

South Portland Municipal Pool Schedule Feb 27th- March 31st, 2023

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

Please stop by and visit us at
21 Nelson Road 767-7650
Or check us out online at:
www.sopoparksrec.com

Daily Fees:

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	CLOSED	CLOSED
7 AM	Lap Swim + Deep Water Aerobics	Lap Swim + Hydro Fitness	Lap Swim + Deep Water Aerobics	Lap Swim + Hydro Fitness	Lap Swim + Deep Water Aerobics		
8 AM	Shallow Water Aerobics (no laps available)	Lap Swim + J.A.M.	Shallow Water Aerobics (no laps available)	Lap Swim + J.A.M.	Shallow Water Aerobics (no laps available)		
9 AM	Open Swim w/ laps 9-11am	Open Swim w/ laps	Open Swim w/ laps 9-11am	Open Swim w/ laps 9-10am	Open Swim w/ laps 9-10am	Lap Swim 9-11am	Lap Swim 10-12pm
10 AM		Scarborough Schools (closed to public)		SPHS Swim Club & Open Swim (NO laps)	SPHS Swim Club & Open Swim (NO laps)		
11 AM	Senior Swim 11-12pm	Senior Swim 11-12pm	Senior Swim 11-12pm	Senior Swim 11-12pm	Senior Swim 11-12pm	Open Swim w/ diving board NO laps 11am-1pm	Open Swim w/ lap lanes + diving board 12-2pm
12 pm	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	RENTAL 1-2pm	
1 PM						RENTAL 2-3pm	Open Swim w/ diving board NO laps 2-4pm
2 PM							
3 PM	SPMS Swim Team 3-4:30pm	SPMS Swim Team 3-4:30pm	SPMS Swim Team 3-4:30pm	SPMS Swim Team 3-4:30pm	SPMS Swim Meet 3-6pm	ABF 3-4:30	Adult Open Swim w/ 3 lap lanes 4-6pm
4 PM							
5 PM	ABF 4:30-6pm (Closed to public)	ABF 4:30-6pm (Closed to public)	ABF 4:30-6pm (Closed to public)	ABF 4:30-6pm (Closed to public)		Maintenance 6-7 pm Pool CLOSED	CLOSED
6 PM	RipTide Swim Club	Open Swim Diving Board + laps	Rip Tide Swim Club	Open Swim Diving Board + laps			
7 PM	Deep Water Aero & 2-3 laps (ends 3/20)	Shallow Water Aero + 2-3 laps	Deep Water Aero & 2-3 Laps (ends 3/22)	Shallow Water Aero + 2-3 laps	Open Swim Diving Board + 2-3 laps		
8 PM	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	CLOSED	

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

Pool Party Rentals

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

Spring Swim Lessons Information

Lessons begin in April and run through May (ending before Memorial Day weekend)

Registration Dates are as follows...

- **Mon 3/6 for residents** at 7am online or in-person at the desk
- **Thurs 3/9 for non-residents** at 7am online or in-person at the desk

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

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

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

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

Frequent User Pass for 20 swims:

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

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