



Newsletter | September 2022

# SOUTH PORTLAND

## PARKS, RECREATION, AND WATERFRONT

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### Bug Light Car Show

September 7th, 2022

4:30pm- Sunset

Bug Light Park

FREE



### Senior Drop-in Center Opens September 6th!

Residents and non-residents  
(ages 50+)

Hours: M-Th 9-3pm, F 9-12pm

### CONNECT WITH US

#### South Portland Community Center

21 Nelson Rd

South Portland, ME 04106

Hours: M-F 6a-9p, Sat 8a-5p, Sun 10a-6p

207-767-7650

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



@SoPoParksRec

# Announcements

## We're Hiring

- Part time Teen Center Program Assistant – please visit the [City Job Board](#) for full details.
- Before & After Care Counselors – please contact Kari Filieo at [kfilieo@southportland.org](mailto:kfilieo@southportland.org)

## Fall Hours

Beginning September 6, the South Portland Community Center will begin our fall/winter/spring hours of operation:

**Monday – Friday – 6:00am-9:00pm**

**Saturdays – 8:00am – 5:00pm**

**Sundays – 10:00am-6:00pm**



## Skate Park Update

We are happy to announce that our fundraising efforts are now complete! Huge thanks to all of our sponsors and individual donors. We would also like to thank the volunteer Skatepark Committee members for their commitment and dedication to seeing this project through. This project would not be possible without you.

Kate Lewis  
Jack Gunding  
Kirsten McWilliams

Cybil Kipp  
Tom Long  
Lucas Brown

Jeff Woodbury  
Michelle Danois  
Darrell Rogers

Construction is set to begin on September 12, with the goal of having a completed park by Thanksgiving.

[Read More](#)



# Youth Programs

## Highlights

[Field Hockey \(Grades 3-5\).](#)

[Field Hockey Magic \(Grades k-2\).](#)

[Middle School Volleyball \(Grades 6-8\).](#)

[Spinning Sprouts \(Ages 2-3\).](#)

[Start Smart Football \(Ages 3-5\).](#)

[Youth Cooking Class \(Grades 1-8\).](#)

[Youth Cheer Clinic \(Grades k-8\).](#)

## 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 two practices during the week and play days against another town on the weekends. Participants will receive a program t-shirt.

Girls must have their own gear including mouth guard, stick, shin guards, and goggles.

### Program Cost

Residents: \$70 | Non-Residents: \$80



### Tentative Game Schedule

9/18/22 @ Saco

9/25/22 @ Scarborough Play Day 9am-1pm

10/1/22 @ South Portland

10/9/22 @ Biddeford

10/16/22 @ Biddeford Youth FH

Tournament 8am-1pm

10/23/22 @ Kennebunk



### Session Info

**Session Dates:** September 8- October 27

**Practice times:** T/Th 5:30-7:00pm

**Location:** Practice at Wainwright, games at nearby towns and Wainwright.

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[Register](#)

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# Youth Programs

## Field Hockey Magic (Grades 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.

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

### Program Cost

Residents: \$60 | Non-Residents: \$70



### Session Info

**Session Dates:** September 11- October 16

**Practice times:** Sunday 9-10am

**Location:** Practice at Wainwright

[Register](#)

## Middle School Volleyball (Grades 6-8)

We are pleased to have Coach Emily Savage back to offer middle schoolers a chance to come learn how to play volleyball! Open to all skill levels. This program will introduce skills and playing format for middle school students interested in learning how to play volleyball!

### Program Cost

Residents: \$60 | Non-Residents: \$70



### Session Info

**Session Dates:** September 13- November 22

**Practice times:** T/F 6:30-8pm

**Location:** South Portland Community Center Gym

[Register](#)



# Youth Programs

## Spinning Sprouts (Ages 2-3)

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.

### Program Cost

Residents: \$60 | Non-Residents: \$70



### Session Info

**Session Dates:** September 12- October 24

**Practice times:** Monday 9:30-10:15am

**Location:** South Portland Community Center Aerobic Room

[Register](#)

## Start Smart Football (Ages 3-5)

South Portland Rec will be offering 6 week sessions, each session focusing on a different sport. Lead by South Portland rec staff, we will be following the outline provided by Start Smart Sports, designed for children ages 3-5.

### Program Cost

Residents: \$50 | Non-Residents: \$60



### Session Info

**Session Dates:** September 17- October 22

**Session 1:** Sat 9:30-10:15am

**Session 2:** Sat 10:30-11:15am

**Location:** Redbank Community Center

[Register](#)

# Youth Programs

## Youth Cooking Class (Grades 1-8)

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

### Program Cost

Residents: \$125 | Non-Residents: \$135



### Session Info

**Session Dates:** September 13- October 18

**Program times:** Tuesday 3:30-4:30pm

**Location:** South Portland Community Center Senior Wing

[Register](#)

## Youth Cheer Clinic (Grades K-8)

South Portland High Schools Varsity cheer coach and team will be holding two cheer clinics this fall! Come get ready for the winter cheer season with SPHS Varsity cheer team! All skill levels welcome. Please wear comfortable gym clothes, sneakers and bring a water.

### Program Cost

Residents: \$35 | Non-Residents: \$45



### Session Info

**Session Date:** September 17

**Practice times:** 9am-1pm

**Location:** South Portland Community Center Gym

[Register](#)



# Adult Programs

## Adult Tennis in the Parks

Learn and Play Tennis!

Led by a USTA Approved Coach, participants will have fun and get great exercise while developing the skills to serve, rally, and play tennis. The program is perfect for first-time and beginner players, as well as returning novice players. All players in their first session receive and keep a new tennis racket! No senior discount available.

### Program Cost

Residents: \$75 | Non-Residents: \$85



### Session Info

**Session Dates:** September 10- October 15

**Program times:** Saturdays 10-11:30am

**Location:** South Portland High School Courts

[Register](#)

## 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.

Instructor: Karen McCue

### Program Cost

Residents: \$54.25

Non-Residents: \$64.25



### Session Info

**Session Dates:** September 8- 29

**Program times:** M/Th 9-9:50am

**Location:** South Portland Community Center Multipurpose Room

[Register](#)



**SUNDAY ADULT**

# **SOFTBALL**

**FALL LEAGUE**



**SEPT. 11 - OCT. 30**

**WAINWRIGHT RECREATION COMPLEX**  
**GAME TIMES BETWEEN: 9AM - 1PM**



**\$550 PER TEAM**

**\$50 R/ \$60 NR PER FREE AGENT**

**NEW Team Registration**  
**deadline Sept. 7**

**FOR MORE INFO:**

**WWW.SOPOPARKSREC.COM**

**OR CALL WHINTEY : 207 - 767 - 7650**





# Aquatics Programs

## Highlights

[Swim Lesson Registration](#)  
[Stroke Refinement Clinic](#)  
[Rip Tide & Rip Tide PLUS](#)

[Highschool Swim Team Preparation Class](#)  
[American Red Cross Lifeguard Class](#)

## Fall Pool Schedule

## Swim Lesson Registration

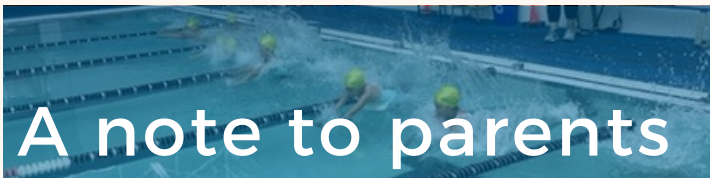
Swimming lesson sessions run for a total of 7 weeks. In the event of a facility closure due to weather or a pool related issue, we will extend one week longer to make up for the missed class. We will not allow for individuals to make up a missed class due to safety standards we must maintain for class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

### Fall Registration

Registration can be completed online or in person starting on the following dates:

Residents: Monday, September 12th at 7am

Non-Residents: Thursday, September 15th at 7am



## A note to parents

1. Style hair to keep it out of your child's eyes (ponytails, braids, or swim caps)
2. Have your child use the restroom BEFORE class.
3. Help your child get to class on time and learn their instructor's name.
4. Improvement in swimming is gradual. Your child's progress card at the end of a session will recommend which level they proceed to. It may take multiple sessions at the same level before they are ready to move up.



## Registration Tips

1. If you can't get into your preferred class time, please call the Customer Service Desk and ask to be added to the waitlist. You will be contacted IF we are able to accommodate your request.
2. Registrations will be accepted for our swim lessons through the start of the first week of class OR until classes are full.
3. Adults may also register for adult swim lessons starting on the dates above.

[Register](#)

# Aquatics 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!

### Program Cost

Residents: \$60 | Non-Residents: \$70

### Clinic Times

#### Weekend EARLY EVENING class:

Sundays, October 2nd – November 13th  
Time 5:00-5:45 PM

#### Weekday MORNING class:

Tuesdays, October 4th – November 15th  
Time: 8:00 – 8:45 AM

#### Weekday EVENING class:

Thursdays, October 6th – November 17th  
Time 8:00- 8:45 PM

### Prerequisite

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 (if needed) to every lesson. We will supply all other equipment needed.

[Register](#)

## Rip Tide and Rip Tide Plus Swim Club

Session I is: 9/12 - 10/26

Session II is: 11/7 - 12/21

### Program Cost

Residents: \$110 | Non-Residents: \$120

[Register for Rip Tide](#)  
(Ages 8-14)

[Register for Rip Tide PLUS](#)  
(grades 6-8)

### Prerequisite

For Session I your child must attend the Evaluation Night on Weds 9/7 at 6pm IF he/she has not been involved with RipTide this past year.

**You do NOT need to pre-register for the Evaluation Night.**



# Aquatics Programs

## High School Swim Team Preparation 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.

### Program Cost

Residents: \$150 | Non-Residents: \$160



### Session Info

#### Session Dates:

September 12th-November 16th

#### Practice Days:

Mondays 2:45-4pm

Wednesdays 2:45-4pm

#### Holidays (NO Practice):

Monday, October 10th

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[Register](#)

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## American Red Cross Lifeguarding Class

Register for an American Red Cross Lifeguard Course to learn lifesaving skills to help keep people safe in, on and around the water. Skills taught include CPR, how to respond in an emergency, and proper technique for rescues in the water. These jobs are in high demand! Plus, the American Red Cross certification is recognized nationwide so you can work anywhere in the U.S.

This course will be taught by the Aquatics Supervisory staff.

### Program Cost

Residents: \$260 | Non-Residents: \$300



### Course Length

Approx. 20 – 22 hours in-class/in-water with a REQUIRED 9-12hrs of online course work (completed BEFORE the beginning of the class)



### Course Dates

Friday, September 16th | 5-9pm

Saturday, September 17th | 8am-4pm

Sunday, September 18th | 8am-4pm

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[Register](#)

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# Conservation and Parks

## Updates from the City Parks

September 2022



## Monarchs and Bioblitz

### **Migratory Monarchs are back on the IUCN endangered species list.**

As of July, the migratory monarch butterflies are now back on the endangered species list. The remarkable monarchs spend their summers breeding in Canada and the US (including Maine) and then fly all the way to California and Mexico for the winters. Habitat loss and climate change issues, such as drought, are the biggest threats to these creatures.

The parks department will be attempting to aid the monarchs in South Portland by harvesting and handing out milkweed seeds to be planted throughout the city. Milkweed is the only plant that the monarch larvae can feed on.

We are also trying to collect data on pollinators and pollinator friendly plants throughout the city. On September 24th, we will be hosting a citywide Bioblitz! Rangers will be set up at Hinckley, Bug Light, and Mill Creek, where we will teach people how to use the iNaturalist app on their phone to collect invaluable data in the parks as citizen scientists. We will then be able to use that data to assess our parks and help pollinators. We hope that you will join us in this important event!

## Parks Programs

### 9/3- Geocaching Extravaganza

- Hinckley Park
- 11am-3pm (drop in)

### 9/12- From Moths to Monarchs

- Seniors
- SPCC Senior Wing
- 10am-11am

### 9/16- Nature Story Time- Owls

- South Portland Public Library
- 2-5 year old- 10:30am-11am
- 6-12 year old- 3:30pm-4:30pm

### 9/24- Bioblitz

- Hinckley, Bug Light and Mill Creek
- 10am-2pm (drop in)

### 9/26- Nature of Fall

- Seniors
- SPCC Senior Wing
- 10am-11am

## Nature 'Holidays'

9/4- National Wildlife Day  
9/19- National Cleanup Day  
9/21- Zero Emissions Day  
9/25- World Rivers Day  
9/26- National Public Lands Day





Be a part of the

# SCARECROW PATCH

coming soon to

*Hinckley Park*



## Participate

Businesses, clubs, organizations, families, or individuals are welcome to create a scarecrow to be displayed. Participation is free, but you will need to provide your own materials.

Email Sydney by September 25th to reserve your spot!  
[Sraftery@southportland.org](mailto:Sraftery@southportland.org)



## Guidelines

- **Drop off at Hinckley Park on Sept 29th or 30th**
- **Scarecrows MUST be family friendly** (not too scary and no political messages please!)
- **Use durable materials to withstand weather** (straw is great for stuffing).
- **Scarecrows will be mounted on 5' T-Poles** (careful not to make your design too top heavy!)



## Visit

Scarecrows will be on display in Hinckley Park (near the gardens) for the month of October!







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

# SAVE THE DATE



## Upcoming Fall Events at the South Portland Community Center:

**October 7th**

Pumpkin Pool Splash & Decorating

**October 29th**

Halloween Trunk or Treat

## Art in the Community

Trademark Federal Credit Union is excited to announce the rollout of their "Invest in the Arts" community project. They are now accepting submissions from local artists for the opportunity to showcase their work in the credit union's lobby at 340 Main Street in South Portland. Trademark will choose up to 10 art pieces from 10 different artists to display at the branch, every 6 months. Each piece will also provide information on how to contact the artist, should someone want to purchase it.

*"Maine has such a vibrant art and entertainment scene and is just bursting with talented artists; young and old. We want to give them a place to showcase that talent within their own community,"* says Trademark's Executive Vice President/CFO, Scott Seguin.

No need to be a professional artist – Trademark is accepting submissions from kids, amateurs, and professionals alike. If you're interested in submitting your piece, please send a picture of your artwork, along with your contact information to: Melissa Goode at [Melissa.Goode@trademarkfcu.org](mailto:Melissa.Goode@trademarkfcu.org).

Trademark also welcomes visitors who want to come in to view the art on display. As Melissa Goode, Trademark's Brand Manager and the coordinator of the project, says, *"Come on by, have a cup of coffee, chat with our team, and enjoy some local Maine art!"*



**Trademark is a local credit union that has been in business since 1936. Trademark's purpose is to help promote financial well-being for their Members, Employees, and Communities.**

**They believe in a greater good and doing meaningful work while inspiring financial peace of mind.**

**They are located at 340 Main Street in South Portland, Maine. To learn more about them, visit**

**their website at:**

**[www.TrademarkFCU.org](http://www.TrademarkFCU.org).**