

Programs & Activity Guide

# SOUTH PORTLAND

PARKS, RECREATION, AND  
WATERFRONT

# 2023 WinterSpring



[www.sopoparksrec.com](http://www.sopoparksrec.com) | 207-767-7650

## Registration Dates

### Recreation & Pool Programs

Residents: Dec. 12, 2022

Non-Residents: Dec. 15, 2022

Online & Walk-in Registration begins at 7:00am

### Summer Rec Camp

Residents Only: Feb. 1st, 2023

## INDEX

<b>LOCATIONS &amp; HOURS OF OPERATION.....</b>	<b>2</b>
<b>FACILITY RENTAL INFORMATION.....</b>	<b>2</b>
<b>GENERAL POLICIES &amp; REGISTRATION INFORMATION .....</b>	<b>3</b>
<b>SKATEPARK PROJECT .....</b>	<b>4</b>
<b>WALKING TRACK INFORMATION .....</b>	<b>5</b>
<b>SCHOLARSHIP INFORMATION</b>	
Nathan Savage Youth Program Scholarship .....	5
Community Fund .....	5
<b>SENIOR PROGRAMS</b>	
Senior Drop-in Center.....	6
Senior Programs.....	6-9
Senior Trips .....	10-12
<b>ADULT PROGRAMS</b>	
Adult Open Gyms .....	13
Adult Programs .....	14-17
Adult Sports Leagues .....	18
<b>OUT OF SCHOOL PROGRAMS</b>	
2023 Summer Rec Camp Info.....	19
Vacation Camps & No School Days.....	19
<b>REDBANK TEEN CENTER .....</b>	<b>20</b>
<b>YOUTH PROGRAMS</b>	
Youth Programs .....	20-25
Lost Valley Ski/Ride Program .....	26
Youth Winter Equipment Rental Program .....	26
<b>POOL PROGRAMS</b>	
General Pool Information .....	27-28
Swim Lesson Registration Information .....	29
Learn to Swim Youth Lessons .....	29
Youth Swim Lesson Information .....	30
Rip Tide Swim Club .....	31
Pre-School Swim Lessons.....	32
Family Swim Lessons .....	33
Youth Diving Lessons.....	33
Lifeguarding Course .....	34
Adult Swim Programs.....	34
<b>PARKS PROGRAMS.....</b>	<b>35</b>
<b>FAMILY &amp; SPECIAL EVENTS</b>	
Special Events.....	36-37
<b>STAFF SPOTLIGHT</b>	
Jordan O'Donal.....	38
<b>COMMUNITY CONNECTIONS .....</b>	<b>38</b>
<b>EMPLOYMENT OPPORTUNITIES ...Back Cover</b>	
<b>THANK YOU VOLUNTEERS.....Back Cover</b>	

## STAFF DIRECTORY

**Karl Coughlin, Director**

kcoughlin@southportland.org

**Anthony Johnson, Deputy Director**

ajohnson@southportland.org

**John “Linky” Erskine, Parks Operations Manager**

jerskine@southportland.org

**Barbara Romano, Office Administrator**

bromano@southportland.org

**Carrie Morneau, Administrative Assistant**

cmorneau@southportland.org

**Kari Filieo, Recreation Manager - Out of School**

**Programs**, kfilieo@southportland.org

**Rick Perruzzi, Recreation Manager - Athletic Fields &**

**Golf Course**, eperruzzi@southportland.org

**Whitney Dorsett, Recreation Manager - Youth, Adult**

**& Senior Programs**, wdorsett@southportland.org

**VACANT, Youth Programs Coordinator**

**Karla Doyon, Senior Programs Coordinator**

kdoyon@southportland.org

**Jordan O'Donal, Teen Center Coordinator**

jodonal@southportland.org

**Jenna Martyn-Fisher, Special Events & Marketing**

**Coordinator**, jfisher@southportland.org

**Patrick McArdle, Recreation Manager - Aquatics &**

**Waterfront**, pmcardle@southportland.org

**Lesley Hurley, Aquatics Supervisor**

lhurley@southportland.org

**Michael Blanchard, Aquatics Supervisor**

mblanchard@southportland.org

**Lia Langeveld, Aquatics Supervisor**

llangeveld@southportland.org

**Kristina Ertzner, Conservation Manager**

kertzner@southportland.org

**Sydney Raftery, Park Ranger**

sraftery@southportland.org

**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** (Labor Day-Memorial Day)

Monday – Friday – 6:00am – 9:00pm

Saturdays – 8:00am – 5:00pm

Sundays – 10:00am – 6:00pm

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

### **REDBANK COMMUNITY CENTER**

**Address:** 95 MacArthur Circle West

**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

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



@SoPoParksRec

## 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](http://www.sopoparksrec.com). Follow these steps to make a request:**

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

### Facility Use Questions

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

Anthony Johnson, Deputy Director

767-7650 ext. 7512, [ajohnson@southportland.org](mailto: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](http://www.sopoparksrec.com)

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

Rick Perruzzi, Recreation Manager

767-7650 ext. 7558, [eperruzzi@southportland.org](mailto:eperruzzi@southportland.org)

#### **Parks (includes requests for outdoor weddings)**

Kristina Ertzner, Conservation Manager

207-767-7670 ext. 7811 [kertzner@southportland.org](mailto:kertzner@southportland.org)

**For Facility Rental Rates – visit our website, [www.sopoparksrec.com](http://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.

### CITY OF SOUTH PORTLAND CLOSED DATES

December 25 (Christmas)  
December 26 (Christmas Observed )  
January 1 (New Years Day)  
January 2 (New Years Day Observed)  
January 16 (Martin Luther King Day)  
February 20 (Presidents' Day)  
April 17 (Patriots' Day)

### 2023 WINTER/SPRING BROCHURE REGISTRATION DATES

Rec & Pool Programs: Residents..... **Dec. 12**  
Rec & Pool Programs: Non-Residents...**Dec. 15**

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



# SOUTH PORTLAND SKATEPARK PROJECT

## Project Update

Construction on the skatepark began this Fall and is anticipated to be completed by mid-December, 2022.

A grand opening will take place in the Spring of 2023, date & time to be announced. *For your safety and to help the project stay on schedule, the skatepark is currently closed to the public while under construction – no skating. Thanks for your cooperation!*

Please visit the skatepark page on the city website for information on the project:

[www.southportland.org/departments/parks-recreation-aquaticspool/skatepark/](http://www.southportland.org/departments/parks-recreation-aquaticspool/skatepark/)

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

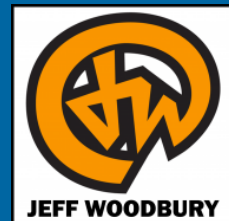


### Professional Level Sponsors



**The Savage Family  
The Long Family**

### Advanced Level Sponsors



*For questions about the Skatepark Project please contact Anthony Johnson at [ajohnson@southportland.org](mailto:ajohnson@southportland.org).*

### Intermediate Level Sponsors



## WALKING TRACK INFORMATION

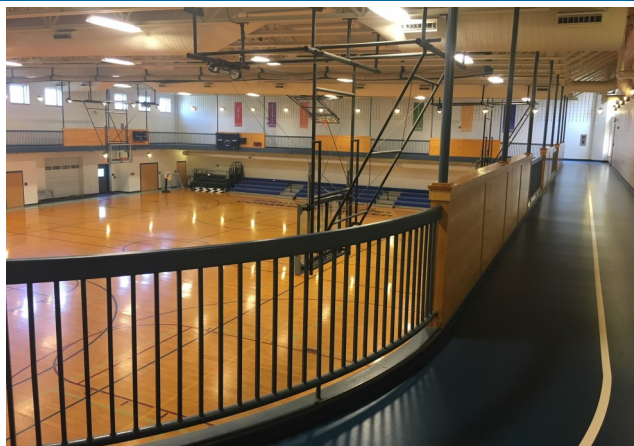
The walking track is located above the gymnasium at the South Portland Community Center. If the Community Center is open, the track is available for your use. Occasionally, there are times that the track may be closed to the public. We will provide as much advance notice as possible when this occurs. 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](http://www.sopoparksrec.com).

Question? Please contact Anthony Johnson at [ajohnson@southportland.org](mailto: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](http://www.sopoparksrec.com)) and search "Donation Opportunities" under the Programs Tab. We appreciate your generosity as every little bit helps.



## SENIOR DROP-IN CENTER

### SENIOR DROP-IN CENTER

*The Senior Drop-In Center opened in September and is available for anyone who are age 50 plus!*

Come to SPCC and enjoy a variety of free daily activities. Come play some cards or games, knit with friends or just come to connect with others. The Drop-in Center is 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](http://www.sopoparksrec.com).

#### Days & Hours of Operation

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

Fridays 9:00am - 12:00pm



For questions regarding the drop-in center, please contact Karla Doyon at [kdoyon@southportland.org](mailto:kdoyon@southportland.org)

### SCHEDULED SENIOR DROP-IN CENTER ACTIVITIES

#### MONDAYS:

Coffee & Chat: 9:15-10:00am

FREE drop in time 10:00-12:00pm (Drop in for activity of your choice **as long as space is available**)

Cards: 12:00-3:00pm

Bingo & Birthdays: Last Monday of each month 12:00-2:00pm

#### TUESDAYS:

Board Games: 9:30-11:30am

Musical Mayhem: 12:30-1:45pm (**No program on the last Tuesday of the month**)

Mah Jongg: 12:00-3:00pm

Tea Time & Talk: 2:00-2:45pm

#### WEDNESDAYS:

Arts & Crafts: 9:00-11:00am

Word Games: 11:00am-12:00pm

Wacky Wednesday: 1:00-3:00pm (A different activity each week)

#### THURSDAYS:

Create & Chat: 9:00-11:00am

Cards: 12:00-3:00pm

Hand & Foot: 12:00-3:00pm

#### FRIDAYS:

Mah Jongg – 9:00am-12:00pm

You are encouraged to drop in at any time to color, do a crossword, word search or Sudoku puzzle. Work on a puzzle, read or do any other quiet activity as long as space is available for you. If space is not available you are invited to join in any of the scheduled activities.

## SENIOR PROGRAMS

### BOOK TALKS

Join our local librarians for both or one of these one-hour sessions. Bring your lunch if you would like and enjoy chatting about books! Light refreshments provided. *Min 6/Max 12*

**Presenter:** Lisa Joyce, South Portland Library

**Location:** SPCC Senior Drop-in Center

**Fee:** FREE

**Staff Coordinator:** Karla Doyon

#### What's New in Your Local Library

Have you read everything by your favorite author and now have to wait 12 months for the next book in your favorite series? This is the event for you! We will be presenting the newest books at the South Portland Library and you will be able to get a library card if you do not already have one. Join us for a fun hour of books and conversation.

**Date:** Wednesday, March 8

**Time:** 1:00pm - 2:00pm

#### Share What You Have Read Recently

A fun hour where we will share what books we have been reading over the winter. This event will give you a chance to build up your "To Be Read" (TBR) pile. Bring your questions if you need new authors and we'll be ready to help. You will be able to get a library card if you don't already have one. Join us for a fun hour of books and conversation.

**Date:** Wednesday, April 5

**Time:** 1:00pm - 2:00pm



## SENIOR PROGRAMS

### NATURE THEMED PRESENTATIONS

Join our Park Ranger, Sydney Raftery for these themed presentations and dive deeper into these interesting nature topics. Snacks provided. Please join if you register, as there is a lot of work put into these presentations. **Please do not just show up for this program – you must register, as there is limited availability!** *Min 5/Max 24 each presentation*

**Presenter:** Sydney Raftery, Park Ranger

**Time:** Mondays, 9:00am– 10:00am

**Location:** SPCC Senior Drop-in Center

**Fee:** FREE (must register)

**Staff Coordinator:** Karla Doyon

#### **January 9: The History of Parks and Environmentalism**

Come learn about how parks and people's views of the environment have evolved throughout the years.

#### **February 27: Trees and Forests**

Trees are so much more than they appear on the surface. This talk will focus on the hidden properties of trees and teach you to recognize some of Maine's common trees.

#### **March 20: Introduction to Birding**

Birding is a wonderful pastime that anyone can join in on. During this talk, you'll learn the basics that you need to start this new hobby!

#### **April 10: Predicting the Weather**

This month we will talk all about weather and signs that you can look for to help you predict it.

### SENIOR LUNCHEONS

Join us in welcoming our Portland friends back and welcoming some new friends from Falmouth for lunch this season in the Casco Bay Room. Registration in advance is required and reservations are on a first-come basis. **Please do not just show up**, as we need a headcount for lunch a week before the meal. *Min 10/Max 15*

**Date:** Tuesdays on the following dates:

Tuesday, January 10 - Comfort food & baked potato bar

Tuesday, April 11 – Tastes from Italy

**Time:** 12:00-2:00pm

**Location:** SPCC Casco Bay Room

**Fee:** \$14.00

**Staff Coordinator:** Karla Doyon

### VALENTINE'S DAY TEA LUNCHEON

Bring your friends and join us for sweets (chocolate), tea and delicious food! Come put some fun into your Valentines' Day by joining us for a very special high tea luncheon, along with food and treats you will be entertained! Lunch, entertainment and special Valentines' Day surprises included! In coordination with Portland & Falmouth Recreation. *Min 15/Max 30*

**Date:** Tuesday, February 14

**Time:** 12:00-2:00pm

**Location:** SPCC Casco Bay Room

**Fee:** \$14.00

**Staff Coordinator:** Karla Doyon

### BASICS IN GENEALOGY

Learn the basics of how to find free sites to help you find and connect with your past. This will be a general overview to help get you started. Bring your oldest family photo and a recipe that has been passed down from generation to generation if you would like! Beverage & snack provided. Choose one of two dates. **Must Register!** *Min 5/Max 12*

**Instructor:** Mary Lou Fathke, Genealogy Enthusiast

**Date:** Wednesday, Jan. 11 (Snow date Jan. 18)

Wednesday, Feb. 8 (Snow date Feb. 15)

**Time:** 9:00am - 10:00am

**Location:** SPCC Senior Drop-in Center

**Fee:** FREE (Must Register)

**Staff Coordinator:** Karla Doyon

### SING ALONG SONGS WITH ABBY

Join Abby in the Senior Drop-In Center for some sing-along fun on the last Tuesday of each month. Abby is an entertainer with a background in Recreational Therapy, singing & acting. Each week she will sing songs from different genres such as 60's, Elvis, love songs, and more! She may even bring her ukulele or be dressed as the performer you will be singing songs from! *Min 10/Max 24*

**Instructor:** Abby Vafiades

**Date:** Tuesday Jan. 31, Feb. 28, Mar. 28 & Apr. 25

**Time:** 1:00-2:00pm

**Location:** SPCC Senior Drop-in Center

**Fee:** \$5.00

**Staff Coordinator:** Karla Doyon

### MAINE DEPT OF INLAND FISHERIES AND WILDLIFE PRESENTATION

Join us on to see what is new and going on with the Maine Department of Inland Fisheries and Wildlife! Special guest Chelsea Lathrop, who is a Maine native and passionate angler, is the Education and Outreach Coordinator for MDIFW. She will share updates on projects from the various divisions within the department, followed by an activity fit for all ages and abilities! *Min 10/Max 24*

**Presenter:** Chelsea Lathrop, Education and Outreach Coordinator for MDIFW

**Date:** Monday, January 23

**Time:** 1:00-2:00pm

**Location:** Senior Drop In Center

**Fee:** FREE

**Staff Coordinator:** Karla Doyon

## SENIOR PROGRAMS

### THE LOST ART OF TEA LEAF READING

Come learn the noble art of divination by tea leaf reading in this fun, informative class. We will cover the history and lore of this centuries-old fortune telling technique, which originated in China and traveled along tea and spice trade routes all over the world. Explore the perfect herbs, and how to create your own specialty blends. Enjoy a cup of delicious herbal tea and see what symbols and messages your cup reveals to you. *Min 15/Max 25*

**Presenter:** Roxie Zwicker, New England Curiosities  
Roxie is an experienced speaker, television hostess, published author, and motivating storyteller who educates, inspires and entertains audiences.

Date: Monday, March 27 (Snow Date: Apr. 3)

Time: 1:00-3:00pm

Location: SPCC Senior Drop in Center

Fee: \$25/\$35NR

**Staff Coordinator:** Karla Doyon

### LAUGHTER YOGA

Laughter Yoga works with the breathe while bringing childlike playfulness into one's life. We turn off the analytic part of the brain and let the fun begin! There are many benefits for everyone that chooses to practice Laughter Yoga no matter what age. By practicing prolonged laughter, body chemistry changes, gets the feel good endorphins moving throughout the body, and can assist in lowering blood pressure as well as creating a positive state of mind. *Min 6/Max 24*

**Instructor:** Volunteer Chris Chapman, Certified Laughter Yoga Leader

A quick Hello! From Chris Chapman, Certified Laughter Yoga Leader. I have been practicing Laughter Yoga since 2010 and became a Laughter Yoga Leader in May of 2012. During this time, I have had the opportunity to laugh with many wonderful people while expanding my community and I look forward to sharing the joys of laughter with you all! Shared laughter builds a strong sense of community. **What to wear?** Comfortable clothing that is easy to move in. Be well & keep laughing! Chris

Date: Fridays, Jan. 27, Feb. 24, Mar. 31 & Apr. 28

Time: 12:00-1:00pm

Location: SPCC Senior Drop in Center

Fee: FREE (Must Register-Limited Space)

**Staff Coordinator:** Karla Doyon

### SENIOR CORNHOLE

Come join us to play Cornhole at the South Portland Community Center! Please try to pre-register before attending the program. Drop-ins always welcome!

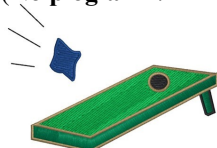
Dates: Fridays, January 6 - April 28 (**No program 2/24 & 4/21**)

Time: 1:45pm - 3:15pm

Location: SPCC Gym

Fee: FREE

**Staff Coordinator:** Karla Doyon



### MAH JONGG LESSONS FOR BEGINNERS

Join one of our very own Mah Jongg players in a **very informal** setting as she teaches you the **basics** of playing Mah Jongg. This activity is limited to four people each session and you must attend all four classes of the session you sign up for. **You may only sign up for one session.** Fee includes your 2022 card and fee is non-refundable. *Min 4/Max 4*

**Instructor:** Volunteer & Experienced Mah Jongg player Judy Simpson

Time: 9:00am - 12:00pm (**EXCEPT Feb 8 & 15 will be 10am-1pm**)

Location: Senior Drop-in Center

Fee: \$10 (*Includes 2022 card and is non-refundable*)

**Staff Coordinator:** Karla Doyon

**Session 1:** Mon, Jan. 23&30 and Wed, Jan. 25 & Feb. 1

**Session 2:** Mon, Feb. 6 & 13 and Wed. Feb. 8 & 15

### 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:**

January 10 & 24

February 7 & 21

March 7 & 21

April 4 & 18



### 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 Parks & Rec 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, January - April

Time: 11:45am - 1:45pm

Location: Sea Dog Brewing (Broadway Location), South Portland

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

**Staff Coordinator:** Karla Doyon

## SENIOR PROGRAMS

### CELEBRATING SAINT PATRICK'S DAY

In coordination with our friends from Portland Recreation, we will listen to Irish music, enjoy a boiled dinner and enjoy Irish themed fun and games such as "Lucky Bingo", Pot O' Gold coin toss and more! Make sure to wear your best "green" outfit and you may take home first prize! Entertainment will also be provided.  
*Min 15/Max 30*

Date: Friday, March 17  
Time: 12:00pm - 2:00pm  
Location: SPCC Casco Bay Room  
Fee: \$17/\$27NR

**Staff Coordinator: Karla Doyon**

### 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
January	1/5, 1/12, 1/19 & 1/26	\$20/\$30NR
February	2/9, 2/16 & 2/23	\$15/\$25NR
March	3/2, 3/9, 3/23 & 3/30	\$20/\$30NR
April	4/13, 4/20 & 4/27	\$15/\$25NR

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

### ESSENCIALS® STANDING & MAT

Rebalance, restore and refresh your body, mind and spirit. This full body workout focuses on posture, stability, joint mobility, and muscle strength and length. It feels like a conglomerate of Tai Chi, Pilates and aerobic dance. Google Essentrics to see what the moves are like. You'll love moving to music and getting taller and stronger. There will be a free class on Tuesday, Dec. 20, 2022 at 10:30am to try it out! *Min 8/Max 20*

**Instructor: Sarah MacColl**  
Sarah MacColl, M.S. Level 4 Essentrics Instructor, ACE Certified Medical Exercise Specialist and IDEA Elite Personal Fitness Trainer is an aging triathlete who uses Essentrics® to keep her body in shape to teach fitness, stack wood and lead hiking trips.

Date: Tuesdays Jan. 3 - Feb 28 (Snow date: Jan. 31)  
Time: 10:30 - 11:30am  
Location: SPCC Multi-Purpose Room  
Fee: \$90/\$100NR for 8-week session, Drop-in \$12/class  
FREE one time class: Tuesday, Dec. 20 @ 10:30am – Must Register!

**Staff Coordinator: Karla Doyon**

### CHAIR FIT

Chair Fit is a great total body workout for everyone but perfect if you have trouble doing standing exercise. 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
January	1/5, 1/12, 1/19 & 1/26	\$20/\$30NR
February	2/9, 2/16 & 2/23	\$15/\$25NR
March	3/2, 3/9, 3/23 & 3/30	\$20/\$30NR
April	4/13, 4/20 & 4/27	\$15/\$25NR

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

### 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. **YOU MUST REGISTER!** *Min: 10/Max: 24*

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

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.

Dates: Tuesdays, April 4-25  
Time: 9:00am - 10:00am  
Location: SPCC Senior Drop In Center  
Fee: FREE (Must Register-space is limited)  
**Staff Coordinator: Karla Doyon**



## SENIOR TRIPS

### MECHANICS HALL TOUR

Mechanics Hall is a historic building and meeting space. It is a well-preserved example of Italianate architecture executed in brick and stone, listed on the National Register of Historic Places in 1973. Tour will consist of a brief history of each space, and a trip up to the historic Clerestory. Access to the Clerestory is STAIR only, and the top flight is a bit steep and narrow. The rest of the building is elevator accessible. *Min 10/Max 13*

Date: Thursday, January 12

Time: Departs SPCC 12:30pm /Approx. return 2:15pm

Location: Portland

Fee: \$5.00

**Staff Coordinator: Karla Doyon**

### MINI MYSTERY TRIP

Join us for a mini version of a mystery trip! Come with an open mind and be ready for anything! We will not be traveling too far this time due to winter weather conditions. This trip is mostly outdoors – BUNDLE UP! You will not be walking but will be on your feet and need to climb up/down a few stairs. Trips are weather dependent and will be decided upon one hour before departure.

*Min 5/Max 5 each trip*

Date: Tuesday, January 24 OR Wednesday, January 25  
*Please pick only one of the two nights offered as it is the same trip each night.*

Time: Departs SPCC 5:15pm /Approx. return 8:00-8:30pm

Location: It is a mystery!

Fee: \$45/\$55NR

**Staff Coordinator: Karla Doyon**

### THE HIGH ROAD AT GOOD THEATER

Steve Underwood's one-man HD multimedia show-with-music is all about nature's wildest weed. The High Road digs deep into the facts, the fun, and the humor of herb, finding wisdom and truth in unlikely places. This high-minded event will give audiences a lift in the dead of winter, when a good laugh can provide the perfect mood elevator. *Min 10/Max 13*

Date: Wednesday,

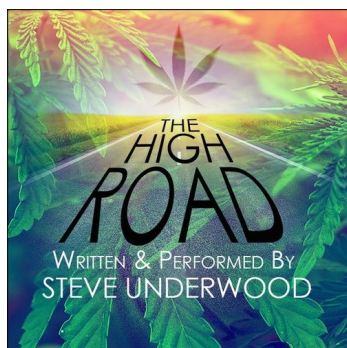
February 8

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

Location: Portland

Fee: \$25/\$35NR

**Staff Coordinator:**  
**Karla Doyon**



### THE CHARITABLE SISTERHOOD OF THE SECOND TRINITY VICTORY CHURCH

Nothing will keep these ladies from fulfilling their mission. One woman's junk is another woman's treasure, and the pile of stuff in the church basement is hiding a thing or two. Come sit in on this month's meeting. These angels will leave you breathless with laughter as they do their best to help the homeless, spiritual deprivation, and most of all, one another. A hilarious and heartwarming play with sweet flavor of "Steel Magnolias"! *Min 10/Max 13*

Date: Thursday, January 19

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

Location: Foot Lights Theater, Falmouth

Fee: \$25/\$35NR

**Staff Coordinator: Karla Doyon**

### HARRIS FARM OUTING

We are headed to Harris Farm in Dayton to XC ski or snowshoe. Well maintained trails range from gentle beginners loops to rolling terrain for the more advanced. Harris Farm consists of 600 acres of beautiful scenery. Warm up in the lodge w/ a hot cocoa by the woodstove before, during or after your time on the trails. Please make sure you are physically able to do these activities and dress appropriately for the weather. *Min 10/Max 13*

Date: Tuesday, January 31

Time: Departs SPCC 9:15am /Approx. return 1:30-2:00pm

Location: Dayton

Fee: \$25/\$35NR *(Includes transportation, admission & rental fees. Please bring money for lunch or to purchase milk, hot chocolate or other items at the farms store)*

**Staff Coordinator: Karla Doyon**

### SLEIGH RIDE AT HIGH VIEW FARM

Over the hill and through the woods on an adventure we will go! Bill & Darcy Winslow welcome us to feel the wonder, vitality, peace and joy at High View Farm. We will embark on a 40 minute sleigh ride and then have a 20 minute campfire with hot chocolate. HVF is home to free-ranging Belgian draft horses, you may witness the twinkle in Bill's eyes as he hitches up his team! *Min 10/Max 13*

Date: Friday, February 10

Time: Departs SPCC at 11:30am /Approx. return 3:30p.m

Location: Harrison, ME

Fee: \$16/\$26NR *(Includes transportation, sleigh ride, campfire, hot chocolate, water & snack)*

**Staff Coordinator: Karla Doyon**

## SENIOR TRIPS

### SILVER FOUNTAIN INN & TEA PARLOR

Yankee Magazine Editor's Choice Award for "Best Tea Experience". We are headed to the Silver Fountain Inn & Tea Parlor for lunch. Please dress appropriately for a nice tea luncheon. You may choose your meal off the lighter fare menu for around \$15-\$18 or choose something more fancy from the fancier side of the menu for between \$25 to \$32. **Lunch is on your own.** *Min 10/Max 13*

Date: Thursday, February 16

Time: Departs SPCC 10:45am /Approx. return 3:00pm

Location: Dover, NH

Fee: \$10.00 (*Transportation only, bring money for lunch & purchases*)

**Staff Coordinator: Karla Doyon**

### THE RIDGE MARKETPLACE

Travel with us to tax free New Hampshire! We will spend a few hours at The Ridge Marketplace. You will find many different stores to shop at and a few places for lunch. You must be physically able to walk around the shops independently and be responsible for your purchases. *Min 10/Max 13*

Date: Tuesday, February 28

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

Location: Rochester, NH

Fee: \$10.00 (*Transportation only. Purchases on your own & bring money for lunch.*)

**Staff Coordinator: Karla Doyon**

### FUN ON ROUTE 1

Today we will drive up and down Route 1 making stops at some fun and specialty shops along the way. Be prepared to get on and off the bus frequently. You must be physically able to walk around the shops independently, carry your own bags and be responsible for your purchases. Limited time at each stop. Lunch out on your own. Bring small cooler for cold purchases. *Min 10/Max 13*

Date: Wednesday, March 15

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

Location: Route 1

Fee: \$6.00

**Staff Coordinator: Karla Doyon**

### OXFORD CASINO

We are off to the slots! Join us for this fun trip up to the Oxford Casino! The Oxford Grill offers an extensive menu while the Oxford Express has quicker options, i.e., sandwiches, pizza and hot dogs. You will be on your own for lunch while we are there. Please play responsibly! *Min 10/Max 13*

Date: Monday, March 20

Time: Departs SPCC: 9:30am/ Approx. return 4:00pm

Location: Oxford, ME

Fee: \$10.00 (*Transportation only*)

**Staff Coordinator: Karla Doyon**

### WALKING FIELD TRIPS

Join us on 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 10/Max 13*

**Trip #1:** Friday, 3/3— Marginal Way Walk

**Trip #2:** Thursday, 4/13— Twin Brook Recreation Area

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

Locations: Ogunquit & Cumberland

Fee: \$5.00 per trip (*Includes transportation, water & snack—bring own water as well*)

**Staff Coordinator: Karla Doyon**

### TOUR OF FRANCO CENTER

Docent led guided tour with activity. Hear and see information and displays about the building, the historically significant former St. Mary's Church, as well as the Franco-Americans who built and used it as a place of worship. Learn about the building's architecture; the Franco immigrant, social, and work experience; and notable local Francos. Lunch out on your own. *Min 10/Max 13*

Date: Tuesday, March 7

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

Location: Lewiston

Fee: \$14.00 (*Transportation & tour only. Bring money for lunch*)

**Staff Coordinator: Karla Doyon**

### INTO THE WOODS AT USM THEATRE

The story follows a Baker and his wife, who wish to have a child; Cinderella, who wishes to attend the King's Festival; and Jack, who wishes his cow would give milk. When the Baker and his wife learn they cannot have a child because of a Witch's curse, they set off on a journey to break it. Everyone's wish is granted, but the consequences of their actions return to haunt them later with disastrous results. *Min 10/Max 13*

Date: Friday, March 10

Time: Departs SPCC 9:15am/Approx. return 12:30pm

Location: Gorham

Fee: \$10.00

**Staff Coordinator: Karla Doyon**

## SENIOR TRIPS

### LUNCH AT THE GREEN LADLE CULINARY ARTS SCHOOL

Part of the Lewiston Regional Technical Center, the ladle offers the opportunity for students to get real hands-on work in the positions of head chef, cook, waiter/waitress and hosting. Menu will be available 1 week prior. If the European Bakery is open we will make a quick stop after lunch. **Please note that the TIP is not included. Please bring cash for the hard-working students for tips.**  
*Min 10/Max 13*

Date: Thursday, March 23  
Time: Departs SPCC 9:30am/Approx. return 1:00pm  
Location: Lewiston  
Fee: \$25/\$35NR (*Lunch only – bring money for tip*)  
**Staff Coordinator: Karla Doyon**

### TOUR OF NATIONAL WEATHER SERVICE

Have you ever wondered what goes on at the weather station in Gray, Maine? This tour will give you an idea of all that goes into making a forecast. The National Weather Service has played a key role in protecting American lives and properties for over a century. Come join us on this exciting tour to learn how they do all of that. We will stop for lunch (on your own) after the tour. *Min 10/Max 13*



Date: Wednesday, April 12  
Time: Departs SPCC @ 9:15am /Approx. return 1:30-2pm  
Location: Gray  
Fee: \$8.00 (*Transportation & tour only. Bring money for lunch*).  
**Staff Coordinator: Karla Doyon**

### HOW RUDE! THE MUSICAL

A devilish new musical that is hysterically entertaining! Filled with original songs about bad manners, incivility, and selfishness, it's a fast-paced, tuneful celebration of the deliciously rotten behavior that drives us all a little crazy! Written by Phillip George ("Forbidden Broadway", "Shout, The Mod Musical") with Music by Steven Silverstein (Broadway, Off-Broadway, Regional: musical director, composer, arranger, accompanist). MAINE PREMIERE! *Min 10/Max 13*



Date: Thursday, April 20  
Time: Departs SPCC 6:15pm/Approx. return 9:00pm  
Location: Falmouth  
Fee: \$25/\$35NR  
**Staff Coordinator: Karla Doyon**

### MILLENNIUM GRANITE QUARRY TOUR

We will begin by having a discussion involving the Quarry's History, and some of the historical buildings built with their own granite. Following, we will have a tour of the Quarry and the Fabrication facility, ending with a question period. This tour is completely standing and walking on uneven Quarry ground. *Min 10/Max 13*  
Date: Friday, April 21  
Time: Departs SPCC 12:15pm /Approx. return 3:30-4:00p.m

Location: Wells  
Fee: \$8  
**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! Please bring money for lunch. This trip involves walking/standing and is a little over 2 hours each way on bus.  
*Min 10/Max 13*

**Dates:** Monday, April 24  
Time: Departs SPCC 8:00am/Approx. return 4:30-5:30pm  
Location: It's a mystery!  
Fee: \$16/\$26NR (*Includes transportation, fee, 2 small waters, 2 small snacks. Bring money for lunch.*)  
**Staff Coordinator: Karla Doyon**

### THE HIDDEN GEM STUDIO TOUR

Join Chaya, the artist and owner of Chaya Studio Jewelry, at her new gallery and workspace The Hidden Gem, located in the Counting House Mill in Biddeford. Presentation & tour, two demonstrations, and time for Q&A and shopping! There will be limited seating (8) so you may be on your feet for the entire tour/demo. Studio is on the second floor and there is no elevator. You will have to climb one set of stairs. *Min 10/Max 13*

Date: Tuesday, April 25  
Time: Departs SPCC at 9:15am /Approx. return 12:15pm  
Location: Biddeford  
Fee: \$12.00  
**Staff Coordinator: Karla Doyon**



## ADULT OPEN GYMS

### ADULT BASKETBALL OPEN GYM & VOLLEYBALL OPEN GYM

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

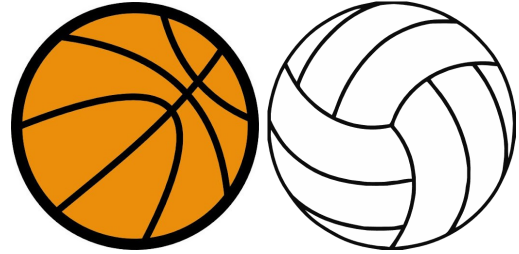
**Fee: (MUST SHOW ID each visit)**

\$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 (18+)	1/3 - 4/25 (no program 2/21 & 4/18)	11:30am - 1:30pm	SPCC Gym
Wednesday (Over 40)	1/4 - 4/26 (no program 2/22 & 4/19)	11:30am - 1:30pm	SPCC Gym
Wednesday	1/4 - 4/26	7:00pm - 9:00pm	Redbank Gym
Fridays (18+)	1/6 - 4/28 (no program 2/24 & 4/21)	11:30am - 1:30pm	SPCC Gym
Sundays (over 30)	1/8 - 4/30 (no program 1/1 & 4/9)	2:00pm - 3:45pm	SPCC Gym

Adult Volleyball Open Gym	Dates	Time	Location
Sundays	1/8 - 5/21 (no program 4/9)	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	1/3 - 4/30 (see no program dates below)	8:00 - 11:00am	SPCC Gym
Mon & Wed (Beginners Only)	1/3 - 4/30 (see no program dates below)	8:00 - 11:00am	Redbank Gym

**\*No program at SPCC on these dates: 1/2, 1/16, 2/20-2/24, & 4/17-4/21)**

**\*No program at Redbank on these dates: 1/2, 1/16, 2/20, & 4/17**

## 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*
January	1/4 - 1/30 (no class 1/16)	\$52.50/\$62.50 NR
February	2/1 - 2/27 (no class 2/20)	\$52.50/\$62.50 NR
March	3/1 - 3/29	\$67.50/\$77.50 NR
April	4/3 - 4/26	\$52.50/\$62.50 NR
* Drop in fee is \$8.00 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
January	1/5 - 1/30 (no class 1/16)	\$54.25/\$64.25 NR
February	2/2 - 2/27 (no class 2/20)	\$54.25/\$64.25 NR
March	3/2 - 3/27	\$62/\$72 NR
April	4/3 - 4/27 (no class 4/17)	\$54/\$64 NR

### 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 27*

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

Session	Dates
Wednesday Winter Session I	1/4 - 2/22
Wednesday Winter Session II	3/2 - 4/27

### 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  
 Fee: \$54/64NR for each session, (Drop-in is \$10/class)  
**Staff Coordinator: Whitney Dorsett**

Session	Dates
January	1/3 - 1/26
February	2/2 - 2/28
March	3/2 - 3/28
April	4/4 - 4/28

## ADULT PROGRAMS



**Special Olympics  
Unified Sports®**

### UNIFIED BASKETBALL

This 8-week inclusive program lead by Special Olympics Maine combines individuals with and without intellectual disabilities to participate together as teammates in Basketball. Unified Basketball is fun way to develop basketball skills and teamwork while also fostering acceptance and creating new friendships among participants along the way. ***There will be no make ups for cancellations due to weather. Min 10 / Max 25***

#### Provided by Maine Special Olympics

Dates: Thursdays, January 5 – February 23

Time: 10:00am – 11:30am

Age: 18+

Location: Redbank Community Center

Fee: FREE

Staff Coordinator: Whitney Dorsett

### UNIFIED FITNESS

This is an 8-week program lead by Special Olympics Maine for individuals with and without intellectual disabilities to participate together in a fun and inclusive fitness program that will help you to feel better on and off the field, learn some easy ways to make healthy swaps in your everyday diet and make friendships along the way. ***There will be no make ups for cancellations due to weather. Min 10/Max 25***

#### Provided by Maine Special Olympics

Dates: Thursdays, March 2 – April 20

Time: 10:00am – 11:30am

Age: 18+

Location: Redbank Community Center

Fee: FREE

Staff Coordinator: Whitney Dorsett

### WATERCOLOR WORKSHOP

**Introduction to Watercolors:** The objectives of this class are to develop, at an introductory level, abilities in watercolor painting. Students will acquire an understanding of the tools and terms in this medium. We will experiment with dry, damp and wet surfaces to explore some of the possibilities and outcomes. In addition to mastering basic washes, we will investigate glazing and layering as well as application techniques. Supplies will be available during class. ***Min 6/Max 15***

**Watercolors Part 2:** Building on our beginners' course, we will explore a host of new and traditional techniques. At each class we will present and resolve problems in rendering skies, rocks, trees, water, and figures. Supplies will be available during class. ***Min 6/Max 15***

#### Instructor: Pauline Cook

Day: Saturdays

Time: 9:00am – 10:00am

Location: SPCC Casco Bay Room

Fee: \$60/\$70NR (No Senior Discount)

Staff Coordinator: Whitney Dorsett

Session	Dates
Introduction to Watercolors	2/11 - 3/11
Watercolors Part 2	3/25 - 4/22





## ADULT PROGRAMS

**Instructor 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 laying 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.

### PAN PASTEL AND PENCIL ANIMAL ART

Come learn the tips and tricks of easy-to-use pan pastels combined with pencil drawing. In this five class series, we will use simple traces or create our own line drawings and then fill in our animal work with beautiful color using the medium of pan pastel as well as colored pencils. If you have loved adult coloring books and now want to take your art skills to a new level, this is the class for you! Supplies will be available during class. *Min 4/ Max 10*

**Instructor: Joan Quinn**

Dates: Saturdays, January 7 – February 4

Time: 10:30am – 12:00pm

Location: SPCC Casco Bay Room

Fee: \$55/\$65 NR (*no senior discount*)

**Staff Coordinator: Whitney Dorsett**



### CHARCOAL AND COLORED PENCIL ANIMAL ART

Join this beginner level art class and learn how to create realistic three-dimensional animals in black and white! In this five class series, we will practice drawing animals such as bears, elephants, and gorillas. The class will focus on how to create a sense of depth in our drawings. Line drawings will be provided for tracing with the class focus on studying how to create fur, tones, facial features, and overall realism. Supplies will be available during class. No senior discount. *Min 4/ Max 10*

**Instructor: Joan Quinn**

Day: Saturdays, February 11 – March 11

Time: 10:30am – 12:00pm

Location: SPCC Casco Bay Room

Fee: \$55/\$65 NR (*No Senior Discount*)

**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: Dave Cousins, IPF Certified Pickleball Coach, PPR Certified Pickleball Coach, PTR Certified Professional, USPTA Elite Professional**  
**Staff Coordinator: Whitney Dorsett**



Session (at Redbank)	Dates	Time	Fee	Location	Min/Max
January Fridays	1/6 - 1/27	8:00 - 9:00am	\$50/\$60 NR	Redbank Gym	4/12
February Fridays	2/3 - 2/24	8:00 - 9:00am	\$50/\$60 NR	Redbank Gym	4/12
March Fridays	3/3 - 3/24	8:00 - 9:00am	\$50/\$60 NR	Redbank Gym	4/12
April Fridays	4/7 - 4/28	8:00 - 9:00am	\$50/\$60 NR	Redbank Gym	4/12
Session (at SPCC)	Dates	Time	Fee	Location	Min/Max
January Sundays	1/8 - 1/29	10:00 - 11:00am	\$50/\$60 NR	SPCC Gym	4/24
February Sundays	2/5 - 2/26	10:00 - 11:00am	\$50/\$60 NR	SPCC Gym	4/24
March Sundays	3/5 - 3/26	10:00 - 11:00am	\$50/\$60 NR	SPCC Gym	4/24
April Sundays	4/2 - 4/30 (no class 4/9)	10:00 - 11:00am	\$50/\$60 NR	SPCC Gym	4/24

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

### PICKLEBALL INTERMEDIATE LESSONS

This 4-day program is structured for you to gain the confidence to get on the court with advanced beginners and other improving 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, IPF Certified Pickleball Coach, PPR Certified Pickleball Coach, PTR Certified Professional, USPTA Elite Professional**  
**Staff Coordinator: Whitney Dorsett**

Session (at Redbank)	Dates	Time	Fee	Location	Min/Max
January Fridays	1/6 - 1/27	9:00 - 10:00am	\$50/\$60 NR	Redbank Gym	4/12
February Fridays	2/3 - 2/24	9:00 - 10:00am	\$50/\$60 NR	Redbank Gym	4/12
March Fridays	3/3 - 3/24	9:00 - 10:00am	\$50/\$60 NR	Redbank Gym	4/12
April Fridays	4/7 - 4/28	9:00 - 10:00am	\$50/\$60 NR	Redbank Gym	4/12
Session (at SPCC)	Dates	Time	Fee	Location	Min/Max
January Sundays	1/8 - 1/29	11am - 12pm	\$50/\$60 NR	SPCC Gym	4/24
February Sundays	2/5 - 2/26	11am - 12pm	\$50/\$60 NR	SPCC Gym	4/24
March Sundays	3/5 - 3/26	11am - 12pm	\$50/\$60 NR	SPCC Gym	4/24
April Sundays	4/2 - 4/30 (no class 4/9)	11am - 12pm	\$50/\$60 NR	SPCC Gym	4/24

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

# ADULT SPORTS LEAGUES

## ADULT BASKETBALL LEAGUES

Teams and individuals are welcome! Individuals will be placed on teams with available spots. All team rosters must have a minimum of eight players with at least 1 male and 1 female. The league rules are based on the Maine High School basketball rules. 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](mailto: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 Winter II	2/2 - 4/6	Between 6-9pm	SPCC Gym
Sunday League Winter	2/19 - 4/30(no games 4/9)	Between 10am –1pm	<b>Redbank Gym</b>
Monday League Spring	3/13 - 5/22 (no games 4/17)	Between 6-9pm	SPCC Gym
Thursday League Spring	4/13 - 6/15	Between 6-9pm	SPCC Gym

**\* LEAGUE REGISTRATION CLOSES 1 WEEK BEFORE EACH SESSION STARTS.**

## ADULT SOFTBALL LEAGUES

South Portland Parks and Recreation will be hosting Monday softball leagues during the spring and summer. All teams and individuals are welcome to play! *Participants must be at least 18 years old and out of High School. SP Rec will not provide bats or gloves. We host all our leagues at the South Portland Recreation Complex (Wainwright Fields) at 125 Gary L Maietta Pkwy.*

### Game and League Format

- 8 games guaranteed
- 10 v 10 format, a minimum of 4 female and 4 male must be on the field
- 7 innings, no new innings after 60 minutes from scheduled start time
- Team Roster Min/Max: 14/20
- Champion teams win - adult league championship apparel.

Captains must email [wdorsett@southportland.org](mailto: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 with their team placement.

Dates: Mondays, April 24 – June 26

Game Times: 5:30pm – 8:00pm

Team Fee: \$550/\$560 NR

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

Location: South Portland Recreation Complex (Wainwright Fields)

Staff Coordinator: Whitney Dorsett



**Team and Individual Registration deadline is April 17.**

**Questions on Adult Leagues, contact Whitney Dorsett at [wdorsett@southportland.org](mailto:wdorsett@southportland.org).**



## 2023 SUMMER REC CAMP

### CAMP DETAILS

Dates: Monday –Friday, June 19 -August 11, 2023

Time: 8:00am – 5:30pm\* (8:00am– 12:00pm on Friday, August 11th)

\*Mega Riots runs from 8:30am to 4:30pm

Grades:

*Mini Riots Camp* is for children entering Kindergarten and 1st grade, location TBD

*Little Riots Camp* is for children entering 2nd and 3rd grade, location TBD

*Big Riots Camp* is for children entering 4th and 5th grade, location TBD

*Mega Riots Camp* is for children entering 6th, 7th and 8th grade, location Redbank CC

### CAMP PAYMENT INFORMATION

Full 8 weeks: \$900 | Registration deadline: **Friday, June 9th**

Pick a Week: \$150/week | Registration Deadline for week 1: Friday, June 9th.

Registration Deadline for Weeks 2-8: Wednesday prior to that week.

**A \$50 deposit is required at the time of registration. The remaining balance MUST be paid by Friday, June 9th in order for your child to attend camp. Your deposit is refundable up until June 9th.**

### REGISTRATION

**Registration opens Wednesday, February 1st, 2023.**

#### Registration Times:

8:00am-Mini Riots (Kindergarten and 1st grade)

9:00am-Little Riots (2nd & 3rd grade)

10:00am-Big Riots (4th & 5th grade)

11:00am-Mega Riots (6th, 7th & 8th grade)

### FINANCIAL ASSISTANCE

Applications are **due by Friday, April 7th**. You must register your child and pay the \$50 deposit by April 7th to be eligible for financial assistance. Deposits are refundable up until June 9th. You will be notified of your assistance status by Monday, April 17th. Applications can be printed during the registration process or picked up at the Community Center.

**Please contact Kari Filieo with any questions regarding Summer Camp.**

**[kfilieo@southportland.org](mailto:kfilieo@southportland.org)**

## 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: Friday, April 14

Time: 8:00am – 5:00pm

Grades: K – 5

Location: SPCC

Fee: \$55.00

**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 is a \$20 sibling discount for this program.

*Min 15/Max 30*

#### FEBRUARY VACATION CAMP

Dates: February 21-24

Days: Tuesday - Friday

Time: 8:00am – 5:00pm

Grade: K – 5

Location: SPCC

Fee: \$160.00

**Staff Coordinator: Kari Filieo**

#### APRIL VACATION CAMP

Dates: April 18-21

Days: Tuesday - Friday

Time: 8:00am – 5:00 pm

Grade: K – 5

Location: SPCC

Fee: \$160.00

**19 Staff Coordinator: Kari Filieo**

## 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](mailto:jodonal@southportland.org) or 347-4115.**

### **Hours of Operation (School Year):**

Date: Sept 6th, 2022 – June 8th, 2023

Days: Monday – Friday

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

Address: 95 MacArthur Circle West, South Portland

Teen Center Number: (207) 347 - 4145



## YOUTH PROGRAMS (Pre-K)

### **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, Jan. 3 – Apr. 25 (**no program 2/21 and 4/18**)

Time: 9:00am – 11:00am

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

Location: Redbank Community Center

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

**Staff Coordinator: Whitney Dorsett**

### **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](mailto:jmilton@southportland.org).

Also on Tuesdays from 9am to 11am at Redbank we 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 Storytime.**

Date: Tuesdays, Jan. 3 – Apr. 25 (**no program 2/21 and 4/18**)

Time: 10:30am – 11:00am

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

Location: Redbank Community Center

Fee: Free

**Staff Coordinator: Jessica Milton**

**at [jmilton@southportland.org](mailto:jmilton@southportland.org)**

## YOUTH PROGRAMS (Pre-K)

### TINY TYKES SOCCER

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: January 8 - February 12 (Make-up date 2/19)

Day: Sunday

Location: Redbank Gym

Fee: \$90/\$100 NR

**For more info, contact SPCC**

### BOUNCING BUDS

Come explore the art of dance with Brio Dance Studio in our Bouncing Buds Class! This class is created for the young dancer and incorporates pre-ballet and creative movement steps. Each class will include music, props, group and partner dancing, individual attention, and lots of fun! **Please note that parents and visitors will be asked to wait in the lobby during class time. Min 3/Max 8.**

**Instructor: Brio Dance Studio**

Days: Mondays

Time: 9:00am - 9:30am

Ages: 2-3

Location: SPCC Aerobic Room

Fee: \$60/\$70NR

**For more info, contact SPCC**

Session	Dates
Winter Session 1	1/9- 2/27 (No class 1/16 & 2/20)
Winter Session 2	3/13 - 4/10 (No class 4/17 & 4/24)

### 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. **All dancers must be potty trained. Min 4, Max 12**

**Instructor: Brio Dance Studios**

Days: Mondays

Time: 9:30am - 10:15am

Ages 3-5

Location: SPCC MP Room

Fee: \$60/\$70NR

**For more info, contact SPCC**

Session	Dates
Winter Session 1	1/9 - 2/13 (no class 1/16)
Winter Session 2	2/27 - 4/3 (no class 4/10)

Session	Ages	Times
Cubs 1	2-3	2:00 - 2:45pm
Cubs 2	2-3	2:45 - 3:30pm
Lions	4-5	3:30 - 4:15pm

### 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: Redbank Gym

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

**For more info, contact SPCC**



#### Start Smart Baseball | February 25 - April 1

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

#### Start Smart Lacrosse | April 15 - May 20

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

### TOT HOP (Pre-School)

Tot Hop is our youngest hip hop class offering. This class is perfect for your dancer who has a lot of energy and who are always on the move! Please send your dancer in comfortable clothing and indoor sneakers. No jeans please. Please note that parents and visitors will not be permitted in the classroom. **All dancers must be potty trained. Min 4, Max 12**

**Instructor: Brio Dance Studios**

Days: Mondays

Time: 10:15am - 11:00am

Ages: 3-5

Location: SPCC MP Room

Fee: \$60/\$70 NR

**For more info, contact SPCC**

Session	Dates
Winter Session 1	1/9 - 2/13 (no class 1/16)
Winter Session 2	2/27 - 4/3 (no class 4/10)



## YOUTH PROGRAMS

### HOOP MAGIC

This program is for boys and girls in grades K – 1. By rotating through stations, we will teach the children the basics in passing, dribbling, shooting, and defense. Participants will spend the majority of their time in stations learning the basic skills and will be wrapping up each station by playing fun games that help use the skills learned that day. Depending on numbers, sessions may need to be combined. Minimum of 12/maximum of 25. **Cost includes a t-shirt. Min 12/Max 25**

**Instructor: Kevin Millington & Lynne Hasson**

Dates: January 8 - February 12 (Make-up day 2/19)

Day: Sundays

Time: Kindergarten 10:00am - 10:45am

First Grade 11:00-11:45am

Grade: K-1

Location: Redbank Gym

Fee: \$50/\$60NR

**For more info, contact SPCC**



### TRACK MAGIC

Children in **Kindergarten - 2<sup>nd</sup> 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. Program held at SPHS track. *Min 10/Max 50*

**Instructor: Matt Green**

Dates: April 22-May 20

Day: Saturdays

Time: 9:00am - 9:45am

Grade: K-2

Location: SPHS Track

Fee: \$45/\$55NR

**For more info, contact SPCC**



### PILLOW HOCKEY

It's Pillow Hockey Season! This program has been a spring tradition in South Portland for many years. This is a co-ed league for children who would like to have a chance to play with others on Saturday mornings. Pillow Hockey is a modified form of floor hockey, using soft round "Q-tip" - like sticks and a soft ball. All children will receive a T-shirt. Parents will hear from their child's coach the week prior to the first game. There are no practices for this program. *Min 20/Max 60*

**Instructor: TBD**

Dates: March 4– April 8

Day: Saturdays

Time: Between 12:00pm - 4:00pm

Grades: K - 2

Location: Redbank Gym

Fee: \$40/\$50 NR

**For more info, contact SPCC**



### LAX MAGIC (K-2)

This is an opportunity to learn the skills of Lacrosse in a fun and informal setting. There are no games against other teams. Children in grades K – 2 will be introduced to lacrosse skills and get their hands on the equipment used to play this fast paced, and exciting game. Participants will get to hold a stick and learn the basics of passing, catching, shooting, pick-ups and defense, as well as, participate in some fun skill development games. *Min 10/Max 25.*

**Instructor: TBD**

Dates: May 2– May 30

Days: Tuesday

Time: 5:30pm - 6:30pm

Grades: K-2

Location: Wainwright Complex– MP Field 1

Fee: \$50/\$60 NR

**For more info, contact SPCC**

## YOUTH PROGRAMS

### RIOT PRIDE FOOTBALL CLINICS

Weekly instructional and competitive clinics that will teach the fundamentals of football. There will also be competitive drills, events, and games for players.

*Min 8/Max 30.*

**Instructor: Aaron Filieo**

Grades K-6

Fee: \$75

**For more info, contact SPCC**



Session	Dates	Time	Location
Flag Football Clinic (K-3)	Sundays, 3/5-3/26	1:00pm-2:00pm	Redbank Gym
Tackle Football Clinic (Grade 4-6)	Saturdays, 3/4-3/25	10:00am-12:00pm	SPCC Gym

### CHALLENGERS FUTSAL

Keep your soccer skills sharp for the upcoming spring season! Taught by Experienced Challenger Sports Coaches, this program focuses on "accelerated learning" where participants will get many touches on the ball. The majority of possessions in Futsal are quick 1-2 touch combinations with teammates, where participants will improve their speed, quickness and agility. Includes Challenger Soccer jersey and ball. *Min 6/Max 15*

**Instructor: Challengers**

Day: Sunday, January 8-February 12 (Make up date 2/19)

Times: 1:00pm - 2:00pm

Ages: 6-10

Location: Redbank Gym

Fee: \$110/\$120NR

**For more info, contact SPCC**



### INTRO TO HIP HOP

In this fun, 45 minute class, 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: 5:30pm - 6:15pm

Ages: 5-9

Location: SPCC MP Room

Fee: \$65/\$75 NR

**For more info, contact SPCC**



**Hip-hop dance**

#### Session

#### Dates

Winter Session 1 1/9- 2/27 (No class 1/16 & 2/20)

Winter Session 2 3/13 - 4/10 (No class 4/17 & 4/24)

### KARATE KIDS

Students in this class will learn the basic strikes, blocks, kicks and stances used in karate training. This fundamental training also strengthens and prepares the body for the more difficult techniques ahead in one's training. In addition to developing physical fitness, self-defense and safety skills, our karate program also helps your child build confidence, focus and respect for oneself and others. *Min 10/Max 25.*

**Instructor: Andy Campbell**

Day: Fridays

Time: 4:00pm - 5:00pm

Ages: 5-12

Location: SPCC Multipurpose room

Fee: \$60/\$70 NR

**For more info, contact SPCC**



Session	Dates
Winter Session 1	1/6-2/10 (Make-up date 2/17)
Winter Session 2	2/24-3/31 (Make-up date 4/7)
Spring Session 1	4/14-5/19

### INTRO TO DANCE

In this fun, 45 minute class, 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

**For more info, contact SPCC**

#### Session

#### Dates

Winter Session 1 1/9 - 2/27 (No class 1/16 & 2/20)

Winter Session 2 3/13 - 4/10 (No class 4/17 & 4/24)

## YOUTH PROGRAMS

### FLOOR HOCKEY

Leave the skates behind and join the best (and only) floor hockey league in town. This co-ed league is for children who would like to have a chance to play floor hockey with others on Saturday afternoons (no weekday practices). Children will be placed on teams and will hear from their child's coach the week prior to the first game. Games will take place at **Redbank Community Center Gym**. All children will receive a t-shirt. Mouth guards are required and are *not* provided by the SPCC. *Min 20/Max 60*

Dates: March 4 - April 8

Day: Saturdays

Time: Games run between 12:00pm - 4:00pm

Grade: 3-5

Location: Redbank Gym

Fee: \$40/\$60 NR

**For more info, contact SPCC**

### MAD SCIENCE: SECRET AGENT LAB

Ever dream of becoming a secret agent? We'll start with the basics: From decoding messages to metal detectors and night vision, campers have the opportunity to check out spy tech equipment and take home lots of gadgets like spy glasses! Step into the shoes of a detective as you uncover the science involved in evidence gathering and analysis! Figure out the science of forensics in a hands-on look at crime scenes! Become a super spy and learn clever ways of performing tasks as we take a hands-on investigation of the science that spies use!

*Min 10/Max 20.*

**Instructor: Mad Science**

Dates: April 5– May 31

Days: Wednesday

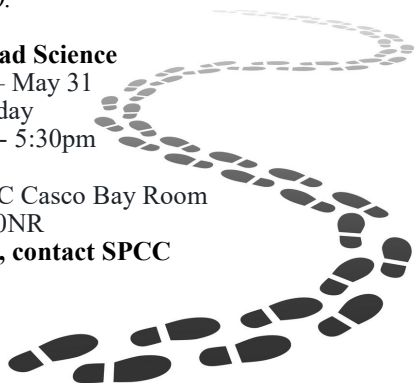
Time: 4:30pm - 5:30pm

Grades: K-5

Location: SPCC Casco Bay Room

Fee: \$110/\$120NR

**For more info, contact SPCC**



### MESSY ART PROGRAM

In this 4 week program, we will create different messy art projects such as collages, slime, finger painting, and more. Please wear old clothes as we get messy! We will provide aprons. This program is for children in grades K-5.

*Min 5/Max 15*

**Instructor: Lindsay Larsen**

Day: Saturdays, January 7-January 28

Times: 10:00am – 11:30am

Grades: K-5

Location: SPCC Art Room

Fee: \$40/\$50NR

**For more info, contact SPCC**

### MAD SCIENCE: MAD LAB MEDLEY

Join us in discovering the many ways science helps us explore our world! “Mad Lab Medley” is full of exciting sampler “courses” aimed to meet the varied interests and imaginations of today’s young minds! Unravel the mystery of chemistry by watching crystals form in a water glass. Experiment with hovercrafts, foaming concoctions, and Technicolor Blenders. Grab your ticket to the stars with your own pocket sky map. Walk in the shoes of detectives and examine fingerprints, mystery powders, and ink samples. Learn about how different animals adapt to their environments, and get bug-eyed with Insect-A-Vision take-homes sure to challenge your perspective. From telescope to microscope and everything in between, this class will leave you inspired by the wonders of science! *Min 10/Max 20*

**Instructor: Mad Science**

Day: Wednesdays, January 11-March 8 (No class 2/22)

Times: 4:30pm – 5:30pm

Grades: K-5

Location: SPCC Casco Bay Room

Fee: \$110/\$120NR

**For more info, contact SPCC**



### KID'S NIGHT OUT

Give your kids an evening of fun while you enjoy a night out on the Town. Kids will enjoy pizza for dinner, swimming in the pool (when available), games, crafts, and a movie. This program is for children in grades K-5. *Min 20/Max 50*

Day: Fridays, January 20, February 17, March 17,  
April 28

Times: 5:00pm – 9:00pm

Grades: K-5

Location: SPCC

Fee: \$25/\$35NR per night, sibling discount

**Staff Coordinators: Jenna Martyn-Fisher**



## YOUTH PROGRAMS

### TRACK & FIELD

Children in **grades 2 – 8** 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 20.*

**Instructor: Matt Green**

Dates: April 22, 29, May 6, 13, 20

Day: Saturdays

Time: Elementary 10:00am-11:00am, Middle School

11:00am-12:00pm

Grades: Elementary 2-5 & Middle 5-8

Location: SPHS Track

Fee: \$45/\$55 NR

**For more info, contact SPCC**

### VOLLEYBALL CLINICS

Come join the SMCC Seawolves for two volleyball clinics. Each clinic will focus on 1. Basic rules, Strategies of volleyball serving, passing, setting and hitting through instruction, demonstration, drills, and play.

*Min 6/Max 24.*

**Instructor: SMCC Volleyball Coach Lewellen & SMCC Players**

Dates: January 6 & January 13

Days: Fridays

Time: 5:00pm – 7:00pm

Grade 5-8

Location: SPCC Gym

Fee: \$20/\$25NR

**For more info, contact SPCC**



### YOUTH LACROSSE

Come get involved in one of the fastest growing sports in the country! Emphasis will be on individual skill development with game concepts. All players are welcome and will be placed on gender and age appropriate teams (**grades 3/4 together and grades 5/6 together**). These teams will be placed into the Maine Youth Lacrosse League and games will be played in area towns, *so travel is required*.

#### Games & Practices

- Games will be on Saturdays or Sundays morning or early afternoons, starting in early May ending by mid-June.
- Practices will be at Wainwright Fields starting in early April. Teams will practice 1-2 times per week in the evenings. You will be contacted by your coach by late March with more detailed information.
- *NO Games Memorial Day Weekend*

#### Equipment Needs

- Boys need shoulder pads, arm pads, helmet, gloves, mouth piece and stick.
- Girls need a mouth guard, eye guard and stick.

#### Season Details

Grades: 3-6

Dates: April 3 – June 7

Day: Practices on weekday evenings, games on weekends

Time: TBD

Location: Practice at Wainwright, games at Wainwright & nearby towns

Fee: \$85.00



### COACHES NEEDED!

**All coaches must complete a volunteer coach's application and are subject to a criminal background check. Please call 207-767-7650 if interested.**

**Mandatory Coaches Meeting Thursday March 16th  
6pm-7pm SPCC Casco Bay Room**

**Final registration deadline is March 13, 2023. Registrations will only be accepted after this if there is room on a team.**

## 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
<b>All options below include transportation</b>	
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.**

## YOUTH WINTER EQUIPMENT RENTAL PROGRAM

### YOUTH WINTER EQUIPMENT RENTAL PROGRAM

In an effort to promote getting kids outside during the winter months, South Portland Parks, Recreation, and Waterfront will be leasing outdoor equipment (acquired through the Keep ME Healthy Grant) for South Portland youth only during the winter of 2021-2022. Available rental equipment includes snowshoes and/or ice skates, in various youth sizes. **Rentals are good for 5 days then must be returned to the Community Center to allow others to use.** There is no upfront cost to rent the equipment, but instead, a balance will be put on your account (\$75 for snowshoes, \$50 for ice skates). The balance will be removed when the equipment is returned in the same condition it was found.

#### Equipment Use Rules

- Equipment **MUST** be returned within 5 days of when picked up.
- All users will be registered in our online registration system, MyRec. **Must register in person at the Community Center front desk.**
- A \$75.00 balance will be applied to your account for each set of snowshoes. This charge will be removed when the equipment is returned
- A \$50.00 balance will be applied to your account for each set of ice skates. This charge will be removed when the equipment is returned.
- We reserve the right to limit and/or suspend your right to participate in any future South Portland Parks & Recreation programs until the above fee is paid on your account if the equipment is returned damaged or not returned.



## 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](mailto: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 18 years or older).
- Pool staff has the authority and responsibility to refuse service to anyone who poses a danger to themselves or others.
- Patrons who are incontinent or not completely potty-trained must wear properly fitting rubber pants with elastic cuffs or swimming diapers.

### DAILY FEES

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

### 20 Punch Frequent User Passes:

<b>Residents:</b>	Adults- \$60	Child/Senior- \$40
<b>Non-Res:</b>	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

**OPEN SWIM** – Generally, 2 lap lanes are available, but not always! Please check the schedule carefully. Children under 10 must be accompanied and supervised by a swimmer 16 or older. Non-swimming patrons wearing a life-jacket/PFD MUST stay within arms-reach of a parent or guardian at all times.

**ADULT SWIM** – Participants must be at least 18 years old. A few lap lanes are generally available. Some Adult Swims share the pool with aquatic fitness programs, please refer to the schedule.

**ADULT LAP SWIM** – For those 18 years and older (or youth with permission), the pool will have “all lanes in”. Patrons should be aware of the different speeds (marked on cones) and pick a lane that best represents their pace.

**LAP SWIM** – Participants (of any age) must be swimming laps for exercise benefit. Generally, there are 6 lap lanes 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.

**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.

**RENTALS** - Please check out MyRec for pool availability to rent for your gathering. Rentals are available on the weekend during the specific times listed. The Customer Service Desk can assist you as well. Please make your reservation requests online at [www.sopoparksrec.com](http://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](mailto:pmcardle@southportland.org).

## SWIM LESSON REGISTRATION INFORMATION

### WINTER SWIM REGISTRATION DATES (Lessons Jan-Feb)

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

### SPRING SWIM REGISTRATION DATES (Lessons Apr-May)

**Residents ONLINE (or in person) beginning - Monday, March 6 at 7am**  
**NON-Residents ONLINE (or in person) beginning - Thursday, March 9 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 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.**

### 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**

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

### Winter 2023 Session:

**Saturdays, January 7<sup>th</sup> - February 18<sup>th</sup>**  
Time: 9:00-9:45 AM Levels offered: 2 and 4  
Time: 10:00-10:45 AM Levels offered: 1 and 3  
Time: 11:00-11:45 AM Levels offered: 2 and 3

**Sundays, January 8<sup>th</sup> - February 19<sup>th</sup>**  
Time: 10:00-10:45 AM Levels offered: 2 and 4  
Time: 11:00- 11:45 AM Levels offered: 1 and 3  
Time: 1:00- 1:45 PM Levels offered: 2 and 3  
Time: 2:00- 2:45 PM Levels offered: 1, 4 and 5

**Thursdays, January 5<sup>th</sup> - February 16<sup>th</sup>**  
Time: 6:00- 6:45 PM Levels offered: 1, 2, 3, 4 and 5

### Spring 2023 Session:

**Saturdays, April 1<sup>st</sup> - May 13<sup>th</sup>**  
Time: 9:00-9:45 AM Levels offered: 2 and 4  
Time: 10:00-10:45 AM Levels offered: 1 and 3  
Time: 11:00-11:45 AM Levels offered: 2 and 3

**Sundays, April 2<sup>nd</sup> - May 21<sup>st</sup>**  
**(NO class on Easter 4/9)**  
Time: 10:00-10:45 AM Levels offered: 2 and 4  
Time: 11:00- 11:45 AM Levels offered: 1 and 3  
Time: 1:00- 1:45 PM Levels offered: 2 and 3  
Time: 2:00- 2:45 PM Levels offered: 1, 4 and 5

**Thursdays, April 6<sup>th</sup> - May 18<sup>th</sup>**  
Time: 6:00- 6:45 PM Levels offered: 1, 2, 3, 4 and 5

## 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 life-long 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](mailto: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.**

### WINTER SESSION REGISTRATION

Thursday, January 5th for Residents starting at 7:00am  
Friday, January 6th for Non-Residents starting at 7:00am

### WINTER SESSION DETAILS

Dates: January 9th - March 15th (**no program 1/16, 2/20**)  
Day: Mondays and Wednesdays  
Time: 6:00pm - 6:55pm  
Fee: \$110/\$120 NR (**includes program shirt!**)  
**Max: 40 kids**

### Evaluation & Placement Session

Date: Wednesday, January 4  
Time: 6:00pm  
Location: SPCC Pool

### SPRING SESSION REGISTRATION

Thursday, March 23rd for Residents starting at 7:00am  
Friday, March 24th for Non-Residents starting at 7:00am

### SPRING SESSION DETAILS

Dates: March 27th - May 24th (**no program 4/17**)  
Day: Mondays and Wednesdays  
Time: 6:00pm - 6:55pm  
Fee: \$110/\$120 NR (**includes program shirt!**)  
**Max: 40 kids**

### Evaluation & Placement Session

Date: Wednesday, March 22  
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](mailto: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.**

### WINTER SESSION REGISTRATION

Thursday, January 5th for Residents starting at 7:00am  
Friday, January 6th for Non-Residents starting at 7:00am

### WINTER SESSION DETAILS

Dates: January 9 - March 1 (**no program 1/16, 2/20**)  
Day: Mondays and Wednesdays  
Time: 7:00 - 7:55pm  
Fee: \$110/\$120 NR (**includes program shirt!**)  
**Max: 20 kids**

### Evaluation & Placement Session

Date: Wednesday, January 4  
Time: 6:00pm  
Location: SPCC Pool

### SPRING SESSION REGISTRATION

Thursday, March 23rd for Residents starting at 7:00am  
Friday, March 24th for Non-Residents starting at 7:00am

### SPRING SESSION DETAILS

Dates: March 27th - May 24th (**no program 4/17**)  
Day: Mondays and Wednesdays  
Time: 7:00 - 7:55pm  
Fee: \$110/\$120 NR (**includes program shirt!**)  
**Max: 20 kids**

### Evaluation & Placement Session

Date: Wednesday, March 22  
Time: 6:00pm  
Location: SPCC Pool

# PRESCHOOL SWIM INFORMATION

## Preschool Aquatics Program Information

### 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 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)

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.**

#### Dates:

2023 Winter Session: January 3rd –February 19th

2023 Spring Session: April 1st– May 21st (there are no Sunday classes on Easter 4/9)

Ages: 3-5

Location: SPCC Pool

Fee: \$60/\$70 NR



#### Time

#### Level

#### Saturdays

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

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

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

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

#### Thursdays

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

## FAMILY SWIM LESSONS (formerly Parent & Child” lessons)

### For Babies and Toddlers—2 different levels, please read the descriptions

These 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 children.

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

### WINTER/SPRING SESSIONS 2023

Date	Days	Times	Ages
1/5 - 2/16	Thursdays	9:00 - 9:30am	Parent & Child for BABIES (9mo-18mo)
1/7 - 2/18	Saturdays	9:00 - 9:30am	Parent & Child for BABIES (9mo-18mo)
1/8 - 2/19	Sundays	2:00 - 2:30pm	Parent & Child for BABIES (9mo-18mo)
<hr/>			
4/1 - 5/13	Saturdays	9:30 - 10:00am	Parent & Child for TODDLERS (18mo-3yrs)
4/2 - 5/21	Sundays	2:30 - 3:00pm	Parent & Child for TODDLERS (18mo-3yrs) ( <b>No lesson 4/9</b> )
4/6 - 5/18	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 highschool’s SMAA, and multiple time Class A Diving Coach of the Year.

**Instructor: Aquatics Staff**

Dates: April 4 - May 16

Day: Tuesdays

Time: 6:00pm - 7:00pm

Grades: 6-12

Location: SPCC Pool

Fee: \$60/\$70 NR





## AMERICAN RED CROSS LIFEGUARDING CLASS

Register today for an American Red Cross Lifeguard Course to learn lifesaving skills to help keep people safe in, on and around the water. Skills taught 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.



**American  
Red Cross**

**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

### Dates

Friday, March 3rd  
Saturday, March 4th  
Sunday, March 5th

### Time

5:00pm - 9:00pm  
8:00am - 4:00pm  
8:00am - 4:00pm

## ADULT SWIM PROGRAMS

### STROKE REFINEMENT CLINIC

We are excited to offer a Winter/Spring 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

#### Winter Session

Weekend EARLY EVENING  
Weekday MORNING  
Weekday EVENING

#### Dates

Sundays, 1/8 - 2/19  
Tuesdays, 1/3 - 2/14  
Thursdays, 1/5 - 2/16

#### Time

5:00pm - 5:45pm  
8:00am - 8:45am  
8:00pm - 8:45pm

#### Spring Session

Weekend EARLY EVENING  
Weekday MORNING  
Weekday EVENING

#### Dates

Sundays, 4/2 - 5/21\*  
Tuesdays, 4/4 - 5/16  
Thursdays, 4/6 - 5/18

#### Time

5:00pm - 5:45pm \*No class on Easter 4/9  
8:00am - 8:45am  
8:00pm - 8:45pm

### BEGINNER ADULT SWIM LESSONS

We are pleased to offer an exclusive Beginner Swim Lessons for adults (14+). 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 12*

**Instructor:** Aquatics Staff

Dates: Sundays

Time: 4-4:30pm OR 4:30-5pm

Location: SPCC Pool

Fee: \$60/\$70 NR

#### Winter Session

**Jan 8 –Feb 19**

Group 1 4:00pm - 4:30pm  
Group 2 4:30pm - 5:00pm

#### Spring Session \*closed for Easter

**Apr 2 –May 21**

Group 1 4:00pm - 4:30pm  
Group 2 4:30pm - 5:00pm

## PARKS PROGRAMS

### **NEW! WILDLIFE & ECOLOGY LECTURE SERIES**

Join us each month at the South Portland Public Library for a nature talk presented by our park ranger. Each month will feature a different ecological-themed topic and give a closer look at the nature all around us here in South Portland.

**Instructor: Park Ranger**

Time: 6:30pm-7:30pm

Ages: all ages

Location: South Portland Public Library

Fee: FREE (no registration required)

**Staff Coordinator: Sydney Raftery**

Lecture Topics	Date
Stars and Constellations	12/14
Intro to Nature Journaling	1/11
The History of Parks and Environmentalism	2/8
Trees & Forests	3/8
Intro to Birding	4/12

### **NATURE STORY TIME**

The Park Rangers are partnering with the South Portland Public Library to bring nature stories to you this winter! Programs will be once each month, on Fridays. Each story time we will explore a different local animal, reading stories, singing songs, and playing games that relate to that animal.

**Instructor: The Librarians and Park Rangers**

Location: South Portland Public Library

Fee: FREE (no registration required)

**Staff Coordinator: Sydney Raftery**

**Ages 2-5**

Time: 10:30am - 11:00am

**Ages 6-12**

Time: 3:30pm - 4:30pm

Topic	Date
Bears	1/20
Whales	2/24
Raccoons	3/24
Foxes (Special Earth Week Program)	4/21

### **EARTH WEEK GEOCACHING**

To celebrate Earth Week, we will be bringing back geocaching in the South Portland Parks. Keep an eye on our Facebook page as we will post the coordinates of the caches on April 16<sup>th</sup>. Participants will have one week to find as many of them as they can. Each cache that you find will count as one entry for the grand prize!

**Instructor: Sydney Raftery**

Dates: April 16-22

Time: anytime

Age: all ages

Location: South Portland Parks

Fee: FREE (no registration required)

**Staff Coordinator: Sydney Raftery**



### **EARTH WEEK CRAFTS**

The Earth is full of things that inspire us. Meet at the community center to create crafts celebrating this wonderful Earth that we live on! This is a walk-up program, so you can come anytime to create your crafts.

Date: Thursday, April 20

Time: 10:00am-1:00pm

Location: Hinckley Park

Ages: 2-12

Fee: FREE (no registration required)

**Staff Coordinator: Sydney Raftery**

### **EARTH WEEK CLEANUP**

This Earth Week, join us for our 3<sup>rd</sup> annual Earth Week Cleanup! Volunteers will be removing harmful invasive plants at Hinckley Park in order to clear space for native plants to grow. Cleanup gear will be provided, but be sure to dress for the weather and bring plenty of water. Feel free to bring your own gloves or pruners if you have them.

Date: Friday, April 21<sup>st</sup>

Time: 10:00am-12:00pm

Location: Hinckley Park

Fee: FREE (no registration required)

**Staff Coordinator: Kristina Ertzner**



# December Family Events

SAVE  
THE  
DATE

## Lighting of the Trees

Mill Creek Park  
December 2 | 4:30-7pm

## Breakfast with Santa

Join Santa for a hearty breakfast served up by the Volunteers in Police Service.

**When:** December 10, 8-10am

**Where:** South Portland Community Center- Casco Bay Room

**Cost:**

\$10/ person, children  
under 3 are free

## Gingerbread House Decorating

NEW

We'll bring all the decorating supplies, hot cocoa, and even take care of the mess.

**When:** December 17, 3-5pm

**Where:** South Portland Community Center- Casco Bay Room

**Cost**

Residents: \$20  
Non-Residents: \$25

## North Pole Calling

We've got exclusive access to get your kids a conversation with Santa himself.

**When:**

Pre-K: December 12

Kindergarten: December 14

1st & 2nd Grade: December 15

5-7pm

**Cost**

Free, residents only

## Drop & Shop

NEW

Whether it's last minute shopping, wrapping, or just taking a breather, we've got your childcare covered.

**When:** December 21, 4:30-8pm

**Where:** South Portland Community Center

**Cost**

Residents: \$25  
Non-Residents: \$35



## FAMILY & SPECIAL EVENTS

### FAMILY TRIVIA NIGHT

Family Trivia Night returns this winter with a different theme each month. Don't miss this fun chance to put your family's knowledge to the test with opportunities to win prizes! Pizza and drinks are included for up to four family members. *Min 20/Max 60*

Dates	Theme
January 26	Winter Disney
February 23	Something Red
March 30	Lucky Charms
April 27	Spring Blooms

Day: Thursdays

Times: 5:30pm – 7:30pm (*Pizza served at 5:30, Trivia starts at 6*)

Ages: Fun for the whole family!

Location: SPCC

Fee: \$25/\$35NR per family of 4, \$5 for additional family members

Staff Coordinator: Jenna Martyn-Fisher

### KIDS ICE FISHING DERBY

Come out for our 8th annual Kids Ice Fishing Derby at Hinckley Park! Participants are responsible for supplying their own traps and bait (limit 2 per child). Prizes are donated by Cabelas. *Min 20/Max 40*

Day: Saturday, February 18th (Rain date: Feb. 25th)

Time: 7:00am – 10:30am (*Prizes at 10am*)

Ages: 5-14

Location: Hinckley Park Ponds

Fee: \$12.00

Staff Coordinator: Jenna Martyn-Fisher



### 20TH ANNUAL FATHER DAUGHTER DANCE

Join us on this special night planned for girls with their fathers, grandfathers, uncles, and special family friends. Be part of this magical evening of dancing, fun activities, and good times. Light refreshments will be served and music for all ages will be provided.

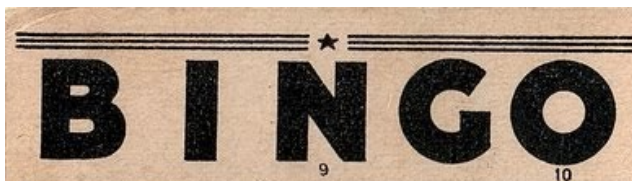
Day: Saturday, March 11

Time: 6:00pm – 8:00pm

Location: SPCC

Fee: \$14/\$24NR (*includes one adult per child registered*)

Staff Coordinator: Jenna Martyn-Fisher



### FAMILY BINGO NIGHT

Family Bingo Night returns this winter! Don't miss this fun chance for a night of family fun with many opportunities to win prizes! Pizza and drinks are included for up to four family members. *Min 20/Max 60*

Day: Thursdays,

January 12

February 9

March 9

April 13

Times: 5:30pm – 7:30pm (*Pizza served at 5:30, Bingo starts at 6*)

Ages: Fun for the whole family!

Location: SPCC

Fee: \$25/\$35NR per family of 4, \$5 for additional family members

Staff Coordinator: Jenna Martyn-Fisher

## STAFF SPOTLIGHT - *Jordan O'Donal*

**What does your job entail with South Portland Parks, Recreation & Waterfront?** I supervise and run the Teen Center at Redbank and in the summer I run the middle school summer camp.

**How did you get started in this field?** I went to Portland Rec when I was a kid and when I got older one of my old counselors told me I should get a job with Rec. So I got hired as a summer camp counselor and after I graduated college I went full time.

**What do you like most about your job?** I like working with different age groups in different sports settings and having a job that keeps you active.

**What do you like most about South Portland?** I like that there's so many different things to do for fun or just hanging with friends.

**What is your favorite park in South Portland?** I like going to Bug Light. I like being near the ocean and water so that's always a fun time.

**What do you do for fun?** I play in a few different sports leagues like Bowling and Skee Ball, plus I golf and try to do other sporty things when I find them.

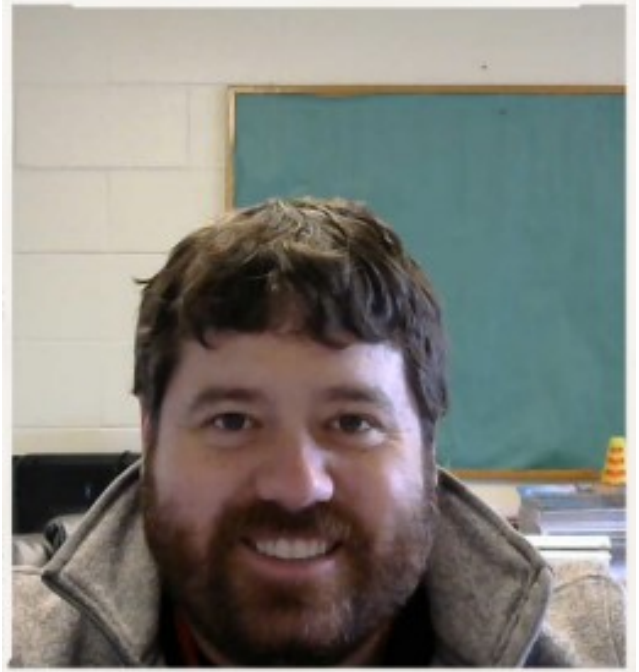
**What is your favorite restaurant?** I don't really have one favorite, I rotate a few places like The Club at Riverside or Bruno's. They are great.

**What is on your song list now?** I don't really have a song list now. I listen to a lot of the music I grew up with and I'm usually all over the place with different genres. One second it can be rap to country music to something completely random.

**What is your favorite hobby?** Bowling or Golfing

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

**question?** [Jodonal@southportland.org](mailto:Jodonal@southportland.org) or the Redbank number at 207-347-4145



## COMMUNITY CONNECTIONS

### South Portland Little League- Baseball and Softball

We are happy to announce that 2023 registration for all South Portland Little League divisions, Baseball, Softball, and Challenger will open on February 15, 2023. Little League starts at player age 4, and more information will be posted at [www.southportlandlittleleague.com/](http://www.southportlandlittleleague.com/), along with registration details. Depending on age and division, the season will begin in April or May of 2023. Further information about clinics prior to the season will also be posted.

If you have questions about registration or are a new player or South Portland resident, and would like to be added to the email distribution list, please contact Registration Chair, Jon Hartford at [JonHartford@gmail.com](mailto:JonHartford@gmail.com). Any additional questions, please contact League President, Jana Grant, at [JanaGrant1013@gmail.com](mailto:JanaGrant1013@gmail.com). All information is also posted to our Facebook page: <https://www.facebook.com/SouthPortlandLittleLeague>, please join us!



### SoPo Hoops

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](https://facebook.com/sopohoops)  
[instagram.com/sopohoops](https://instagram.com/sopohoops)  
[sopohoops.com](http://sopohoops.com)



## EMPLOYMENT OPPORTUNITIES

### Kids Club Before & After School Counselor

We are seeking dependable, mature, flexible role models to lead activities and supervise children grades K-5. Experience working with elementary children a plus!

- Shifts: 7-9am & 3-6pm M-F. Very flexible on the number of shifts per week!
- Rate: \$14/hr and based on experience.
- Apply: Contact Kari Filieo 207-767-7650  
kfilieo@southportland.org

### Teen Center Program Assistant

We are seeking a warm, considerate, dependable person with a positive sense of humor and strong work ethic to help create a safe, relaxed, fun atmosphere for Teens.

- Shifts: 2:30-6:15pm (17-19hrs/week, increases during school vacation weeks)
- Rate: \$16.15- \$18.41/hr based on experience
- Apply: Visit the [City Job Board](#) for full details.



## THANK YOU VOLUNTEERS

Linda Fearon

Judy Simpson

Helen Walsh

Lee Anne Dodge

**Sopo Unite**  
Sarah Jorgensen

Tara Kay Pelletier

**Locker Project**  
Courtney Bowers

### Youth Soccer Coaches

Sarah Sturges  
Andrew Diehl  
David Faulk  
Parlin Meyer  
Rachel Greaton  
Shawn Norton

Babek Aliyev  
Breanna Brown  
Adam Soule  
Joe Chateaufneuf  
Mike Davidov  
Abby Keenan

Curtis Chapin  
Lauren Skoczinski  
Bethany Blake  
Lee Goldberg  
Ryan Mcmillen  
David Mason

Ryan Facey  
Jen Alward  
Patrick Matheson



We would like to extend a special thank you to the following seniors for their help during our Open House of the new Senior Drop In Center! We couldn't have done it without you!

Jeanne Brown  
Linda Fearon  
Carol Ferron  
Cally Field  
Kathleen Gross

Larry Gross  
Nancy Kilbride  
Janet Kimbel  
Nancy Lestage  
Dorothy Marecaux

Suzanne Mercier  
Miriam Otis  
Jeannine Rainville  
Robert Rainville  
Virginia Sfent

Judy Simpson  
Beverly Sowerby  
Rita Thompson  
Carol Wick