

SOUTH PORTLAND

Parks, Recreation & Waterfront

PROGRAMS & ACTIVITIES GUIDE

Fall 2022

REGISTRATION DATES

Rec Programs - Resident Registration August 22

Rec Programs - Non-Resident Registration August 25

Pool Programs - Resident Registration September 12

Pool Programs - Non-Resident Registration September 15

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

www.sopoparksrec.com • 207-767-7650



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GENERAL QUESTIONS/INQUIRIES

SPcommunitycenter@southportland.org

207-767-7650

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

Telephone: 207-767-7650

Hours of Operation

Monday – Friday – 6:00am – 9:00pm

Saturdays – 8:00am – 5:00pm (**beginning Sept. 10, 2022**)

Sundays – 10:00am – 6:00pm (**beginning Sept. 11, 2022**)

*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

Telephone: 207-767-7670

Hours of Operation:

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

SOUTH PORTLAND RECREATION COMPLEX AT WAINWRIGHT FARMS

Address: 125 Gary L Maietta Way

Telephone: 207-767-7611 press 2 then 7506

Hours of Operation:

Daily 7:00am – Dusk

Website: www.sopoparksrec.com

FACILITY RENTALS

South Portland Parks, Recreation & Waterfront has a wide variety of facilities available for rent at our Community Centers, Parks, and Outdoor Athletic Facilities. Whether you're looking for a space to hold practices, games, parties, weddings, or meetings, we have something to fit all of your needs.

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

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

**FACILITY
RENTALS**

Facility Use Questions

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

Anthony Johnson, Deputy Director

767-7650 ext. 7512, ajohnson@southportland.org

Pool Party Rentals - The pool is available to rent on Saturdays only from 1-2pm or 2-3pm. Party room is available from 12-1pm or 3-4pm. Please make your reservation requests online at www.sopoparksrec.com

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

Rick Perruzzi, Recreation Manager

767-7650 ext. 7558, eperruzzi@southportland.org

Parks (includes requests for outdoor weddings)

Kristina Ertzner

207-767-7670 ext. 7811. kertzner@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 Center for more information.

LOCATION LEGEND

SPCC - South Portland Community Center
RBCC - Redbank Community Center

CITY OF SOUTH PORTLAND CLOSED DATES

September 5 (Labor Day)
October 10 (Indigenous Peoples Day)
November 11 (Veterans Say)
November 24 (Thanksgiving)
November 25 (Day after Thanksgiving)
December 25 (Christmas)
December 26 (Christmas Observed)
January 1 (New Years Day)

2022 FALL BROCHURE REGISTRATION DATES

Rec Programs - Residents **Aug. 22**
Rec Programs - Non-Residents **Aug. 25**
Pool Programs - Residents **Sept. 12**
Pool Programs - Non-Residents **Sept. 15**

***Online & walk-in registration
begins at 7:00am***

SOUTH PORTLAND SKATEPARK PROJECT

COMING IN FALL OF 2022!

Our fundraising efforts for the South Portland Skatepark are now complete! We have awarded project construction to American Ramp Company with oversight by the designer, Pillar Design Studios.



Construction will begin early fall 2022. Please visit the skatepark page on the city website for up to date information on the project:

www.southportland.org/departments/parks-recreation-aquatics-pool/skatepark/

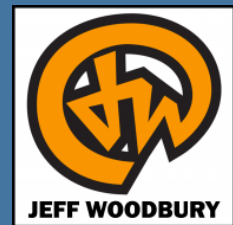
HUGE THANKS to ours sponsors and many individual donors who have made this project possible. THANK YOU!

Professional Level Sponsors



The Savage Family
The Long Family

Advanced Level Sponsors



*For questions about the Skatepark Project
please contact Anthony Johnson at
ajohnson@southportland.org.*

Intermediate Level Sponsors



WALKING TRACK INFORMATION

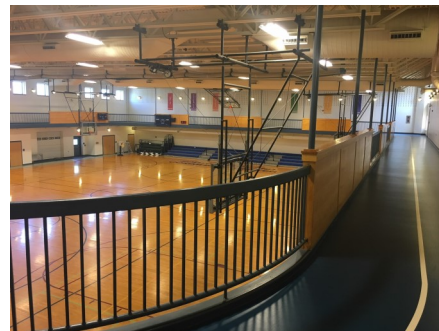
The walking track is located above the gymnasium at the South Portland Community Center. If the Community Center is open, the track is available for your use. Occasionally, there are times that the track may be closed to the public. We will provide as much advance notice as possible when this occurs. Please bring your walking shoes with you and put them on once you are inside the Community Center. 12 laps around the track is equal to 1 mile. All participants must sign in at the front desk.

Track Fees

South Portland residents – FREE

Non-residents under age 60 - \$1.00

Non-residents over age 60 - FREE



SCHOLARSHIP INFORMATION

NATHAN SAVAGE YOUTH PROGRAMS SCHOLARSHIP FUND

This scholarship fund 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 Sopo Kids Club Before & After Care 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.

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



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, programs and event information by searching "South Portland Parks & Recreation" on Facebook!



SENIOR DROP-IN CENTER

NEW! SENIOR DROP IN CENTER

We have officially converted the old before & after care space at SPCC to a Senior Drop-In Center! The Senior Center will be opening in September for ages 50+. Come to SPCC and enjoy a variety of free daily activities. Come play cards or games, knit with friends or just come to connect with others. The drop in center will be open Monday through Thursday from 9:00am to 3:00pm. and Fridays from 9:00am to 12:00pm. All activities in the senior drop in center are self-directed and all levels are welcome. There is no registration needed for any of these programs. For a monthly calendar and schedule, please go to www.sopoparksrec.com.

Days & Hours of Operation

Monday - Thursday 9:00am - 3:00pm
Fridays 9:00am - 12:00pm

For questions regarding our new drop-in center, please contact Karla Doyon at kdoyon@southportland.org or Whitney Dorsett wdorsett@southportland.org.



SCHEDULED ACTIVITIES!

Activity	Day	Time
Bingo & Birthdays	Last day of each month (none in December)	12:00pm -2:00pm
Board Games	Tuesdays	10:00am -12:00pm
Coffee Hour	Mondays	9:30am -10:30am
Cards	Mon & Thurs	12:00pm - 3:00pm
Coloring & Quiet Activities (<i>Word Search, Sudoku, Crosswords</i>)	Tuesdays	1:00pm -3:00pm
Create & Chat	Thursdays	9:00am -11:00am
Hand & Foot	Mon & Thurs	12:00pm-3:00pm
Mah Jongg	Tuesdays	12:00pm-3:00pm
	Fridays	9:00am-12:00pm
Puzzle Time (<i>Jigsaws</i>)	Wednesdays	1:00pm-3:00pm
Tea Time	Tuesdays	1:30pm-2:30pm
WII GAMES	Wednesdays	10:00am-12:00pm
Word Games (<i>Scrabble, Quiddler, Bananagrams</i>)	Wednesdays	11:00am-1:00pm

HANNAFORD PRESENTATIONS

Join Hillary Pride, Hannaford registered dietitian, for a few fun and hands on presentations. Shopping for a healthy heart, plant based nutrition, and healthy holiday habits with some ideas for healthy recipes. You will learn practical tips for healthy grocery shopping, what a plant based diet looks like, and how to stay healthy during the holidays. Space is limited in this class. Please do not show up unless you have registered ahead of time.

Min 10 /Max 15

Dates: Wednesday, Sept. 28 - ***Shopping for a Healthy Heart***

Wednesday, Oct. 26 - ***Plant –based Nutrition***

Wednesday, Dec.14 - ***Healthy Holiday Habits***

Time: 2:00pm - 3:00p.m.

Location: SPCC Senior Drop In Center

Fee: FREE (You may not attend these classes unless you have pre-registered)

Staff Coordinator: **Karla Doyon**



SENIOR PROGRAMS

HOLIDAY BINGO BASH

What could be more fun than playing Bingo for a few hours and winning some prizes! Come celebrate the holidays by playing bingo, eating some good food, drinking eggnog and hot chocolate and having tons of fun! Grab bag prizes will make this event even more fun! *Min 15/Max 30*

Date: Monday, December 5
Time: 10:00am - 2:00pm
Location: SPCC Senior Wing
Fee: \$10.00
Staff Coordinator: Karla Doyon



NATURE THEMED PRESENTATIONS

Join our Park Ranger, Sydney Raftery for these themed presentations and dive deeper into these interesting nature topics. Snacks provided. Please show up if you register, as there is a lot of work put into these presentations. *Min 5 /Max 25 each presentation.*

Presenter for all presentations: Sydney Raftery, Park Ranger
Location: SPCC Senior Center
Fee: FREE
Staff Coordinator: Karla Doyon

From Moths to Monarchs: A look at the Lepidoptera family

The lives of moths and butterflies are beautiful and strange all at the same time. At this nature talk, we will discuss the unusual camouflage of moths and the great migration of Monarch butterflies... among other topics.

Date: Monday, September 12
Time: 10:00am - 11:00am

Creepy Creatures

Vampires, witches, and werewolves. Oh, my! This talk will focus on some of the most famous Halloween myths and the real life, creepy animals that inspired them. *Min 5 /Max 25*

Date: Monday, October 31
Time: 9:00am - 10:00am

The Nature of Fall

Fall is a beloved season among many here in New England. However, do you know which animals come out in the fall, why the leaves change colors, or where we get our fall traditions? Learn all this and more at this month's nature talk.

Date: Monday, September 26
Time: 10:00am - 11:00am

Intro to Nature Journaling

Nature journaling is a great pastime that you can take with you anywhere. Join us this month to learn the basics of journaling in nature and some key tips on how to develop this lifelong hobby!

Date: Monday, November 14
Time: 9:00am - 10:00am

Foraging Maine's Wild Edibles

Our backyards are full of things you can eat! Join in on this discussion to see Maine's flora in a completely new light and maybe even get to taste test some.

Date: Wednesday, October 5
Time: 9:00am - 10:00am

Fossils of Maine

Join us this month to travel back in time, over 450 million years ago! We'll take a look at the fossils that are found in our state now and discuss what they can tell us about the Maine of long ago.

Date: Monday, December 12
Time: 9:00 am- 10:00am

SENIOR PROGRAMS

ALL ABOUT BALANCE - EDUCATIONAL WORKSHOP & EXERCISE CLASS SERIES

Join us for "All About Balance", a free class series hosted by the balance experts from the Maine Strong Balance Center. Week 1 is a lecture style workshop where participants will learn about the anatomy and physiology of their balance systems, how these systems change with aging and evidenced based interventions to improve the function of these balance systems. Weeks 2-4 are exercise classes focused on improving the functioning of the major balance systems in the body. All levels and balance abilities are welcome. *Min 15/Max 25.*

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

Date: Tuesdays, October 4, 11, 18 & 25

Time: 9:00am - 10:00a.m.

Location: SPCC Senior Drop In Center

Fee: FREE

Staff Coordinator: Karla Doyon

INSTRUCTOR BIO: Jason Adour is a Physical Therapist and founder of the Maine Strong Balance Centers located in South Portland, Scarborough and Saco Maine. He received his Doctorate in Physical Therapy from the Massachusetts General Hospital Institute of Health Professions, affiliated with Harvard Medical School, in Boston in 2010. His professional experience has included geriatric medicine, sports medicine and neurological rehabilitation, which have all included a focus on balance. He is a guest lecturer at the University of New England and a Steering Group Member for the Maine Falls Prevention Coalition.

STEP INTO FITNESS

Step into fitness! Some LIGHT cardio mixed with weights and core and ending with some great stretches. Class must meet the minimum required or class will be canceled. *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
September	9/8, 9/15 & 9/22	\$15/\$25NR
October	10/6, 10/13, 10/20, 10/27	\$20/\$30NR
November	11/3, 11/10 & 11/17	\$15/\$25NR
December	12/1, 12/8 & 12/15	\$15/\$25NR
*Drop-In Fee is \$5.00 per class		

CHAIR FIT

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: 12:30pm - 1:15pm

Location: SPCC Multi-Purpose Room

Staff Coordinator: Karla Doyon

Session	Dates	Fee
September	9/8, 9/15 & 9/22	\$15/\$25NR
October	10/6, 10/13, 10/20, 10/27	\$20/\$30NR
November	11/3, 11/10, 11/17	\$15/\$25NR
December	12/1, 12/8 & 12/15	\$15/\$25NR
*Drop-In Fee is \$5.00 per class		

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.

Dates: Wednesdays, September - December

Time: 11:45am - 1:45pm

Location: Sea Dog Brewing, South Portland

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

Staff Coordinator: Karla Doyon



SENIOR PROGRAMS

FINANCIAL WELLNESS SENIOR SERIES

Learning is a lifelong endeavor — especially when it comes to financial literacy. Evergreen Credit Union is proud to host the Financial Wellness Seniors Series 2022. The good news is it is never too late to be financially literate and the folks at Evergreen are here to help you navigate your personal finances in this economy. Older adults have put in their time and deserve a livelihood that is secure, money smart, and comfortable.

Week 1 - Financial Tips for Low to Mid Income Seniors.

One-third of households headed by an older adult has no money left over at the end of the month or is in debt after meeting essential expenses, according to the Institute on Assets and Social Policy. Use these tips to start making steps towards a better financial state.

Week 2 – Protecting Seniors from Financial Abuse & Financial Scams

Financial scams targeting seniors have become so prevalent that they are now considered “the crime of the 21st century”. We will take a look at the top 10 scams and give you tips for protecting your money. Family and friends can also help by being aware of the many ways in which an older person may be financially exploited.

Week 3 – Financial Planning advice for Seniors

While it is wise to consult a professional when it comes to financial advice for seniors, following are pieces of financial advice that seniors should take into consideration as they plan their budgets. A hands on exercise with tools that will make this complicated task a little easier.

Week 4 – Budgeting & Inflation

Inflation is a silent budget killer. It causes everything to go up, from your groceries to your gas, as the purchasing power of money decreases. During a good year, it cuts your buying power by 2% to 3% — these days inflation is hovering above 8%, a level we have not seen in 40 years. However, what does that mean for you? There are steps to take — and actions to avoid — that can help you navigate this period of high inflation, for however long it lasts.

Instructor: Brenda Pollock, EVCU

Dates: Tuesdays, September 6, 13, 20 & 27

Time: 9:00-10:00a.m.

Fee: FREE

Location: SPCC Senior Drop In Center

Staff Coordinator: Karla Doyon



VITALITY T'AI CHI FOR SENIORS

This program incorporates “T'ai Chi Moving for Better Balance”, an 8 posture standing form, with elements of Musical T'ai Chi which uses periods of seated movement; both practices will be integrated by learning the Great Breathing technique from Shaolin & Chinese Medicine.

The musical background will be calming, peaceful and yet invigorating as the play element in T'ai Chi will be emphasized. *Min 3/Max 10*

Instructor: Michael Elliott – 49-year practitioner

Time: 1:00pm - 2:00pm

Location: SPCC Aerobic Room

Fee: \$5.00

Staff Coordinator: Karla Doyon

Tuesdays on the following dates:

September 13 & 27

October 11 & 25

November 8 & 22

December 6 & 20

SENIOR CORNHOLE

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

Dates: Fridays, October 7 - December 16

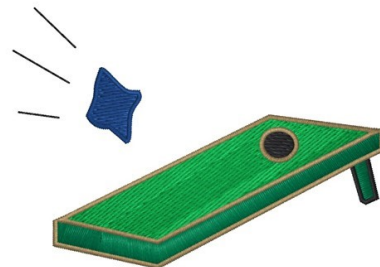
(no program 11/11 & 11/25)

Time: 1:45pm - 3:15pm

Location: SPCC Gym

Fee: FREE

Staff Coordinator: Karla Doyon



SENIOR TRIPS

COME ON GET HAPPY @ FOOTLIGHTS THEATRE

Join your groovy tour guide, Karen Morgan – Award Winning Maine comedian as she takes you on a far-out trip back to the 1970's. Put on your best threads and boogie to a hilarious journey through some far-out pop culture, including movies, television, songs, fashion, toys, trends, and funky fads. You're going to dig this multi-media comedy celebration of all things 1970! So, be there or be square! *Min 10 /Max 13*

Date: Thursday, Sept. 1

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

Location: Falmouth

Fee: \$25/\$35NR

Staff Coordinator: Karla Doyon

FIELDSTONE GARDENS TOUR

It is located off the beaten path, but it is worth a trip. The location is beautiful and just walking around and enjoying the gardens is a treat. The business's stunning setting and meticulous landscape has been a popular destination for day-trippers from the entire New England area. We will have a guided tour.. *Min 10/Max 13*

Date: Tuesday, September 13

Time: Departs SPCC 8:45am/Approx. return 1:00pm

Location: Vassalboro

Fee: \$9.00

Staff Coordinator: Karla Doyon

APPLE ACRES FARM TOUR (Lunch included)

A tour of one of Maine's only organic orchards. We will pick ¼ peck of apples, receive a taste of cider and have a 45-minute tour, which will include an apple taste-test comparison and cider tasting. Following that fun we will head to the on-site restaurant where will enjoy a provided lunch. *Min 10 /Max 13*

Date: Wednesday, September 14

Time: Departs SPCC 8:15am /Approx. return 2:30pm

Location: Hiram

Fee: \$24/\$34NR (*Includes transportation, tour of orchard, ¼ peck of apples and lunch*)

Staff Coordinator: Karla Doyon

FORT POINT STATE PARK, LIGHTHOUSE & PICNIC

Pack your lunch as we head to this beautiful location to have a picnic, sit and enjoy the scenery or take a walk and explore. Whatever you choose to do on this adventure is up to you! Please bring your lunch, beverage, bug spray, suntan lotion, hat and whatever else you think you may need to enjoy this outdoor gem in Maine!

Two waters and two snacks provided. *Min 10 /Max 13*

Do not forget your picnic lunch!

Date: Monday, September 19

Time: Departs SPCC at 8:15am. /Approx. return 4:00pm

Locations: Stockton Springs (*Please note: location is 2 hours away and we'll be making 1 stop each way for a break*)

Fee: \$10.00 (*Includes transportation, 2 waters, 2 snacks, fee for admission*)

Staff Coordinator: Karla Doyon

FLEA MARKET FRIDAY

First, we will head to The Willows Flea Market in Mechanic Falls where will have at least an hour to shop over 250 Artisans & Vendors all under 2 roofs - 3 floors in the large barn and 1 floor in the small barn! We will stop for a quick bite at The Lost Gull Restaurant in Oxford then off to the Oxford Barn Flea Market and the newly opened Great Kingdom Emporium. *Min 10 /Max 13*

Bring money for lunch & purchases!

Date: Friday, September 23

Time: Departs SPCC 8:00am /Approx. return 3:00pm

Location: Mechanic Falls/Oxford

Fee: \$8.00 (*Transportation only*)

Staff Coordinator: Karla Doyon

TOUR OF PINELAND FARMS, CORN MAZE & LUNCH

Guided tour of Pineland Farms, goat brushing, and perhaps some cow milking! (Cow milking will only be determined if permitted at this time). Following all that fun, we are off to the corn maze. We will then head to the café for lunch (on your own). *Min 10 /Max 13*

Don't forget to bring money for lunch!

Date: Thursday, September 29

Time: Departs SPCC 8:15am /Approx. return 2:30pm

Location: New Gloucester

Fee: \$15.00 (*Transportation & Tour*)

Staff Coordinator: Karla Doyon

SENIOR TRIPS

FRYEBURG FAIR

Tuesday is Senior Day at the Fryeburg Fair! Please join us for our annual trip to the fair. Come enjoy live entertainment, games, rides & the delicious food! Come discover ALL the Fryeburg Fair has to offer. Let us do the driving & parking so you can relax and enjoy the fair. We will depart the fair by 3:00p.m. Must be able to navigate the fair independently. *Min 10 /Max 13*

Date: Tuesday, October 4

Time: Departs SPCC at 8:30am/Approx. return 4:00pm

Location: Fryeburg

Fee: \$12.00 (*Transportation only, bring money for lunch & purchases*)

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. This trip involves a fair amount of walking/standing and sitting on the bus. *Min 10 Max 13*

Date: Friday, October 14

Time: Departs SPCC 9:00am/Approx. return 4:00p.m

Location: It is a mystery!

Fee: \$40/\$50NR (*Includes transportation, water, snacks, and fees for two adventures! Please bring money for lunch*).

Staff Coordinator: **Karla Doyon**

INLAND RIVERS & FALL FOLIAGE CRUISE

As we leave Portsmouth and head inland, we will pass all of New Hampshire's industrial waterfront. Cruise past tankers, freighters and cable ships loading and unloading and past the remains of old shipyards. As we continue inland, we head up into Great Bay. This beautiful tidal estuary remains largely undeveloped. Come aboard this fall for a unique cruise into some of the most picturesque scenery on the Seacoast. Cruise will last approximately 2.5 hours. *Min 13 /Max 13*

Date: Monday, October 17

Time: Departs SPCC 10:15am. /Approx. return 4pm

Location: Portsmouth, NH

Fee: \$35/\$45NR

Staff Coordinator: **Karla Doyon**

WALKING FIELD TRIPS

Join us on our two 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 water bottle & 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*



Trip #1: Tuesday, September 27 - Pondicherry Park & Picnic (*Do not forget your picnic lunch*)

Trip #2: Thursday, October 6 – Prides Preserve, Westbrook River Walk & Café Stop (*Bring money for café purchases*)

Time: Departs SPCC Lobby @ 8:30am. /Approx. return between 12:30pm-2:00pm

Locations: Bridgton & Westbrook

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

Staff Coordinator: **Karla Doyon**

SURPRISE DAY OF ART

This surprise trip is for art lovers. We will be visiting two very unique places. If you are interested in art and craftsmanship then this trip is for you! Please bring money for purchases at one or both of these unique locations, as you will WANT to support these artists! Lunch out – on your own. *Min 10 /Max 13*

Date: Wednesday, October 19

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

Location: It's a surprise!

Fee: \$10.00

Staff Coordinator: **Karla Doyon**



SENIOR TRIPS

MAINE FOREST AND LOGGING MUSEUM TOUR & PICNIC

Created to celebrate the history of woods work in Maine this museum portrays an early logging village. We will have a guided tour of the museum, then time on your own to explore the beautiful grounds and trails. Pack your picnic lunch, just sit and enjoy, or be ready to walk and explore! Please bring lunch, beverage, bug spray, suntan lotion, hat and whatever else you think you may need. *Min 10/Max 13*

Don't forget your picnic lunch!

Date: Tuesday, October 25

Time: Departs SPCC at 8:15am/Approx. return 3:30-4:00pm

Location: Bradley *(Please note: location is over 2 hours away and we'll be making 1 stop each way for a break)*

Fee: \$15.00 *(Includes transportation, 2 waters, 2 snacks, and fee for guided tour)*

Staff Coordinator: Karla Doyon

AMERICAN INDEPENDENCE MUSEUM & BOX LUNCH INCLUDED

A historic house museum. The Ladd-Gilman House, a registered National Historic Landmark built in 1721 by Nathaniel Ladd, and the Folsom Tavern, built in 1775 by Colonel Samuel Folsom. The museum opened in 1991 after a rare copy of the Declaration of Independence known as a Dunlap Broadside was found in the Ladd-Gilman house, 200 years after its arrival in Exeter. It is the centerpiece of the museum's collection. Boxed lunch included in the Folsom Tavern. *Min 10/Max 13*

Date: Tuesday, November 1

Time: Departs SPCC 8:30am /Approx. return 2-2:30pm

Location: Exeter, NH

Fee: \$26/\$36NR

Staff Coordinator: Karla Doyon

MAINE HISTORICAL SOCIETY

Maine History Museum: Exhibit: Northern Threads: Century of Dress This exhibit covers the history of fashion in Maine over the course of a century. It delves into the social, economic, and environmental histories of Maine people, and aims to dispel the myth that Mainers "do not care about fashion." Explore garments, military uniforms, and accessories and covers the time- period from 1890-1980. *Min 10/Max 13*

Date: Thursday, November 3

Time: Departs SPCC 12:30pm. /Approx. return 3pm

Location: Portland

Fee: \$13.00

Staff Coordinator: Karla Doyon



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 10/Max 13*



Dates: Friday, September 9

Thursday, October 27

Tuesday, November 29

Wednesday, December 7

Time: Departs SPCC at 10:30am. /Approx. return 3pm

Locations: TBD

Fee: \$5.00 *(Transportation only)*

Staff Coordinator: Karla Doyon

WILBUR'S OF MAINE TOUR

We will head to Freeport for a tour of the candy making process at Wilbur's (with samples, of course). Then there will be some time to look around and shop for your favorite sweet treat. *Min 8/Max 13*

Date: Wednesday, November 9

Time: Departs SPCC 9:30am /Approx. return 12:00pm

Location: Freeport

Fee: \$9.00

Staff Coordinator: Karla Doyon

DAY OF SHOPPING ON ROOSEVELT TRAIL

We are off to Windham for a few fun 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: Tuesday, November 15

Time: Departs SPCC 8:30am /Approx. return 3:00pm

Location: Windham

Fee: \$6 *(Transportation only. Lunch out on your own.)*

Staff Coordinator: Karla Doyon

SENIOR TRIPS

CAROUSEL AT GOOD THEATER

Rodgers & Hammerstein's masterpiece comes to life on our stage in a unique, intimate setting. Featuring the stunning twin-piano arrangement, classic tunes such as "If I Loved You," "June is Bustin' Out All Over," "It Was a Real Nice Clambake", and the immortal "You'll Never Walk Alone" will transport audiences to a Maine coastal village. Experience this glorious story and score, unplugged and unamplified with a cast of 18 singers and actors.. *Min 13 /Max 13*

Date: Wednesday, November 16

Time: Departs SPCC 6:00p.m/Approx. return 9:00pm

Location: Portland

Fee: \$35/\$45 NR

Staff Coordinator: **Karla Doyon**

ELF THE MUSICAL AT THE MUSIC HALL - FROM THE OGUNQUIT PLAYHOUSE

The hilarious tale of Buddy, a young orphan child who mistakenly crawls into Santa's bag of gifts and is transported back to the North Pole. Unaware that he is actually human, Buddy's enormous size and poor toy-making abilities cause him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to find his birth father, discover his identity, and help New York remember the true meaning of Christmas. *Min 13 /Max 13*

Date: Thursday, December 1

Time: Departs SPCC 12:00pm /Approx. return 5:00pm

Location: Portsmouth, NH

Fee: \$74/\$84 NR

Staff Coordinator: **Karla Doyon**

TRAVIS MILLS FOUNDATION VETERAN'S RETREAT OPEN HOUSE

Help spread some holiday cheer by honoring our Veteran's with a visit to the Travis Mills Foundation. We will see what they have been up to at this Veteran's Retreat. We will take a tour of the facility, meet SSG Travis Mills and learn about opportunities at the retreat. The Travis Mills Foundation runs on donations and always welcomes contributions. *Min 10 Max 13*

Date: Saturday, December 3

Time: Departs SPCC 8:30am/Approx. return 1:30-2:00pm

Location: Rome

Fee: \$10 (Transportation only)

Staff Coordinator: **Karla Doyon**



PSO'S MAGIC OF CHRISTMAS

A beloved holiday tradition the Magic of Christmas will be led by Music Director Eckart Preu and feature guests, including Laura Darrell (star of Frozen Live), the Magic of Christmas Chorus, Ray Cornils, and James Kennerley! Celebrate the season with Christmas classics new and old – including the beloved "Sleigh Ride!"

IMPORTANT! This in-person performance of Magic of Christmas is specifically designed to be family-friendly, with socially distanced seating, a shorter program, and no intermission. *Min 13 /Max 13*

Date: Friday, December 9

Time: Departs SPCC 1:15pm/Approx. return 4:00pm

Location: Portland

Fee: \$35/\$45 NR

Staff Coordinator: **Karla Doyon**

CHRISTMAS @ VICTORIA MANSION TOUR

Every holiday season, the Mansion transforms into a Victorian winter wonderland for *Christmas at Victoria Mansion*, a six-week celebration featuring decorations by some of the community's leading and up-and-coming artists, florists, designers, and fellow non-profit organizations to highlight the Mansion's original 19th century interiors. Now in its fourth decade, over 8,000 visitors attend this annual event and it has been a long-standing tradition for many in the Southern Maine area and beyond. *Min 10 Max 13*

Date: Tuesday, December 13

Time: Departs SPCC 10:15a.m. /Approx. return 12pm

Location: Portland

Fee: \$14.00

Staff Coordinator: **Karla Doyon**

GARDENS AGLOW @ BOOTHBAY BOTANICAL GARDENS

Join us for the largest light show in Maine! See hundreds of thousands of lights strung through the upper gardens in a beautiful display. We will be stopping for dinner at the Sea Basket (on your own) for an early dinner. Afterwards we will head to Boothbay downtown to see the light displays! *Min 10 /Max 13*

Dates: Thursday, December 15

Time: Depart SPCC 3:00pm/Approx. return 8-8:30pm

Location: Boothbay Harbor

Fee: \$25/\$35 NR (Transportation and ticket only)

Staff Coordinator: **Karla Doyon**

ADULT PROGRAMS

AEROBIC DANCE

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

Instructor: Jean Ricciardelli
Days: Mondays and Wednesdays
Time: 5:30pm – 6:30pm
Location: SPCC Aerobic Room
Staff Coordinator: Whitney Dorsett

Session	Dates	Fee
September	9/7 - 9/28	\$52.50/\$62.50 NR
October	10/3 - 10/31 (no class 10/10)	\$60/\$70 NR
November	11/2 - 11/30 (no class 11/23)	\$60/\$70 NR
December	12/5 - 12/21	\$45/\$55 NR

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

GENTLE YOGA

Whether it is your first time or you have been taking yoga for years, this class will meet you right where you are. Martha emphasizes safe and effective alignment principles as she leads you through a sequence of yoga postures connecting the breath with body movement. The goal for every class is that you leave feeling stronger, more flexible, balanced and happy! *Min 4/Max 24*

Instructor: Martha Williams
Days: Wednesdays
Time: 9:00am - 10:15am
Location: SPCC MP Room
Fee: \$80/\$90 NR (*Drop in rate \$12/class*)
Staff Coordinator: Whitney Dorsett

Session	Dates
Wednesday Fall Session I	9/7 - 10/26
Wednesday Fall Session II	11/2 - 12/21

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

YOGA WITH BEN - ADULT YOGA

This program involves a variety of yoga styles for adults. It is a 60-minute practice, starting with Hatha style for the first few weeks, holding poses for longer, using strength and stillness, allowing time to really feel and learn the postures. The following weeks involve Yin, a floor and mat based style, designed to stretch and lengthen the body, as well as Vinyasa Flow style, a faster paced class that moves with the breath. *Min 6/Max 16.*

Instructor: Ben Roberts
Day: Saturdays
Times: 11:00am – 12:00pm every class
Age: 15+
Location: SPCC MP Room
Staff Coordinator: Whitney Dorsett

Session	Dates	Fee
Adult Yoga October	10/1 - 10/22	\$40/\$50 NR
Adult Yoga November	11/5 - 11/26	\$40/\$50 NR
Adult Yoga December	12/3 - 12/17	\$30/\$40 NR

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

YOGA WITH BEN - CHAIR YOGA

This chair yoga program is designed for senior citizens or anyone else who might need a more gentle approach to fitness and yoga. It's a 45-minute practice that takes place sitting in a chair while doing a variety of poses and different stretches and breathing techniques that help find more ease in the body and mind. A great class for anyone who has issues moving their body or is dealing with injuries. *Min 8/Max 16.*

Instructor: Ben Roberts
Day: Saturdays
Times: 10:00am – 10:45am every class
Location: SPCC MP Room
Staff Coordinator: Whitney Dorsett

Session	Dates	Fee
Chair Yoga October	10/1 - 10/22	\$32/\$42 NR
Chair Yoga November	11/5 - 11/26	\$32/\$42 NR
Chair Yoga December	12/3 - 12/17	\$24/\$34 NR

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

ADULT PROGRAMS

MIX IT UP!

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

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

Instructor: Karen McCue
Days: Tuesdays & Thursdays
Time: 5:00pm - 5:50pm
Location: SPCC MP Room
Staff Coordinator: Whitney Dorsett

Session	Dates	Fee
September	9/6 - 9/29	\$54/\$64 NR
October	10/4 - 10/27	\$54/\$64 NR
November	11/1 - 11/29 (no class 11/24)	\$54/\$64 NR
December	12/1 - 12/22	\$47.25/\$57.25 NR

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

STRICTLY STRENGTH

Strictly Strength is a small group strength training class utilizing free weights, body weight and resistance bands. This program allows for more one on one attention and more personalized exercises tailored to each participant. *Min 5/Max 12*

Instructor: Karen McCue
Days: Mondays and Thursdays
Time: 9:00am - 9:50am
Location: SPCC MP Room
Staff Coordinator: Whitney Dorsett

Session	Dates	Fee
September	9/8 - 9/29	\$54.25/\$64.25 NR
October	10/3 - 10/31 (no class 10/10)	\$62/\$72 NR
November	11/3 - 11/28 (no class 11/24)	\$54.25/\$64.25 NR
December	12/1 - 12/22	\$54.25/\$64.25 NR

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+) players levels are welcome. *Min 8/Max 16.*

Instructor: David Cousins, PTR/USPTA Elite Professional
Dates: September 12 - October 10
Day: Mondays
Time: 5:30pm - 7:00pm
Location: SPHS Tennis Courts Set 3
Fee: \$52/\$62 NR (*Drop In Fee: \$13/class*)
Staff Coordinator: Whitney Dorsett



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/USPTA Elite Professional
Dates: September 10 - October 1
Day: Saturdays
Time: 8:00am - 9:00am
Fee: \$44/\$54 NR (*Drop In Fee: \$12/class*)
Staff Coordinator: Whitney Dorsett

ADULT TENNIS IN THE PARKS - Learn & 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! **No senior discount available.** *Min 7/Max 8.*

Instructor: Resty Sapuan, USTA Approved Coach/SP Schools Tennis Coach
Dates: September 10 - October 15
Day: Saturdays
Time: 10:00am - 11:30am
Location: South Portland High School Courts Set of 3
Fee: \$75/\$85 NR
Staff Coordinator: Whitney Dorsett



ADULT PROGRAMS

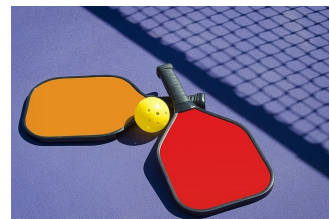
PICKLEBALL BEGINNER LESSONS

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

TRUE BEGINNERS ONLY.

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

Instructor: David Cousins PTR Certified Professional, USPTA Elite Professional
Staff Coordinator: Whitney Dorsett



Session (at Redbank)	Dates	Time	Fee	Location	Min/Max
October Fridays	10/7 - 10/28	8:00 - 9:00am	\$50/\$60 NR	RBCC Gym	4/12
November Fridays	11/4 & 11/18 (no class 11/11)	8:00 - 9:00am	\$25/\$35 NR	RBCC Gym	4/12
December Fridays	12/2 - 12/23	8:00 - 9:00am	\$50/\$60 NR	RBCC Gym	4/12
Session (at SPCC)	Dates	Time	Fee	Location	Min/Max
October Sundays	10/2 - 10/23	10:00 - 11:00am	\$50/\$60 NR	SPCC Gym	4/16
November Sundays	11/6 - 11/27	10:00 - 11:00am	\$50/\$60 NR	SPCC Gym	4/16
December Sundays	12/4 - 12/18	10:00 - 11:00am	\$50/\$60 NR	SPCC Gym	4/16

* No Senior Discount.

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

PICKLEBALL INTERMEDIATE LESSONS

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

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

Instructor: David Cousins PTR Certified Professional, USPTA Elite Professional
Staff Coordinator: Whitney Dorsett

Session (at Redbank)	Dates	Time	Fee	Location	Min/Max
October Fridays	10/7 - 10/28	9:00 - 10:00am	\$50/\$60 NR	RBCC Gym	4/12
November Fridays	11/4 & 11/18 (no class 11/11)	9:00 - 10:00am	\$25/\$35 NR	RBCC Gym	4/12
December Fridays	12/2 - 12/23	9:00 - 10:00am	\$50/\$60 NR	RBCC Gym	4/12
Session (at SPCC)	Dates	Time	Fee	Location	Min/Max
October Sundays	10/2 - 10/23	11am - 12pm	\$50/\$60 NR	SPCC Gym	4/16
November Sundays	11/6 - 11/27	11am - 12pm	\$50/\$60 NR	SPCC Gym	4/16
December Sundays	12/4 - 12/18	11am - 12pm	\$50/\$60 NR	SPCC Gym	4/16

* No Senior Discount.

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

ADULT PROGRAMS

SUSHI CLASS

Have you ever wanted to master your culinary sushi skills? If so, then this is the perfect experience for you! Come enjoy Chef Alex's exciting hands-on sushi class where you and your friends will learn to become a sushi chef! Over the course of this 2-hour class, you will learn proper knife techniques, sushi rolling and recipe creations. Chef Alex will show you how to make five different types of sushi rolls followed by one hand roll. *Min 15/Max 30.*

No senior discount and no refund if cancelled with fewer than 3 business days before the class.

Instructor: Alex Herzog of Great Wave Sushi

Dates: Sundays, October 2, November 6 & December 4

Time: 11:00am – 1:00pm

Location: SPCC Senior Wing and Kitchen

Fee per date: \$75/\$85 NR (*no senior discount*)

Staff Coordinator: Whitney Dorsett



WATERCOLOR WORKSHOP

Possibilities are endless. The focus of this course will be to continue expanding our repertoire of techniques. We will explore and master the specifically challenging topics of water, shadow, and figures. *Min 6/Max 15*

No Senior Discount

Instructor: Pauline Cook

Day: Saturdays

Time: 9:00am – 10:00am

Location: SPCC Senior Wing

Fee: \$55/\$65 NR

Staff Coordinator: Whitney Dorsett

Session	Dates
Fall Session 1	10/1 - 10/29
Fall Session 2	11/5 - 12/10 (no class 11/26)

ADULT HAND BUILT CERAMICS

Working with Kiln-fired clay, we will explore the variety of forms and techniques used in basic hand built ceramics. Break out your creative self. Hint: The possibilities are endless! Projects will be fired and glazed. This class does not use a pottery wheel. Dress for a little bit of mess. No senior discount for this program. *Min 3/Max 8.*

No Senior Discount

Instructor: Rachel FC Mills

Dates: September 19 - October 24

Day: Mondays (**no class 10/10**)

Location: SPCC Art Room

Fee: \$55/\$65 NR

Staff Coordinator: Whitney Dorsett

Session	Time
Hand Built Ceramics AM	10:00am - 12:00pm
Hand Built Ceramics PM	6:00pm - 8:00pm

BEGINNER PASTEL WORKSHOP

Beginner Pastel 1: Come learn all about soft pastels including an introduction to materials and tips and tricks for making simple shapes look beautiful with vibrant color. The course will introduce students to the medium of soft pastel and how to create straightforward compositions such as pears, apples, and easy to learn landscapes. Most of all join us to play and have fun! *Min 6 / Max 15*

Beginner Pastel 2: No need to take session 1 to attend this class. This class will include some of the same topics as session one. It will also include learning how to draw animals in pastel including the option of doing a pet portrait in pastel of a beloved pet in your life. *Min 6 / Max 15*

INSTRUCTOR BIO: Joan Quinn is a self-taught artist who rediscovered her love of art in the last few years after leaving it behind in childhood for decades. Joan wants to help other adults rediscover the inherent goodness of playing with color and form. Her favorite expression is "the product of art is the artist". Joan is dedicated to building community on a local level with specific interest in the arts as a means of connecting to one another and to ourselves.

No Senior Discount

Instructor: Joan Quinn

Day: Saturdays

Time: 10:00am – 11:30am

Location: SPCC Senior Wing

Fee: \$55/\$65 NR

Staff Coordinator: Whitney Dorsett

Session	Dates
Beginner Pastel 1	10/1 - 10/29
Beginner Pastel 2	11/5 - 12/3

ADULT PROGRAMS

STAINED GLASS ORNAMENTS & SUNCATCHERS

Here is a little handmade holiday treat. Students will go home with one or more ornaments, depending on time. Learn the surprisingly easy copper foil technique. All materials provided. *Min 3/Max 6.*

No Senior Discount

Instructor: Rachel FC Mills

Day: Mondays

Location: SPCC Art Room

Fee: \$25/\$35 NR

Staff Coordinator: Whitney Dorsett

Session	Time
November 14	10:00am - 1:00pm
November 14	5:00pm - 8:00pm
December 5	10:00am - 1:00pm
December 5	5:00pm - 8:00pm
December 12	10:00am - 1:00pm
December 12	5:00pm - 8:00pm

*Pick one date from our 6 offerings.

* Registration will close 1 week prior to each session.

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. Full league rules are available online or at the South Portland Community Center. Our officials are IAABO certified. **Captains must email Whitney Dorsett at wdorsett@southportland.org with a tentative roster after registering. Individuals please select "Free Agent" during registration.**

Fee: \$65/\$75 NR

Session	Dates	Time	Location
Thursday League Fall	9/8 - 11/10	Between 6-9pm	SPCC Gym
Monday League Fall	9/12 - 12/5 (no games 10/10, 10/31 & 11/7)	Between 6-9pm	SPCC Gym
Sunday League Fall	10/16 - 12/18	Between 10am - 1pm	RBCC Gym
Thurs. League Winter I	11/17 - 1/26	Between 6-9pm	SPCC Gym
Mon. League Winter I	12/12 - 3/6 (no games 12/26, 1/16 & 2/20)	Between 6-9pm	SPCC Gym

*** LEAGUE REGISTRATION CLOSSES 1 WEEK BEFORE EACH SESSION STARTS.**

ADULT SOFTBALL LEAGUES

SP Rec will hold a Coed Softball Leagues on Sunday mornings at the Wainwright Recreation Complex. Participants must be at least 18 years old and out of High School.

Game and League Format

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

Captains must email 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: Sundays, August 29 – October 31

Game Times: 9:00am – 1:00pm

Team Fee: \$550/\$560 NR

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

Location: South Portland Recreation Complex (Wainwright Fields)



**Team and Individual Registration
deadline is August 18.**

Questions on Adult Leagues, contact Whitney Dorsett at wdorsett@southportland.org.

ADULT OPEN GYMS

ADULT BASKETBALL OPEN GYM & VOLLEYBALL OPEN GYM

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

Fee: (MUST SHOW ID each visit)

\$3.00 - South Portland Residents

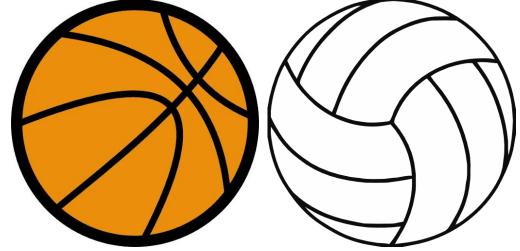
\$4.00 - Non-Resident

\$1.00 - Active and Veteran Military

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

Basketball: Max 30

Volleyball: Max 24



Adult Basketball Open Gym	Dates	Time	Location
Tuesdays	10/4 - 12/20 (no program 11/8)	11:30am - 1:30pm	SPCC Gym
Wednesday (Over 40)	10/5 - 12/21 (no program 11/9)	11:30am - 1:30pm	SPCC Gym
Wednesday (Sopo Res Only)	10/5 - 12/21 (no program 11/23)	7:00pm - 9:00pm	RBCC Gym
Fridays	10/7 - 12/23 (no program 11/11 & 11/25)	11:30am - 1:30pm	SPCC Gym
Sundays (over 30)	10/2 - 12/18	2:00pm - 3:45pm	SPCC Gym

Adult Volleyball Open Gym	Dates	Time	Location
Sundays	10/2 - 12/18	4:00pm - 6:00pm	SPCC Gym

ADULT PICKLEBALL OPEN GYM

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

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.**

Fee: (MUST SHOW ID each visit)

\$3.00 - South Portland Residents

\$4.00 - Non-Resident

\$1.00 - Active and Veteran Military



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

Adult Pickleball Open Gym	Dates	Time	Location
Monday - Friday	10/3 - 12/22 (see no program dates below)	8:00 - 11:00am	SPCC Gym
Mon & Wed (Beginners Only)	10/3 - 12/21 (see no program dates below)	8:00 - 11:00am	RBCC Gym

***No program at Redbank on these dates: 10/10 & 11/9**

***No program at SPCC on these dates: 10/10, 11/7, 11/11, 11/24 & 11/25)**

OUT OF SCHOOL PROGRAMS

NO SCHOOL DAYS

We offer programs on some No School Days for children in grades K-5 who are South Portland residents. Children will enjoy field trips, special events, inside and outside play and arts and crafts. There are no sibling discounts for this program. *Min 15/Max 30.*

Dates: Wednesday, November 23rd and Friday, December 23rd

Time: 8:00am – 5:00pm

Grades: K – 5

Location: SPCC

Fee: \$55.00 per day

Staff Coordinator: Kari Filieo



VACATION CAMPS

School Vacation Camps are for children in grades K-5 who are residents of South Portland. Children will enjoy field trips, special events, inside and outside play and arts and crafts.

There are no sibling discounts for this program.

Min 15/Max 30

DECEMBER VACATION CAMP

Dates: December 27th – December 30th 2022

Days: Tuesday – Friday

Time: 8:00am – 5:00pm

Grade: K – 5

Location: SPCC

Fee: \$160.00 (\$20 discount before 12/1/22)

Staff Coordinator: Kari Filieo



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

REDBANK TEEN CENTER

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

The Teen Center, located in the Redbank Community Center, is open to ANY **student** in grades 6-12 that **resides** in South Portland for free. Although it's a free program we ask that every school year the participants reregister for the program. The Teen Center has 6 basketball hoops to compete in basketball games or just to work on your shooting as well as a full gym to play gym games like dodgeball, soccer, kickball and many other games. The Teen Center has a Nintendo Wii the kids can use as well as an activity room with couches to hang out on or watch a movie. The activity room can be used to do homework or work on some new arts & crafts projects. The activity room also has a foosball table to use. The Redbank Community Center also has a kitchen where kids can learn to cook or bake treats and an outdoor playground, basketball court and a field to play field games.

FMI please contact Teen Center Coordinator Jordan O'Donal at jodonal@southportland.org or 347-4115.

Hours of Operation (School Year):

Date: August 30, 2022 - June 8, 2023

Days: Monday – Friday

Time: 2:30pm – 6:00pm (*subject to change at any time*)

Address: 95 MacArthur Circle West, South Portland ME 04106

Teen Center Number: (207) 347 - 4145

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

YOUTH PROGRAMS

POP – Preschool Open Play

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

Dates: Tuesdays, October 4 – December 20 (No program 11/8)

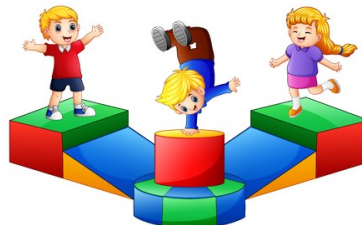
Time: 9:00am – 11:00am

Age: 5 years of age and under accompanied with an adult

Location: RBCC Gym

Cost: \$3.00 Resident per family and \$4.00 Non-resident per family

Staff Coordinator: **Brianne Maloney**



STORYTIME AT REDBANK

The South Portland Youth Librarians will be hosting story and song time at Redbank Community Center on Tuesdays. The librarians will be reading stories and leading fun family songs. This program is free. If you have an questions about the program please reach out to Jessica Milton at jmilton@southportland.org.

Also on Tuesdays from 9am to 11am at Redbank we also host a preschool open play (POP) program in the gym. This program is \$3 for South Portland resident families and \$4 for Non-Resident families. You may leave and return to the POP program to attend story time.

Date: Tuesdays, October 4 – December 20 (no program 11/8)

Time: 10:30 – 11:00am

Age: All ages, 12 years of age and under needs to be with an adult

Location: RBCC Activity Room

Fee: Free

Staff Coordinator: **Jessica Milton, Youth Librarian** - jmilton@southportland.org

October 4th – December 20th



Redbank Storytime

South
Portland Public Library

Tuesdays at 10:30am

- *All ages welcome
- *Free
- *Stories & songs



**Redbank
Community Center
95 MacArthur
Circle West**

YOUTH PROGRAMS

YOUTH OPEN GYM @ SPCC - Fall Hours

Dates: Sundays, October 2 - December 18

Time: 12:15 - 1:45pm

Grades: Prek - Grade 12

Fee: \$3/residents, \$4 non-residents

Staff Coordinator: **Brianne Maloney**



Open Gym Rules

- Children Prek-Grade 5 must have an adult with them during the duration of the open gym. We do not charge for the adult
- All open gym participants must bring clean sneakers with them to change into in the gym.
- Parent/adults should not be “coaching” during open gym time. Parents/adults who offer to do basketball drills must include everyone who wants to participate.
- Max 50 participants at a time.

YOGA WITH BEN - YOUTH YOGA

This program is an introduction and exploration of yoga for kids of all abilities, ages 7-14 years old. It includes basic principles of yoga with a 45-minute practice that helps strengthen, stretch, and align the body and the mind. It also involves breathing techniques and positive mentalities that can help with sustained focus, finding more inner calm, confidence, and self-validation. *Min 7/Max 16*

Instructor: **Ben Roberts**

Day: Saturdays

Times: 9:00am – 9:45am

Ages: 7 - 14

Location: SPCC Multipurpose Room

Staff Coordinators: **Brianne Maloney**

Session	Dates	Fee
October	October 1 - 22	\$32/\$42 NR
November	November 5 - 26	\$32/\$42 NR
December	December 3 - 17	\$24/\$34 NR

***Drop-In Fee is \$10.00 per class**

SOUTH PORTLAND FIRE CHEERING

Open to all children who live in or attend school in South Portland. Teams are broken down by grade level as listed below but may be adjusted to accommodate the number of participants who register. For more information, please email tracy.bissonnette@gmail.com.

Levels

- Rising Stars: Grades PreK-1
- Shooting Stars: Grades 2-3
- Shining Stars: Grades 4-5
- Super Stars: Grades 6-8

Instructor: **Tracy Bissonnette and Alyssa Cammack**

Dates: November 7 - April 3

Day/Time/Location:

Rising Stars – Wednesday 5-6pm SPCC MP Room

Shooting Stars – Tuesdays, 6-7:30pm SPCC MP Room

Shining Stars – Monday/Wednesday 5-6:30pm SPHS Cafeteria

Super Stars – Monday/Wednesday 6:20-8pm SPHS Cafeteria

Fee: Rising \$100, Shooting \$150, Shining/Super \$200

Staff Coordinator: **Brianne Maloney**

Tentative 2023 Competition Schedule

*Rising Stars only attending events with ****

2/18/23 – Biddeford High School

3/4/23 – Lewiston High School

3/11/23 – Oxford Hills High School

3/18/23 – South Portland High School ***

3/25/23 – Gorham Middle School ***

4/1/23 – Biddeford High School ***

4/8/23 - TBD



YOUTH PROGRAMS

YOUTH COOKING CLASS

Stacey Stolman is a chef with 19 years of experience cooking and teaching. She owns Fun Chefs, a cooking academy for all ages. She also works in the Portland area as a food stylist. In this class your child will learn how to prepare a new recipe each week with step by step instructions. Stacey will teach things such as nutrition, sanitation, geography and culinary math. At the end your child will have made a cookbook with all the recipes they made. *Min 8/Max 20*

Instructor: Stacey Stolman owner of Fun Chef

Dates: September 13 - October 18

Day: Tuesdays

Time: 3:30pm - 4:30pm

Grades: 1-8

Location: SPCC Senior Wing

Fee: \$125/\$135 NR

Staff Coordinator: Brianne Maloney



INTRO TO HIP HOP

In this fun, 45 minute class, dancers will learn the basics of hip hop dance, an energetic and aerobic dance form that will keep you moving! Please wear comfortable clothing that you can move well in, wear clean sneakers and bring a water bottle. Please have longer hair tied back away from the face. *Min 4/Max 14.*

Instructor: Kayla Fahey

Days: Mondays

Time: 5:30pm - 6:15pm

Ages: 5-9

Location: SPCC MP Room

Fee: \$65/\$75 NR

Staff Coordinator: Brianne Maloney



Hip-hop dance

INTRO TO DANCE

In this fun, 45 minute class, and dancers will learn the basics of dance and movement, as well as explore jazz dance, tap dance, ballet, hip hop and more! A great introductory class that covers lots of dance genres! Please wear comfortable clothing that you can move well in, have bare feet and bring a water bottle. Please have longer hair tied back away from the face. *Min 4/Max 14..*

Instructor: Kayla Fahey

Days: Mondays

Time: 4:30pm - 5:15pm

Ages: 5-9

Location: SPCC MP Room

Fee: \$65/\$75 NR

Staff Coordinator: Brianne Maloney

Session	Dates
Fall Session 1	9/12 - 10/24 (no class 10/10)
Fall Session 2	11/7 - 12/12

Session	Dates
Fall Session 1	9/12 - 10/24 (no class 10/10)
Fall Session 2	11/7 - 12/12

SPINNING SPROUTS (Pre-school)

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

Instructor: Brio Dance Studios

Days: Mondays

Time: 9:30am - 10:15am

Ages 2-3

Location: SPCC MP Room

Fee: \$60/\$70NR

Staff Coordinator: Brianne Maloney

Session	Dates
Fall Session I	9/12 - 10/24 (no class 10/10)
Fall Session II	11/7 - 12/12

TOT HOP (Pre-School)

Tot Hop is our youngest hip hop class offering. This class is perfect for young dancer's with lots of energy. Please send your dancer in comfortable clothing and indoor sneakers. No jeans please. *Min 4, Max 12.*

Instructor: Brio Dance Studios

Days: Mondays

Time: 10:15am - 11:00am

Ages: 2-3

Location: SPCC MP Room

Fee: \$60/\$70 NR

Staff Coordinator: Brianne Maloney

Session	Dates
Fall Session I	9/12 - 10/24 (no class 10/10)
Fall Session II	11/7 - 12/12

YOUTH PROGRAMS

TINY TYKES SOCCER MAGIC

Tiny Tykes is a new and exciting program run by Challenger Sports British Soccer Coaches that focuses on the development of children aged 2 – 5 years old. Challenger Sports International coaches are experts at working with young children and will combine soccer with fun games; stories and music that keeps your children entertained and enthused to return next week. **Fee includes Tiny Tykes Uniform, size 2 ball. Min 6/Max 20**

Instructor: Challenger Sports Coaches

Dates: September 11 - October 16

Day: Saturdays

Location: Wainwright Athletic Complex Soccer Quad

Fee: \$90/\$100 NR

Staff Coordinator: Brianne Maloney



Session	Ages	Times
Cubs 1	2-3	9:00 - 9:45am
Cubs 2	2-3	10:00 - 10:45am
Lions	4-5	11:00 - 11:45am

TRACK MAGIC

Children in **Kindergarten - 2nd grade**, or a child who has turned 5, will get the chance to take their first steps into track and field. Each session will incorporate games and varied relays that focus on teamwork. Proper warm-up techniques will be introduced and beginning track skills such as running in a straight line, throwing, and jumping into a sand pit will be practiced in a non-competitive environment. *Min 10/Max 50.*

Instructor: Matt Green

Dates: September 10 - October 8

Day: Saturdays

Time: 9:00am - 9:45am

Grade: K-2

Location: SPHS Track

Fee: \$45/\$55 NR

Staff Coordinator: Brianne Maloney

TRACK & FIELD

Children in **grades 2 – 5** will be introduced to all aspects of track and field. There will be a warm-up and stretching time. We will focus on a different area of track and field each week. Participants will learn about race distances, starting and finishing technique, proper running form and relay running. There will be an introduction to the field events with a focus on the long jump. Runners will compete in an inter-squad meet. *Min 10/Max 50*

Instructor: Matt Green

Dates: September 10 - October 8

Day: Saturdays

Time: 10:00am - 11:00am

Grade: 2-5

Location: SPHS Track

Fee: \$45/\$55 NR

Staff Coordinator: Brianne Maloney

CROSS COUNTRY RUNNING - FALL

This program will be offered for boys and girls grades 4-8. Program 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 4-5 will complete a 1 mile course. *Min 10/Max 50.*

Instructor: Matt Green

Dates: September 10 - October 8

Day: Saturdays

Time: 11:00am - 12:00pm

Grades: 4 - 8

Location: SPHS Track

Fee: \$45/\$55 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 program also helps your child build confidence, focus and respect for oneself and others. *Min 5/Max 25.*

Instructor: Andy Campbell

Day: Fridays

Time: 4:00pm - 5:00pm

Ages: 5-12

Location: Multipurpose room

Fee: \$60/\$70 NR

Coordinator: Brianne Maloney



Session	Dates
Fall Session 1	9/9 - 10/14
Fall Session 2	10/28 - 12/16 (no class 11/11 & 11/25)

YOUTH PROGRAMS

FALL FIELD HOCKEY (Grades 3-5)

The purpose of this program is to promote field hockey skill development in an environment which will enhance the physical, social, and emotional growth of the child as she learns to become part of a team and work with others. The program will focus on the fundamentals of the game through skill work, fun games, and drills. There will be 2 practices during the week and play days against another town on the weekends. Date and location TBD, **travel may be required for the play days**. A game schedule will be available early-September. Participants will receive a program t-shirt. Girls must have their own gear including mouth guard, stick, shin guards and goggles. *Min 10/Max 20*.

Instructor: TBD

Dates: September 5 – October 31

Days: Practices TBD

Time: Practices 5:30pm - 7:00pm (Games on weekends TBD)

Grades: 3-5

Location: Wainwright Complex

Fee: \$70/\$80 NR

Staff Coordinator: Brianne Maloney



FIELD HOCKEY MAGIC (K-2)

This is an opportunity to learn the skills of field hockey in a fun and informal setting. Children in grades K – 2 will be introduced to field hockey skills and get their hands on the equipment used to play this fast paced, and exciting game. Participants will get to hold a stick and learn the basics of passing, shooting, and defense as well as participate in some fun skill development games. Participants will receive a program t-shirt. *Min 6/Max 20*.

Players must have their own stick. Goggles, shin guards and mouth guards are encouraged.

Instructor: TBD

Dates: September 11 - October 16

Days: Sunday

Time: 9:00am - 10:00am

Grades: K-2

Location: Wainwright Complex

Fee: \$60/\$70 NR

Staff Coordinator: Brianne Maloney

RED RIOT DRIBBLERS

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

Instructor: TBD

Dates: October 16 - November 20

Day: Sundays

Grades K-1

Location: RBCC Gym

Fee: \$45/\$55 NR

Staff Coordinator: Brianne Maloney

Session	Time
Session 1	1:15pm - 2:00pm
Session 2	2:00pm - 2:45pm

MIDDLE SCHOOL VOLLEYBALL

This coed program will introduce skills and playing format for middle school students interested in learning how to play volleyball! *Min 9/Max 24*.

Instructor: Emily Savage

Dates: September 13 - November 22

Days: Tuesdays & Fridays

Time: 6:30pm – 8:00pm

Grade 6-8

Location: SPCC Gym

Fee: \$70/\$80NR

Staff Coordinator: Brianne Maloney



YOUTH PROGRAMS

START SMART SPORTS (Ages 3-5)

Start Smart was developed by top motor skill development specialists in the field of youth sports. Parent-child groups perform motor skill tasks that gradually build confidence in children while they are having fun at the same time.

Start Smart participants will develop proper motor skills without the threat of competition or the fear of getting hurt that will allow them to enjoy and succeed in their youth sports future!

Min 8/max 15.

Instructor: TBD

Day: Saturdays

Ages: 3 - 5

Location: RBCC Gym

Fee: \$50/\$60 NR per session

Staff Coordinator: Brianne Maloney



Start Smart Football

Dates: September 17 - October 22



Session	Time
Session 1	9:30am - 10:15am
Session 2	10:30am - 11:15am

Start Smart Basketball

Dates: January 7 - February 11



Session	Time
Session 1	9:30am- 10:15am
Session 2	10:30am - 11:15am

Start Smart Soccer

Date: November 5 - December 10



Session	Time
Session 1	9:30 - 10:15am
Session 2	10:30 - 11:15am

TENNIS IN THE PARKS (Grades 1-5)

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! *Min 8/Max 8.*

Instructor: Michael Smith

Dates: September 12 - 28

Days: Monday & Wednesday

Grades : 1-2 (Red Ball) 4:00pm - 5:00 pm

Grades 3-5: (Orange Ball) 5:00pm - 6:00 pm

Location: Small School Tennis Courts

87 Thompson St South Portland, ME

Fee: \$65/\$75 NR

Staff Coordinator: Brianne Maloney



YOUTH PROGRAMS

GRADES 2-3 IN-HOUSE REC BASKETBALL LEAGUE

Through practice, clinics and games, this in-house league will provide a safe and fun recreational experience for children in grades 2 and 3 with an emphasis on skill development and teamwork in a non-competitive atmosphere. During games, one coach from each team will join players on the floor to coach and help referee. Score will not be kept. Teams will practice 1 time a week in the evening at our elementary schools (day/time TBA once teams are formed) and have one game and the occasional clinic on Saturday mornings at South Portland Community Center. Practices will begin the week of November 14. A game schedule will be provided at your team's first practice. Fee includes team shirt.



Season Details

Dates: December 3 – February 4
Day: Saturday games (**no games 12/24 & 12/31**)
Time: Games are Saturday mornings
Location: SPCC Gym
Fee: \$65.00

Divisions

Girls Grades 2/3
Boys Grades 2/3

COACHES NEEDED FOR ALL LEAGUES!

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

GRADES 4-5 IN-HOUSE REC BASKETBALL LEAGUE

The focus of this recreational basketball league will be to continue to develop basketball skills with a concentration on fundamentals, teamwork, sportsmanship and having fun. Score will be kept but not emphasized. Coaches are not permitted on the court during games. Teams will practice 1-2 times per week (space dependent) at local schools or SPCC. Practices will begin the week of November 14. Teams will be separated by gender and grade if numbers allow.

Season Details

Dates: December 3 – February 4
Day: Saturday games (**no games 12/24 & 12/31**)
Time: Games are Saturday mornings
Location: SPCC Gym
Fee: \$65.00

Divisions

Girls Grades 4/5
Boys Grades 4/5

6TH GRADE BASKETBALL LEAGUE

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

Season Details

Dates: Beginning of December – End of January
Days: Weeknight practices & games TBA
Times: Practices and game times are between 5-8pm
Location: Games at Portland Schools
Fee: \$75/\$85 NR

Staff Coordinator: Brianne Maloney

7th & 8th GRADE BASKETBALL

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

Season Details

Dates: January – March
Days: Games - Wednesday nights
Practice days - TBD
Times: Games - between 6-9pm at SPCC Gym
Practices - between 5-8pm at SPCC or RBCC
Location: South Portland and local communities
Fee: \$75/\$85 NR

Staff Coordinator: Brianne Maloney

YOUTH PROGRAMS

HIGH SCHOOL REC BASKETBALL LEAGUE

New this year, South Portland Parks & Recreation will participate in a league with Portland Recreation. This league provides an opportunity for any boy in grades 9-12 not playing on his school team to play basketball this winter at a recreational level. Players may make their own teams however each team must have a qualified coach. Coaches must be 21 years of age, complete a volunteer coaching application and are subject to a criminal background check. The coach will submit the roster to Brianne Maloney at bmaloney@southportland.org by the registration deadline. Each player on the roster must be registered with South Portland Parks & Recreation. All games and practices are weeknights (schedule TBD). **All players and coaches must complete the League Code of Conduct for to participate.**



Dates: January – March
 Days: Games - Tuesday nights
 Practices - weekday evenings (TBD)
 Time: Evenings (TBD)
 Location: Practices at RBCC or SPCC Gym,
 Games in Portland & South Portland
 Fee: \$65.00 (South Portland Residents Only)

REGISTRATION DEADLINE - December 7, 2022
Registrations will only be accepted beyond this date
if there is space available on a team.

***Scholarships available!**

COACHES NEEDED!

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

PRE-SEASON MEETING

All players and coaches are REQUIRED to attend

Date: December 13

Time: 6:00-7:00pm

Location: SPCC Senior Wing

LOST VALLEY SUNDAY SKI/RIDE PROGRAM

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

Join us for another fun season of skiing and riding at Lost Valley this winter! The program will be held on the following Sundays: **January 15, 22, 29 February 5, 12, & 19 (makeup date February 26)**. Participants must sign up for all six weeks – no individual trip rates. Unfortunately, no refunds or vouchers can be issued for missed or cancelled trips. The program will depart SPCC each week via a school bus at 9:00 am and return by 4:00 pm.

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

Program Details

Dates: Sundays, January 16 – February 20

Time: Depart SPCC at 9:00am, Return at approx. 4:00pm

Staff Coordinator: Anthony Johnson



Option	Fee
Transportation Only	\$75.00
All options below include transportation	
Lift Only	\$175.00
Lift & Rental	\$260.00
Lift & Lesson	\$285.00
Lift, Lesson & Rental	\$365.00

REGISTRATION DEADLINE
JANUARY 9, 2023

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

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 (children) must be directly supervised in the water by the accompanying adult/swimmer (age 16 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

*Passes are Non-Refundable and do not expire.

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



POOL INFORMATION CONT'D

OPEN SWIM – Generally, 2 lap lanes are available, but not always! Please check the schedule carefully. Non-swimming children must be accompanied and supervised by a swimmer 16 or older and **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. When the orange cones are at the end of the lanes, please circle swim.

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. When the orange cones are at the end of the lanes, please circle swim.

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.

BIRTHDAY PARTY RENTALS - The pool is available to rent on Saturdays only from 1-2pm or 2-3pm. Party room is available from 12-1pm or 3-4pm. Please make your reservation requests online at www.sopoparksrec.com

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.

SOPO KIDS CLUB B/A CARE PROGRAM - 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 flotation device. Some classes share the pool with public swims.

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

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. This class shares the pool with a lap swim or swim.

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

SWIM LESSON REGISTRATION INFORMATION

FALL SWIM REGISTRATION DATES

Residents ONLINE (or in person) beginning - Monday, September 12 at 7am
NON-Residents ONLINE (or in person) beginning - Thursday, September 15 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.

LEARN TO SWIM YOUTH LESSONS

For children ages 6-13 years old

Fall 2022 Session:

Saturdays, October 1st - November 12th
Time: 9:00-9:45 AM Levels offered: 3 and 4
Time: 10:00-10:45 AM Levels offered: 1, 2, and 5
Time: 11:00-11:45 AM Levels offered: 2 and 3

Please Note....NEW Sunday time offered!

Sundays, October 2nd - November 13th
Time: 10:00-10:45 AM Levels offered: 2 and 4
Time: 11:00- 11:45 AM Levels offered: 1, 3 and 5
Time: 1:00- 1:45 PM Levels offered: 2 and 3
Time: 2:00- 2:45 PM Levels offered: 1 and 4

Thursdays, October 6th - November 17th
Time: 6:00- 6:45 PM Levels offered: 1, 2, 3, and 4



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 sidestroke, open turns, building endurance and feet-first surface dives.

Level 5: Stroke Refinement for Youth

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



RIPTIDE SWIM CLUB INFORMATION

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 Evaluation and Placement session prior to registration if you have not done the program in the past. **If you do not attend the Evaluation and Placement session, your registration will be removed from the system.**

FALL SESSION I REGISTRATION

Thursday, Sept. 8 for Residents starting at 7:00am
Friday, Sept. 9 for Non-Residents starting at 7:00am

FALL SESSION II REGISTRATION

Thursday, Nov. 3 for Residents starting at 7:00am
Friday, Nov. 4 for Non-Residents starting at 7:00am

FALL SESSION I DETAILS

Dates: September 12 - October 26 (**no program 10/10**)
Day: Mondays and Wednesdays
Time: 6:00pm - 6:55pm
Fee: \$110/\$120 NR (**includes program shirt!**)
Max: 40 kids

FALL SESSION II DETAILS

Dates: November 7 - December 21
Day: Mondays and Wednesdays
Time: 6:00pm - 6:55pm
Fee: \$110/\$120 NR (**includes program shirt!**)
Max: 40 kids

Evaluation & Placement Session

Date: Wednesday, September 7
Time: 6:00pm
Location: SPCC Pool

Evaluation & Placement Session

Date: Wednesday, November 2
Time: 6:00 pm
Location: SPCC Pool

SOUTH PORTLAND RIPTIDE "PLUS" SWIM CLUB

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

****Your child MUST attend the Evaluation and Placement session prior to registration IF you have NOT done RipTide PLUS in the past year.**

If you do not attend the Evaluation and Placement session, your registration will be removed from the system.

FALL SESSION I REGISTRATION

Thursday, Sept. 8 for Residents starting at 7:00am
Friday, Sept. 9 for Non-Residents starting at 7:00am

FALL SESSION II REGISTRATION

Thursday, Nov. 3 for Residents starting at 7:00am
Friday, Nov. 4 for Non-Residents starting at 7:00am

FALL SESSION I DETAILS

Dates: September 12 - October 26 (**no program 10/10**)
Day: Mondays and Wednesdays
Time: 7:00 - 7:55pm
Fee: \$110/\$120 NR (**includes program shirt!**)
Max: 20 kids

FALL SESSION II DETAILS

Dates: November 7 - December 21
Day: Mondays and Wednesdays
Time: 7:00 - 7:55pm
Fee: \$110/\$120 NR (**includes program shirt!**)
Max: 20 kids

Evaluation & Placement Session

Date: Wednesday, September 7
Time: 6:00pm
Location: SPCC Pool

Evaluation & Placement Session

Date: Wednesday, November 2
Time: 6:00pm
Location: SPCC Pool

PRESCHOOL SWIM INFORMATION

Preschool Aquatics Program Information

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

PRESCHOOL 1

For children 3-5 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 3-5 year olds who have passed Preschool 1 (or a similar level with a different program) and clearly shown a higher level of ability and comfort in the water. Preschool 2 children must be able to put their faces in the water comfortably, swim with minimal assistance/floatation for short distance and float on their back with minimal support before entering the class. Participants will concentrate on more endurance swimming, elementary backstroke, underwater swimming, and beginner diving. Skills at this level are performed with assistance and some floatation aid, as well as independently. In order to pass out of 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 3-5, 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... 3 year olds may be in Parent & Child OR Preschool 1 lessons. Please consult with Aquatic Supervisors, Lesley, Mike or Lia 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
Min 2/Max 5 per session



2022 FALL SESSION

Saturdays, October 1 - November 12

Time: 10:00-10:30 AM	Preschool 1
Time: 10:30-11:00 AM	Preschool 2
Time: 11:00-11:30 AM	Preschool 1
Time: 11:30AM-12:00PM	Preschool 3

Sundays, October 2 - November 13

Time: 10:00-10:30 AM	Preschool 1
Time: 10:30-11:00 AM	Preschool 2
Time: 11:00-11:30 AM	Preschool 1
Time: 11:30-12:00 PM	Preschool 3
Time: 1:00-1:30 PM	Preschool 1
Time: 1:30-2:00 PM	Preschool 1

Tuesdays, October 4 - November 15

Time: 9:00-9:30 AM	Preschool 1
Time: 9:30-10:00 AM	Preschool 2
Time: 6:00-6:30 PM	Preschool 1 & 2
Time: 6:30-7:00 PM	Preschool 1 & 3

Wednesdays, October 5 - November 16

Time: 9:00- 9:30 AM	Preschool 1
Time: 9:30- 10:00 AM	Preschool 2

Thursdays, October 6 - November 17

Time: 9:00- 9:30 AM	Preschool 1
Time: 9:30- 10:00 AM	Preschool 1

FAMILY SWIM LESSONS (formerly Parent & Child" lessons)

NOW 2 different levels-please read the descriptions

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.

We **STRONGLY** encourage parents to register their children for one of these classes if it is their first experience in swimming lessons. Please ask the swim staff should you have any questions about this recommendation. We are happy to make exceptions for children who are older and need to be in this type of class for their first experience in public swimming lessons.

Min 4/Max 15 per class

Location: SPCC Pool

Fee: \$60/\$70 NR

FALL SESSIONS 2022

Date	Days	Times	Ages
10/1 - 11/12	Saturdays	9:00 - 9:30am	Parent & Child for BABIES (9mo-18mo)
10/2 - 11/13	Sundays	2:00 - 2:30pm	Parent & Child for BABIES (9mo-18mo)
10/6 - 11/17	Thursdays	9:00 - 9:30am	Parent & Child for BABIES (9mo-18mo)
<hr/>			
10/1 - 11/12	Saturdays	9:30 - 10:00am	Parent & Child for TODDLERS (18mo-3yrs)
10/2 - 11/13	Sundays	2:30 - 3:00pm	Parent & Child for TODDLERS (18mo-3yrs)
10/6 - 11/17	Thursdays	9:30 - 10:00am	Parent & Child for TODDLERS (18mo-3yrs)

YOUTH DIVING LESSONS

DIVING LESSONS FOR CHILDREN IN GRADES 6-12

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.

Instructor: Aquatics Staff

Dates: October 4 - November 15

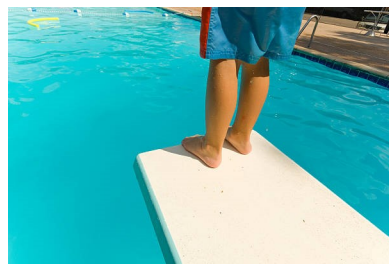
Day: Tuesdays

Time: 6:00pm - 7:00pm

Grades: 6-12

Location: SPCC Pool

Fee: \$60/\$70 NR



HIGH SCHOOL PREP COURSE

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

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

Dates: September 12 - November 16
Days: Mondays & Wednesdays (**no program 10/10**)
Time: 2:45 - 4:00pm
Location: SPCC Pool
Fee: \$150/\$160 NR



AMERICAN RED CROSS LIFEGUARDING CLASS

Skills taught include CPR, how to respond in an emergency and proper technique for rescues in water. These jobs are in high demand! Plus, the American Red Cross certification is recognized nationwide so you can work anywhere in the US.

Course length: approximately 20-22 hours in class/in water with a REQUIRED 9-12 hours of online coursework (completed BEFORE the beginning of the class). **Minimum age is 15 before conclusion of course (NO EXCEPTIONS).**

Instructors: SPCC Aquatics Staff
Location: SPCC
Fee: \$260/\$300 NR



**American
Red Cross**

Dates	Time
Friday, September 16	5:00pm - 9:00pm
Saturday, September 17	8:00am - 4:00pm
Sunday, September 18	8:00am - 4:00pm

ADULT SWIM PROGRAMS

STROKE REFINEMENT CLINIC

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

Pre-Requisite: participants **MUST** be able to swim a minimum of 75 meters (three pool lengths) with your face IN the water using basic rotary breathing and be able to float on your back with ease. Please bring goggles and a swim cap to every lesson. We will supply all other equipment needed.

Min 4/Max 12 per class

Instructor: Aquatics Staff
Location: SPCC Pool
Fee: \$60/\$70 NR

Session	Dates	Time
Weekend EARLY EVENING	Sundays, 10/2 - 11/13	5:00pm - 5:45pm
Weekday MORNING	Tuesdays, 10/4 - 11/15	8:00am - 8:45am
Weekday EVENING	Thursdays, 10/6 - 11/17	8:00pm - 8:45pm

BEGINNER ADULT SWIM LESSONS

We are pleased to offer an exclusive Beginner Swim Lessons for adults (14+) this Fall. These skill-appropriate classes are offered to promote comfort and fundamentals, as well as safety in the water. Beginners will focus on basics such as water comfort/stability, floating, treading, exhaling in the water and long dog style swimming. Advancement to more active skills such as: rotary breathing, front crawl, and breast stroke, will be taught as well. We will strive for learning efficiency in the water, and the confidence to swim independently without support. *Min 2/Max 6.*

Instructor: Aquatics Staff
Dates: Sundays, October 2 - November 13
Time: 4:00pm - 4:45pm
Location: SPCC Pool
Fee: \$60/\$70 NR

PARKS PROGRAMS

NEW! FALL WALKING SERIES

Fall is the perfect time to get outside, join other members of your community and enjoy a beautiful walk in South Portland. This season, we will be hosting 4 guided fall walks. Each one will be followed by a lunch in the park.

Preregistration is required, fee pays for lunch. Min 5 /Max 35

Instructor: Park Rangers

Time: 11:00am-1:30pm

Ages: all ages

Location: Starting point of each hike

Fee: \$8/walk

Staff Coordinator: Sydney Raftery

Walking Route

Bug Light to Fisherman's Point & back (3 miles)

(Greenbelt) Bug Light to Mill Creek & back (4 miles)

(Greenbelt) Wainwright to Amatos & back (4 miles)

Hinckley Park Trails (3 miles)

Date

10/1

10/8

10/22

11/5

NEW! HINCKLEY PARK GEOCACHING EXTRAVAGANZA!

We are stepping up our geocaching game! Gather a team (of up to 6 people) together to take on our geocaching challenge. Each team will be given clues that lead to the 5 geocaches hidden throughout Hinckley Park. Teams must hurry to find all 5 within the time limit. Each team that solves the clues and completes the challenge will be entered to win the grand prize!

Instructor: Sydney Raftery

Dates: Saturday, September 3

Time: 11:00am - 3:00pm

Age: all ages

Location: Hinckley Park

Fee: FREE

Staff Coordinator: Sydney Raftery

FREE!

NEW! POLLINATOR BIOBLITZ

Our city is on a mission to catalog all of our pollinators and pollinator friendly plants and we need your help! By attending this event, you will become a citizen scientist, using the *iNaturalist* app on your smart phone to take pictures of and identify plants and insects. Knowing which pollinators and plants we have will help us in future conservation efforts. Stop by the table at one of the 3 locations to get started!

Instructor: Conservation Manager and Park Rangers

Date: Saturday, September 24

Time: 10:00am - 2:00pm (drop in)

Age: all ages

Location: Bug Light Park, Hinckley

Park, Mill Creek Park

Fee: FREE

FREE!

NEW! NATURE STORY TIME

The Park Rangers will be partnering with the South Portland Public Library to bring nature stories to you this fall! Join us at the library for an animal themed story time, followed by a related activity based on that animal.

Min 2 /Max 30

Instructor: The Librarians and Park Rangers

Location: South Portland Public Library

Fee: FREE

Staff Coordinator: Sydney Raftery

Ages 2-5

Time: 10:30am - 11:00am

FREE!

Ages 6-12

Time: 3:30pm - 4:30pm

Topic

Owls

Bats

Snakes

Moose

Date

Friday, 9/16

Friday, 10/21

Friday, 11/4

Friday, 12/9



GOLF COURSE



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



Our tentative course closure date for 2022 is set for Friday, November 13, 2022. The course may close earlier or later depending on the weather. Stay tuned to our website (www.sopoparksrec.com), Facebook page and email blasts for updates.

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.**

Instructor: Scott Mann, Director of Golf Instruction at Nonesuch Golf Course

Dates: Wednesdays, September 14 –October 5

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

Location: South Portland Municipal Golf Course

Fee: \$99/\$109NR

Staff Coordinator: Anthony Johnson



STAFF SPOTLIGHT - Joe Gleason

What does your job entail with South Portland Parks, Recreation & Waterfront? I run the before and aftercare at Skillin Elementary School. We spend the time just before school starts and just after school ends playing games and doing art projects. I am also the Director of the Little Riots summer camp. This is my tenth summer working with the summer camps.

How did you get started in this field? This was my first ever job back when I was in high school. When I left school I started working aftercare again and soon became the site leader at Skillin.

What do you like most about your job? The kids. Getting to know them and all their different personalities.

What do you like most about South Portland? For how big South Portland seems to be, it really is a close knit community.

What is your favorite park in South Portland? Bug Light. It's one of the nicest places to go in the summer!

What do you do for fun? I love playing board games.

What is your favorite restaurant? Willows. Best pizza and french fries around.

What is on your song list now? This is always changing. Now it's a lot of early 2010s Katy Perry

What is your favorite hobby? Probably watching baseball.

How can people get in touch with you if they have a question?
jgleason@southportland.org



THANK YOU VOLUNTEERS

Linda Fearon
Helen Walsh
Dan Soule
Ben Bettez

Brenden Westin
Mike Fraser
Eben Adams
Judy Simpson

Andrew Moore
Bob Rainville
Bethany Blake
Julie Shepherd

★ ★ ★ SOUTH PORTLAND PARKS, RECREATION & WATERFRONT PRESENTS ★ ★ ★

Bug Light Park

CAR SHOW

★ **SEPTEMBER 07** 2022 ★

4:30 PM - SUNSET
RAIN DATE: SEPTEMBER 14TH, 2022

JOIN US FOR

MUSIC, FOOD, 50/50 RAFFLES AND THE OPPORTUNITY TO CHAT WITH LOCAL OWNERS OF OVER 200 VINTAGE AND CLASSIC CARS & MOTORCYCLES!

ADMISSION IS FREE AND OPEN TO THE PUBLIC

FOR MORE INFORMATION CONTACT JOHN ERSKINE AT 767-7670 EXT. 7804

BUG LIGHT PARK MADISON ST, SOUTH PORTLAND, MAINE



SoPo Hoops is a youth basketball club located in South Portland, Maine which is dedicated to offering South Portland youth entering grades 3-8 a competitive space to learn and play the game of basketball. Above all, SoPo Hoops' focus is to get as many South Portland kids playing basketball as we can. Geared towards the athlete that is looking for a competitive environment, SoPo Hoops provides opportunities for town-to-town travel competition and age specific clinics emphasizing fundamentals, sportsmanship and hard work.

Follow us to get all the information on clinics and travel leagues:

facebook.com/sopohoops
instagram.com/sopohoops
sopohoops.com

TO REGISTER: WWW.SOPOHOOPS.COM

**SOPO
HOOPS**