

# South Portland Municipal Pool Schedule November 21<sup>st</sup>- December 31<sup>st</sup> 2022

Please review other side of this calendar for important information, including schedule adjustments and special events!

Please stop by and visit us at  
21 Nelson Road 767-7650  
Or check us out online at:  
[www.sopoparksrec.com](http://www.sopoparksrec.com)

Daily Fees:

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>6 AM</b>	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	CLOSED	CLOSED	
<b>7 AM</b>	Lap Swim & Deep Water Aerobics 7-8am	Lap Swim & Hydro Fitness 7-8am	Lap Swim & Deep Water Aerobics 7-8am	Lap Swim & Hydro Fitness 7-8am	Lap Swim & Deep Water Aerobics 7-8am			
<b>8 AM</b>	Shallow Water Aerobics (no laps available)	Lap Swim & J.A.M. 8-9am	Shallow Water Aerobics (no laps available)	Lap Swim & J.A.M. 8-9am	Shallow Water Aerobics (no laps available)			Shallow Water Aero & laps 8-9am
<b>9 AM</b>	Open Swim w/ laps 9-11am	Open Swim w/ laps	Open Swim w/ laps 9-11am	Open Swim w/ laps 9-11am	Open Swim w/ laps 9-11am	Lap Swim 9-11am	Open Swim WITH diving board & 2-3 lap lanes	
<b>10 AM</b>		Scarborough Schools						
<b>11 AM</b>	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm	Open Swim NO laps/diving board open 11-1pm		
<b>12 pm</b>	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	RENTAL 1-2pm		
<b>1 PM</b>						RENTAL 2-3pm		
<b>2 PM</b>						RENTAL 2-3pm		
<b>3 PM</b>	SPHS Swim & Dive Team 3-5pm	SPHS Swim & Dive Team 3-5pm	SPHS Swim & Dive Team 3-5pm	SPHS Swim & Dive Team 3-5pm & SoPo Kids Club 4-5pm	SPHS Swim & Dive Team 3-7pm	CMA 3-4:30	Open Swim NO diving board & 2-3 lap lanes 1-4pm	
<b>4 PM</b>							Lap Swim 4-5pm	
<b>5 PM</b>	CMA 5-6pm (Closed to public)	CMA 5-6pm (Closed to public)	CMA 5-6pm (Closed to public)	CMA 5-6pm (Closed to public)	SPHS Swim & Dive Team 3-7pm	CLOSED	Adult Open Swim & 3 laps	
<b>6 PM</b>	RipTide Swim Club	Open Swim Diving Board + laps	Rip Tide Swim Club	Open Swim Diving Board + laps			Maintenance 7-8pm Pool CLOSED	CLOSED
<b>7 PM</b>	Deep Water Aero & RipTide PLUS	Shallow Water Aerobics + 2-3 laps	Deep Water Aero & RipTide PLUS	Shallow Water Aerobics + 2-3 laps				
<b>8 PM</b>	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	CLOSED		

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<b>Non-Residents:</b>	Adults \$5 Children/ Seniors 60+ \$4

\*Due to staffing responsibilities, the last swim of the day will end 10 minutes before the hour. Additionally, the pool staff may need to end any swim 5 minutes before the hour to set up for anticipated programming. Thank you for understanding and planning your workouts accordingly.

## POOL CLOSURES:

**Thursday, 11/24 & Friday, 11/25**-CLOSED for Thanksgiving Holidays

**Saturday, 12/24**-Christmas Eve CLOSING at NOON

**Sunday, 12/25 & Monday, 12/26**-CLOSED for Christmas Holidays

**Saturday, 12/31**-New Year's Eve CLOSING at NOON

## Pool Party Rentals

Looking for a great way to celebrate a birthday?! Rentals for Saturday afternoons can be completed online. Check it out at [www.sopoparksrec.com](http://www.sopoparksrec.com) and contact the Customer Service Desk with any questions about this process.

## Planning Ahead...Winter Swim Lessons Information: Registration is 12/12 for residents and 12/15 for non-residents.

**Youth Lessons** will be offered, one lesson per week, starting in January. Our program will run for 7 weeks. Lessons will be offered during weekday mornings and evenings, as well as on Saturdays and Sundays. Check out the classes with specific dates/times/cost at [www.sopoparksrec.com](http://www.sopoparksrec.com).

The **Stroke Refinement Clinic** (ages 14+) will be offered on Tuesday mornings, Thursday evenings or Sunday early evening starting in January. Adults must meet the pre-requisites to take this course.

**Adult Beginner lessons** (ages 14+) will be offered on Sundays at 4pm beginning in January. If you want to learn to swim, this is the course for you!

**Buy a punch pass and make it easier on yourself to come and use the pool!!**

### **Frequent User Pass**

**(20 Swims)**

**SoPo Resident:** Adult \$60 ~ Youth/Senior \$40

**Non-Resident:** Adult \$80 ~ Youth/Senior \$60