicing at home, in pools or in open water. This class is geared towards older babies/toddlers.

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 this recommendation. We can make exceptions for children who are older and need to be in this type of class.

Ages	Times	Dates
9mo - 18 mo	9:00 - 9:30am	Tuesdays, June 28 - August 2
18mo - 3 yrs	9:00 - 9:30am	Thursdays, June 30 - August 4

AMERICAN RED CROSS LEARN TO SWIM (AGES 6-14 yrs)

Morning Lessons... Register for one OR both sessions. If your child passes to higher level at the end of the first session, the instructors will account for that in the next session.

Session 1: (5 total classes over 3 weeks)
Mondays & Wednesdays, 6/27 – 7/13
(NO class on Monday, July 4th)

Time: 9:00 – 9:45 AM Levels: 1, 2, and 3
 Time: 10:00-10:45 AM Levels: 3, 4, and 5
 Fee: \$50/\$60 NR

Session 2: (6 total classes over 3 weeks)

Monday & Wednesday, 7/18 - 8/3

Time: 9:00 – 9:45 AM Levels: 1, 2, and 3
 Time: 10:00-10:45 AM Levels: 3, 4, and 5
 Fee: \$60/\$70 NR

Thursday Evening Lessons: (6 classes over 6 weeks)

Thursdays only, 6/30 – 8/4

Time: 6:00 - 6:45 PM Levels: 1,2,3,4
 Fee: \$60/\$70 NR

ADULT SWIM PROGRAMS

BEGINNER ADULT SWIM LESSONS

We are pleased to offer an exclusive Beginner Swim Lessons for adults (14+) this Summer. 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: Wednesdays, 6/29 - 8/3

Time: 7:00 - 7:45pm

Location: SPCC Pool

Fee: \$60/\$70 NR

ADULT SWIM PROGRAMS

STROKE REFINEMENT CLINIC

We are excited to offer a Summer 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: SPP Aquatics Staff
Location: SPCC Pool
Fee: \$60/\$70 NR

Session	Dates	Time
Tuesday Morning Class	06/28 - 08/2	8:00 - 8:45AM
Thursday Evening Class	06/30 - 08/4	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.

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

Teen Center Number: (207) 347 - 4145



**Schedule subject to change at any time.*

FMI please contact Jordan O'Donal, Teen Center Coordinator at jodonal@southportland.org, 347-4145.

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

SPECIAL EVENTS

SPRING FEST - 2022

In place and due to the cancellation of this year's Winter fest, The South Portland Cape Elizabeth Rotary and South Portland Parks, Recreation & Waterfront Department present Spring Fest 2022. Join us in celebrating the Spring season. This 1 day event has activities, performances and food that the whole family can enjoy!

Date: Saturday, May 21st, 2022

Time: 11:00am – 3:00pm

Locations: Millcreek Park and Surrounding Area

Fee: FREE

Staff Coordinator: Luis Ventura

MILL CREEK SUMMER CONCERT SERIES

Come and join us at Mill Creek Park and (for the first time) Redbank Community Center Pavilion for a summer evening filled with music and entertainment. This year we've expand our performance venues and dates so don't miss out on these fun family friendly concerts.

Dates: Wednesdays, June 28 – August 10 (**No concert on July 27**)

Time: 6:30 – 8:00 PM

Location: Mill Creek Park & RBCC Community Center Pavilion

Fee: FREE

Staff Coordinator: Luis Ventura

MOVIES IN THE PARK AT BUG LIGHT PARK

Movies in the park is an event organized in conjunction with the Chamber of Commerce. Join us in July for some evenings of family fun. Movie Line up and Dates TBA.

Dates: Evenings in July (Dates TBA)

Time: TBA

Location: Bug Light Park

Staff Coordinator: Luis Ventura

4TH OF JULY CELEBRATION

Celebrate the 4th of July with us at Bug Light Park. There will be live entertainment, food trucks, activities the whole family will enjoy, and FIREWORKS! **Personal fireworks are not allowed in the park.**

The park will be CLOSED to all traffic (except boat traffic) at 4:30pm. Parking is available on a first come first serve basis at nearby SMCC student parking lot on Broadway.

Date: Monday, July 4, 2022

Time: Activities begin at approx. 5:30pm

Fireworks begin at approx. 9:15pm

Location: Bug Light Park

Fee: Free

Staff Coordinator: Luis Ventura



3RD ANNUAL MAINE BACKYARD CAMPOUT

The mission of this event is to encourage families to get outdoors and enjoy a camping experience in their own backyard. This will allow families the opportunity to enjoy the outdoors. Stay tuned for more information.

Dates: Weekend of July 8th - 10th.

Staff Coordinator: Luis Ventura

SPECIAL EVENTS

NATIONAL NIGHT OUT

National Night Out is an annual event designed to strengthen our neighborhoods through police-community partnerships. The goal is to heighten crime and drug prevention awareness, and build support and participation in local anti-crime programs. It is the perfect opportunity for a SAFE night out with your family and get to know your neighbors! There will be activities for the whole family!

This event is sponsored by The South Portland Parks, Recreation and Waterfront, Police and Fire Departments

Date: Saturday, August 2nd
Time: 5:30 - 7:30pm
Location: RBCC & Park
Fee: FREE
Staff Coordinator: Luis Ventura

ART IN THE PARK

South Portland's annual Art in the Park Show & Sale is a summer favorite of participating artists and the public. Held on the second Saturday in August in beautiful Mill Creek Park, the show features original art and photography by up to 170 artists, a food court, and music in the afternoon.

Date: Saturday, August 13th
Time: 9:00am - 4:00pm
Location: Mill Creek Park
Fee: FREE
Staff Coordinator: Luis Ventura

KIDS IN THE PARK

This year's theme has yet to be determined. There will be free arts and crafts activities as well as face painting.

Date: Saturday, August 13th
Time: 10:00am - 2:00pm
Location: Mill Creek Park
Fee: FREE
Staff Coordinator: Luis Ventura

3RD ANNUAL SOUTH PORTLAND YOUTH TRIATHLON , In honor of Nathan Savage

Join us in our 3rd Annual SoPo Youth Triathlon. This event is in honor of South Portland's own, Nathan Savage, who was passionate about family exercise, promoting physical activity, and giving back to the community. The main goal of this event is to expose youth to the great sport of triathlons and to have fun! The aim is to encourage self-confidence and promote the importance of leading a healthy and active lifestyle. This event will take place at the South Portland Community Center and South Portland High School campus and surrounding neighborhood. It will not be professionally timed nor will there be any overall age division winners as the goal is to promote physical fitness and doing your best! Participants will receive a race shirt, medal, water bottle and other gifts.

Must pre-register by June 17, 2022. There will be no day of registration for this event.

Choose your own course depending on ability level!

Short Course

Swim - .75 meters at SPCC Pool (kickboards & pool noodles available if needed)
Bike - 1.2 miles
Run - .7 miles

Long Course

Swim - 125 meters at SPCC Pool (kickboards & pool noodles available if needed)
Bike - 2.4 miles
Run - 1.3 miles

Packet Pickup & Bike Drop Off

Date: Friday, June 24
Time: Between 5:00-6:30pm
Location: SPCC Lobby

Event Info

Date: Saturday, June 25, 2022 (rain date Sunday, June 26)
Time: Short Course – 9:00-10:00am,
Long Course – 10:00-11:00am
(check in is 30 minute prior to each event)

Ages: 8-15
Location: SPCC Pool & Surrounding Campus
Fee: \$5/\$25NR



EARTH WEEK AND PARKS PROGRAMS

GUIDED ECOLOGY HIKE

The Earth is huge and full of wonders! Join us on this guided hike of Clark's Pond trail to learn all about the ecology of the area. The hike is roughly 1 mile long and will include lots of stops to talk about the flora and fauna that we observe along the way. Bring good hiking clothes and water.

Dates: Saturday, April 16th

Time: 11:00am

Age: ALL AGES

Location: Clark's Pond trailhead

Fee: FREE

Staff Coordinator: Sydney Raftery

SELF GUIDED EARTH WEEK ACTIVITIES

Explore a park! We will have story panels located at Hinckley Park for you to enjoy while you walk the trails and our geocaches will be out all week for you to find. Coordinates for geocaches can be found on our Facebook page.

Dates: Monday, April 18th – Monday, April 25th

Time: Any time

Age: All ages

Location: SoPo Parks

Fee: FREE

Staff Coordinator: Sydney Raftery

INVASIVE PLANT ERADICATION

What better way to show the Earth you care than to volunteer for a cleanup! Join our conservation manager at Hinckley Park to clean up, remove invasive plants, and make a lasting impact. Good hiking shoes and long pants are recommended and don't forget to bring water. We will provide clean up equipment. Meet in the Hinckley Park parking lot.

Dates: Saturday, April 23rd

Time: 9:00am

Ages: 10+

Location: Hinckley Park

Fee: FREE

Staff Coordinator: Kristina Ertzner

EARTH WEEK CRAFT DAY

Let's celebrate Earth week by creating art inspired by Earth! Join us in the community center where we will have a craft table set up. Kids can make seed bombs, create crafts out of recycled items and help color in a giant mural.

Dates: Tuesday, April 19th

Time: 10am-12pm (drop in anytime)

Ages: 0-17

Location: South Portland Community Center

Fee: FREE

Staff Coordinator: Sydney Raftery

ARBOR DAY PROGRAM– EMERALD ASH BORER (AWARENESS SCAVENGER HUNT)

To celebrate Arbor Day, come learn about one of the issues that threaten our forests: the emerald ash borer. Join us at the table to learn all about the ash borer and what you can do to stop the spread. Then take a hike around the ponds, searching for Ash trees that could be at risk. After completing your hike/ scavenger hunt, you'll receive your very own tree to plant!

Dates: Saturday, April 30th

Time: 1:00-4:00pm (Drop in any time)

Age: All ages

Location: Hinckley Park

Fee: FREE

Staff Coordinator: Sydney Raftery

BIKE WITH A RANGER

Join our park rangers on a leisurely bike ride of the Greenbelt Walkway! We'll take stops along the way to discover all that the Greenbelt has to offer. These are family friendly events, each geared towards certain ability levels. Participants must provide their own bicycles, helmets and water. All rides begin and end at Wainwright Sports complex, starting at 10 am. The length of the rides will be 1.5-2 hours, depending on the speed of the participants. All children under the age of 13 must be accompanied by a parent or guardian.

Preregistration is required to ride.

May 21st- World Bicycle Month: Intro to biking the Greenbelt (all ages), 4-6 miles

June 11th- Start of Summer ride- moderate to advance bikers, 11 miles

July 16th- Summer Cycling- all ages, 4-6 miles

August 20th- History of South Portland tour- adults, 10-11 miles

Instructor: Park Rangers

Time: 10:00am-12:00pm (at the latest)

Age: All ages

Location: Wainwright Sports Complex

Fee: FREE (**pre-registration required**)

Staff Coordinator: Sydney Raftery

EARTH WEEK AND PARKS PROGRAMS

JUNIOR RANGER PROGRAM

Calling all nature-loving kids! We want you to become a Jr. Ranger for South Portland Parks. Join our park ranger at Bug Light Park to learn all about our parks and what it means to be a junior ranger. Kids will explore the park with the ranger, discover the nature around them and complete a workbook full of fun activities. At the end of the program, each kid who participates will receive a badge and be recognized as an official South Portland junior park ranger! Kids must be accompanied by an adult. **Pre-registration is required.**

Instructor: Park Rangers

Dates: Sundays, May 15th, June 12th, July 10th & August 12th

Time: 10:00am-11:30am

Ages: 5-13 yrs

Location: Bug Light Park picnic table area

Fee: Free



SOUTH PORTLAND GOLF COURSE

The South Portland Golf Course is a nine-hole golf course situated on 25 acres located between Westbrook St, Wescott Rd, and Broadway. The clubhouse, which shares a building with the Branch Library, is located at 155 Wescott Rd.

The Par 33 layout measures 2071 yards. It is a fun course for players who are new to the game, and seniors who are looking to relax, get outside, and enjoy a round of golf. Yet it is tricky enough to challenge the intermediate players. The more experienced player will gain the benefit of working on their short game, as the dog-legs, and hidden, postage stamp greens can make shot making a challenge.

The South Portland Golf Course is the perfect option for the golfer who is looking to get a quick nine in before or after work, or even during a lunch break. It is a great place for families and friends to come out, enjoy a round of golf together, and learn the game of a lifetime.

The course will open in mid-April weather permitting, and the season will run through October. All patrons are expected to follow the course rules, rules of golf, and proper on course etiquette.

Tee times can be made by calling 775-0005. Tee times will be scheduled in 15-minute intervals. Walk-ups will be permitted and accommodated if possible. We hope to see you on the course!

2022 Season Rates

Monday – Friday (up to 18 holes)	\$15.00
Saturday, Sundays & Holidays (up to 18 holes)	\$17.00
Club Rentals (up to 18 holes)	\$10.00
Pull Cart (up to 18 holes)	\$4.00
GHIN CARD (19&up)	\$45.00
GHIN for 18&under sign up at youthoncourse.com	\$5.00

2022 Membership

Resident	\$15.00
Non-Resident	\$25.00
* Members are entitled to \$1 off greens fees	
* Seniors (55+) and Juniors (17&under) are entitled to \$2 off greens fees.	

Play Passes

10 Play Pass by May 31 & get 3 extra plays	\$140.00
10 Play Pass after May 31	\$140.00
5 Play Pass	\$70.00



GOLF PROGRAMS

SCOTT MANN GOLF ACADEMY- 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. Min 10/Max 20.**

Scott Mann is the 2017 PGA Golf Instructor of the year and is the Director of Golf Instruction at Nonesuch River Golf Course in Scarborough.

Please note: the last day of lessons will run from 5:30 – 7:30 pm, with the first hour instruction and the second hour on the course.

Instructor: Scott Mann

Dates: May 11 - June 1

Day: Wednesdays

Time: 6:00pm– 7:00pm, last clinic will run 5:30pm-7:30pm

Location: South Portland Municipal Golf Course

Fee: \$99/\$109NR

Staff Coordinator: Anthony Johnson



2022 SENIOR CO-ED GOLF LEAGUE

We invite women and men ages 55 and older to join us for a weekly nine-hole round of golf at the South Portland Municipal Golf Course. The league welcomes players of all golfing skill-levels. We are entering our fifth year of play and currently have more than 80 golfers in the league. We are focused on having fun, meeting new people, and providing friendly competition. If you have a possible interest in joining the league, please contact one of the league coordinators by May 1st for more information.

Dates: Mondays or Tuesdays, May through September

Times: Mornings (tee times will be assigned)

Location: South Portland Municipal Golf Course

Fee: Regular green fees plus a small weekly prize contribution

Volunteers League Coordinators: Jim Markan (markan1952@gmail.com) and Gene Hollis (gwh3434@gmail.com).

See page 16 for info on our Adult Golf League!



YOUTH ON COURSE

Youth On Course is a non-profit organization dedicated to opening doors, supporting dreams and transforming the lives of young people through opportunities on and off the golf course – has partnered with the Maine State Golf Association (MSGGA) to deliver affordable and accessible golf and personal growth opportunities to the young people across the state of Maine for only a \$5.00 sign-up fee.

The partnership opens the door for Maine's young golfers to access affordable rounds of golf at participating facilities, including Apple Valley Golf Course, JW Parks Golf Course, Barnes Brook Golf Course, Mars Hill Country Club, Turner Highlands Golf Course, Val Halla Golf Course, Riverside Golf Course, Bangor Municipal Golf Course, South Portland Municipal Golf Course, and Dutch Elm Golf Course where rounds will be offered for \$5 or less. Additional courses will be added in the coming months. Juniors in the state ages 6-18 can sign up for a Youth on Course membership here: www.youthoncourse.org/join. Golfers will also be registered for GHIN to establish or maintain their existing GHIN index number.

JUNIOR GOLF CLINICS 2022

The South Portland Municipal Junior Golf Program will be taught by Scott E. Mann, 2017 PGA Golf Instructor of the Year and PGA Director of Instruction at The Scott Mann Golf Academy. This Program is designed for both boys and girls as an introduction to the wonderful game of golf. This will cater to beginners or as a continued development of fundamentals for the intermediate player. This program is fun and includes games while covering aspects of the game such as, history of the game, basic rules, respect & etiquette, short game fundamentals, full swing fundamentals, video analysis, on course play and course safety. This is a great program for all junior players under 12 to learn and improve at the game of golf. *Min 10/Max 20 per session.*

Scott Mann is the 2017 PGA Golf Instructor of the year and is the Director of Golf Instruction at Nonesuch River Golf Course in Scarborough.

Instructor: Scott Mann

Time: 9:00 – 10:00am

Location: South Portland Municipal Golf Course

Fee: \$85/\$95NR

Staff Coordinator: Anthony Johnson

Session	Day	Dates
Ages 5-8 Session	Wednesdays	June 22-July 20
Ages 9-12 Session	Thursdays	June 23-July 21



STAFF SPOTLIGHT—SYDNEY RAFTERY

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

I am the full time park ranger/ recreation supervisor. In the winter I help out with recreation programs, like the ski program and before care. In the summer I focus more on the ranger aspect: monitoring all the parks, talking to park visitors, enforcing the park rules and leading educational programs.

How did you get started in this field?

I've always loved nature and knew I wanted to work in it. I earned my undergraduate degree in Outdoor Recreation, Parks, and Human Ecology from Indiana University and have been working in parks ever since.

What do you like most about your job?

I love that nature is a universal thing and anyone can enjoy it. I get to spend my time outside and I get to meet all different kinds of people who are spending time in nature as well.

What do you like most about South Portland?

I like that South Portland has a lot of history and many beautiful parks.

What is your favorite park in South Portland?

My favorite park is Fisherman's Point. I love how peaceful and scenic it is.

What do you do for fun?

I like to go backpacking, try out new restaurants, and hang out with my dogs. I'm super excited to explore Maine now that I am here!

What is your favorite restaurant?

This is a super hard question because there are so many amazing restaurants in this area. But I think my favorite meal so far has been from Izakaya Minato in Portland.

What is on your song list now?

I'm currently loving anything by Mt. Joy, Hozier, Van Morrison, or King Princess.

What are your favorite hobbies?

I love to crochet, read, and bake.

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

If anyone has any questions they can send me an email at sraftery@southportland.org





THANK YOU!

Volunteers are special. We appreciate you
and everything you do!

Linda Fearon
Maureen O'Donnell
Robert "Bob" Rainville
Joseph McGreevy
Kevin Millington
Matt Faunce
Andrew Paladin
Dave Tremberth
Ethan Sencer
Ryan Facey
Monica Skinner

Dana Gross
Aaron Martin
John Hart
Nick Aloes
Frank Bishop
Aaron Germana
Joe Hutchinson
Mike Harmon
Amy Kinner
Pat Blais
Katherine Duncan

Dan Soule
Emily Hilton
Bill Maley
Nate Duncklee
Gerry Brown
Keith Parsons
Cara Biddings
Spencer Walker
Greg Norton
Jenn Lee
Lee Goldberg

Brian Locke
Sam Mitchell
Morgan O'Donnell
Peter Carlisle
Ben Roberts
Dave Mehlhorn
Vincent Amoroso
Nathan Hart
Aidan Lee
Joseph Chaeauneuf

South Portland High school Boys and Girls Varsity Basketball Teams

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EARTH WEEK PHOTOGRAPHY CONTEST

To enter, simply take an "Earth themed" photo in one of our parks and post them on social media using the tag **#SOPoearthpics**. Winners of each category will be chosen on 4/25 and will receive an Earth Week inspired prize. Categories include: landscapes, water, wildlife, plants, and kid's photography.

