

Programs & Activity Guide

SOUTH PORTLAND

PARKS, RECREATION, AND
WATERFRONT

Fall 2023



www.sopoparksrec.com | 207-767-7650

Registration Dates

Recreation Programs

Residents: August 14, 2023

Non-Residents: August 17, 2023

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

INDEX

LOCATIONS & HOURS OF OPERATION.....	2
FACILITY RENTAL INFORMATION.....	2
GENERAL POLICIES & REGISTRATION INFORMATION	3
FREQUENT USER PASSES & ITEMS FOR SALE.....	4
SKATEPARK	4
WALKING TRACK INFORMATION	5
SCHOLARSHIP INFORMATION	
Nathan Savage Youth Program Scholarship	5
Community Fund	5
SENIOR PROGRAMS	
Senior Drop-in Center & Programs	6-10
Senior Trips	11-14
ADULT PROGRAMS	
Adult Open Gyms	15
Adult Sports Leagues	15
Adult Programs	16-20
OUT OF SCHOOL PROGRAMS	
No School Days	20
Vacation Camp	20
YOUTH PROGRAMS	
Lost Valley Ski Programs	21
Redbank Teen Center.....	22
Youth Programs	22-29
Rec Basketball	30
POOL PROGRAMS	
Pool Update.....	31
General Pool Information	32-33
PARKS PROGRAMS.....	34-35
FAMILY & SPECIAL EVENTS	
Special Events.....	36
GOLF COURSE	37
STAFF SPOTLIGHT	
Breese Reagle	38
COMMUNITY CONNECTIONS	38
THANK YOU SPONSORS	Back Cover
THANK YOU VOLUNTEERS.....	Back Cover

STAFF DIRECTORY

Karl Coughlin, Director

kcoughlin@southportland.org

Anthony Johnson, Deputy Director

ajohnson@southportland.org

John “Linky” Erskine, Parks Operations Manager

jerskin@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

Breese Reagle, Youth Programs Coordinator

jreagle@southportland.org

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

mb Blanchard@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

LOCATIONS & HOURS OF OPERATION

SOUTH PORTLAND COMMUNITY CENTER

Address: 21 Nelson Rd

Telephone: 207-767-7650

Hours of Operation Beginning September 5

Monday – Friday – 6:00am – 9:00pm

Saturdays – 8:00am – 5:00pm

Sundays – 10:00am – 6:00pm

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 programming

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

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”

ONLINE: 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. 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

Pool Party Rentals - The pool is available to rent on Saturdays only from 1-2pm or 2-3pm*.

*Pool roof is currently under construction through October

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

Rick Perruzzi, Recreation Manager

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

Parks (includes requests for outdoor weddings)

Kristina Ertzner, Conservation Manager

207-767-7670 ext. 7811 kertzner@southportland.org

For Facility Rental Rates – visit our website, www.sopoparksrec.com and view the rates under the “Facilities” tab.

GENERAL POLICIES & REGISTRATION INFORMATION

REGISTRATION: Pre-registration and pre-payment are required for all classes and leagues. We accept Discover, Visa, and Mastercard. Checks should be made payable to City of South Portland. *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

September 4 (Labor Day)
October 9 (Indigenous People's Day)
November 10 (Veteran's Day Observed)
November 23 (Thanksgiving)
November 24 (Day after Thanksgiving)
December 25 (Christmas)

SPCC CLOSED

August 19-September 4 (Annual Cleaning)

REDBANK CLOSED

August 12-20 (Annual Cleaning)

2023 FALL BROCHURE REGISTRATION DATES

Rec Programs: Residents**August 14**

Rec Programs: Non-Residents.....**August 17**

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

Due to pool roof construction, pool programs and registration dates will be announced later in the fall.

FOR SALE AT SOUTH PORTLAND COMMUNITY CENTER

Frequent User Passes (FUP) have 20 punches and are a great way to save money on your trips to the community center. These passes are available for purchase at the front desk only.

Passes	Resident	Non-Resident
Pool Youth FUP (up to age 17)	\$50	\$70
Pool Adult FUP (ages 18-59)	\$70	\$90
Pool Senior FUP (ages 60+)	\$50	\$70
Open Gym (includes pickleball, basketball, volleyball)	\$50	\$70

We also offer a military rate at \$1/drop-in for open gyms and swims. Must show military ID.

To assist with your community center needs, we have several items available for purchase at our front desk.



Item	Fee
Lap Counter for track walkers	\$5
Bathing Cap	\$13
Aquatic Belt	\$35
Goggles	\$13
Padlock for locker	\$4



SOUTH PORTLAND SKATEPARK



Park Location:

Across from the South Portland Community Center at 21 Nelson Rd.

Hours of Operation:

Dawn to dusk

Thanks to everyone who supported this project. We hope the community will enjoy this park for years to come.

Skateboard lessons for youth are available this fall! View full details on page 24.

WALKING TRACK INFORMATION

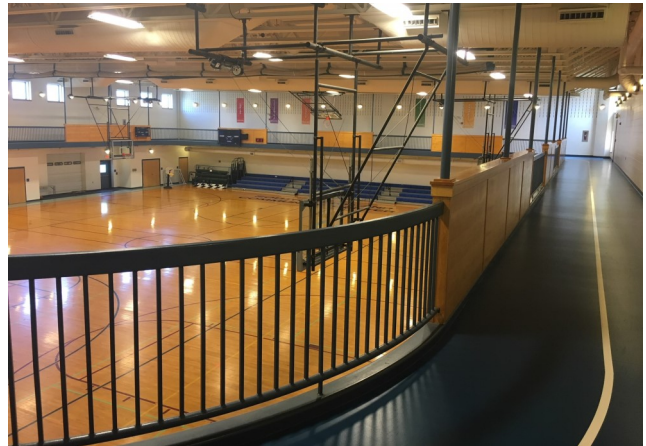
The walking track is located above the gymnasium at the South Portland Community Center. If the Community Center is open, the track is available for your use. Occasionally, there are times that the track may be closed to the public. We will provide as much advance notice as possible when this occurs. 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 under the "General Info" tab.

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



SOUTH PORTLAND COMMUNITY SCHOLARSHIP FUND

We have created this fund to allow the public the ability to make donations to our department. These donations will be used to help those youth, adults and seniors with program related costs, such as registration fees, equipment and more. You may donate any amount that you would like. To make a donation, please visit our website (www.sopoparksrec.com) and search "Donation Opportunities" under the Programs Tab. We appreciate your generosity as every little bit helps.



SENIOR DROP-IN CENTER

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 visit 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**

Tea Time & Talk, May 2023



SCHEDULED SENIOR DROP-IN CENTER ACTIVITIES

MONDAYS:

9:00-11:30am: Tech Help Time with Jae

9:00am-12:00pm: Drop-in Bridge

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

12:30-3:00pm: Bingo & Birthdays- Last Monday of each month (None in December)

TUESDAYS:

9:30-11:30am: Board Games

11:00am-2:00pm: Cards

12:00-3:00pm: Mah Jongg

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

WEDNESDAYS:

9:00-11:00am: Mexican Train Dominos

9:00-11:30am: Tech Help Time with Jae

10:30am-12:00pm: Word Games

12:30-2:30pm: Mexican Train Dominos

THURSDAYS:

9:00am-12:00pm: Create & Chat

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

FRIDAYS:

9:00am-11:00am: Mah Jongg

9:00am-12:00pm: Cards

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

CALL FOR ARTISTS OF THE MONTH

Here is an opportunity to display your art at the SPCC Senior Drop-In Center! We are accepting drawings, paintings, photography, fabric art and mixed media flat works from a different senior artist each month beginning in mid-October. Display equipment will be provided. To be considered for this opportunity, request an application from Jae Casella at the Senior Drop-In Center, or by email: jcasella@southportland.org

Dates: Solo display begins on the 15th of each month

Location: SPCC Senior Drop in Center

Fee: FREE *Open to all seniors with priority given to South Portland residents.*

Staff Contact: Jae Casella, Senior Program Assistant, Senior Drop-in Center

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. *Min 5/Max 24*

Presenter: Sydney Raftery, Park Ranger

Time: Wednesdays, 9:30am– 10:30am

Location: SPCC Senior Drop-in Center

Fee: FREE (Registration Required)

Staff Coordinator: Karla Doyon

Sept. 13: Beginner's Guide to Boat Watching

Join Park Ranger Sean to discover valuable boat watching resources, while learning all about the various container ships, cruise liners, and other vessels that ply the waters of South Portland.

Oct. 18: Bats Unmasked

Explore the ecological importance and natural history of bats. Then learn all about the bats that call South Portland home.

Nov. 15: Nature's Narratives

The enchanting world of Botanical Folktales. Join us to hear several plant-based folktales from around the world.

Dec. 13: Winter Wonders

How does winter work? Find out during this program on the science, ecology and folklore of the season.



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 and you must attend all four classes. NEW students only, you may not repeat if you have taken this class previously. **Fee includes your 2023 card and fee is non-refundable.** *Min 4/Max 4*

Instructor: Volunteer & Experienced Mah Jongg player Judy Simpson

Dates: September 18, 20, 25 & 27

Time: 9:00am– 12:00pm for all dates

Location: Senior Drop in Center

Fee: \$15.00

Staff Coordinator: Karla Doyon

PSEUDO BOOK CLUB

Join us for a less structured, more relaxed book club where we pick a genre for the month as well as our own books. Look at the genre of the month, read a book – any book you want from that genre. On the last Wednesday of the month we will get together, compare, and discuss all the different books each of us has read, what we liked, did not like, and just share and enjoy. Light refreshments provided. *Min 4/Max 24*

Time: 9:00-10:30am

Location: SPCC Senior Drop-in Center

Fee: FREE

Staff Coordinator: Karla Doyon

Dates:

September 27: Historical Fiction

October 25: True Crime

November 29: War Novels

December 27: Memoirs

AGE FRIENDLY & SPCC SENIOR PROGRAM RESOURCE FAIR

At this fair, you will find lots of useful information and resources. There will also be raffles and giveaways. Come check out a wide variety of more than 40 vendors and service providers that focus on healthy aging, wellness & activity, home safety, mobility and balance. Additionally, you will be able to try out some of the free and inexpensive activities that the SPCC Senior Program offers and have a tour of the Senior Drop in Center.

Min 10/Max 300

Date: Friday, September 22

Time: 9:00am-12:00pm

Location: SPCC Gym, Casco Bay Room & Senior Drop-in Center

Fee: FREE (Registration Required for headcount purposes)

Staff Coordinator: Karla Doyon

TEAM TRIVIA GAME: The Fabulous 50's & Sizzling 60's

Working as a team you will discuss and answer questions pertaining to 1950's and 1960's life including books, food, movies, music, sports, television, etc. All questions are multiple choice and you will have time to discuss each question prior to providing a team answer. We rotate participants each week, so you will also have the opportunity to meet and play with different teammates. Team Prizes and snacks! Exciting team trivia game bringing back many memories! *Min 12/Max 24*

Instructor: Jim Markan

Jim has led similar sessions for hundreds of participants in both Massachusetts and Maine.

Dates: Tuesdays, Oct. 10, 17, 24 & 31 and Nov. 7 & 14 (Must be here for all 6 sessions)

Time: 9:30-10:45am

Location: SPCC Senior Drop In Center

Fee: FREE (Registration Required)

Staff Coordinator: Karla Doyon

SENIOR PROGRAMS

FOOTBALL 101

Kick-Off into football season by learning more about it! Put on your favorite football jersey and join us! Do you avoid watching football because you don't understand it? Mike Bailey, high school coach for over 40 years, will explain all the rules and how to be better informed when watching the game. Following the talk, there will be plenty of time for questions. We will have some football themed refreshments as well! *Min 10/Max 24*

Instructor: Mike Bailey

Mike Bailey was Head Football Coach at Portland High for 26 years. Prior to serving as head Coach, he was PHS Assistant Coach for 4 years. Mike has also assistant coached at Westbrook High School, South Portland High School and Scarborough High School for an additional 12 years. He was Maine High School Football Coach of the Year in 2001 and his team won the Maine State Championship in 2002. He also holds the title of winningest coach in Portland High's history and winningest coach in Portland/Deering's Thanksgiving Day Classic.

Date: Wednesday, September 6
Time: 9:30-11:30am
Location: SPCC Casco Bay Room
Fee: \$6.00

Staff Coordinator: Karla Doyon

THANK A VETERAN/MEET A VETERAN

A morning of thanking. We will have entertainment as well as coffee/tea and brunch like treats. Come thank our Vets for their service. If you were a Vet, we would love to hear about your service story and would like to meet you! You must register! *Min 5/Max 50*

Date: Thursday, November 9
Time: 9:30-11:30am
Fee: \$9 – Free for Veterans ONLY (must show ID)
Location: SPCC Senior Drop-in Center

Staff Coordinator: Karla Doyon



PUZZLE PALOOZA

Begin the first day of winter with some fun! Join us in the Senior Drop in Center for a puzzle-making contest. Come with a team of up to 4 to finish a 500 piece puzzle. If you do not have a team, we will get you on one! Compete with other teams to be the first team to finish and win a gift card prize. Puzzles and snacks provided. All teams will take home the puzzle. Each person on the 4 person team MUST REGISTER and pay the \$3.00 fee. *Min 8/Max 24*

Date: Thursday, December 21
Time: 9:00am-12:00pm
Fee: \$3.00 (Registration Required)
Location: SPCC Senior Drop-in Center
Staff Coordinator: Karla Doyon

FALL HARVEST GATHERING

Let us sip, savor and celebrate autumn! Come gather with us and our friends from Cape Elizabeth & Falmouth recreation for a harvest-inspired meal. Along with the meal, there will be a presentation and of course a few games with prizes! Think fall inspired food, desserts, drinks and more! You must register. Please do not just show up Registration deadline is 1 week before the meal. *Min 15/Max 25*

Date: Tuesday, October 17
Time: 12:00-2:00pm
Location: SPCC Casco Bay Room
Fee: \$17.00/\$27.00NR
Staff Coordinator: Karla Doyon

HOLIDAY HAPPINESS MEAL

Come on and get happy! Put all your worries and stress aside, from the holiday madness, and join us as we again welcome friends from Cape Elizabeth & Falmouth to enjoy a holiday meal together. Chase the winter blues away with this fun time with friends. We will be offering lots of food, fun, games with prizes and entertainment! You must register. Please do not just show up. Registration deadline is 1 week before meal. *Min 15/Max 25*

Date: Tuesday, December 19
Time: 12:00-2:00pm
Location: SPCC Casco Bay Room
Fee: \$20/\$30NR
Staff Coordinator: Karla Doyon

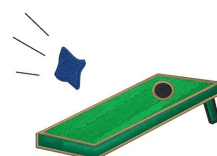


Holiday Meal 2022

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 September through December (No cornhole Nov. 10 & 24 and Dec. 29)
Time: 1:45 - 3:15pm
Location: SPCC Gym
Fee: FREE
Staff Coordinator: Karla Doyon



SENIOR PROGRAMS

JOG YOUR MEMORY

Join us for our workshop to learn about the curious, anti-aging effects of exercise on the brain. Participants will learn about recent research on the topic and how to use exercise to improve your brain health. Minimum class size must be met or class will not run. *Min 5 /Max 24*

Instructor: Jason A'Dour PT, DPT, Physical Therapist, President, Owner Maine Strong Balance Center

Date: Tuesday, September 26

Time: 10:00-11:00am

Location: Senior Drop in Center

Fee: FREE (*Registration Required*)

Staff Coordinator: Karla Doyon

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

Dates: Thursdays, October 5, 12, 19 & 26

Time: 10:00-11:00am

Location: SPCC Senior Drop In Center

Fee: FREE (*Registration Required*)

Staff Coordinator: Karla Doyon

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.

COLOR YOURSELF HAPPY WITH ENERGY ART FOR SENIORS & RETURNING STUDENTS

Color Yourself Happy with Energy Art! Part art. Part mindfulness. All joy! Come try Energy Art, the visual equivalent of journaling. Using pastels and paper, you will color and blend to express thoughts on paper. Susan Tompkins will lead guided meditations as you create. Do not worry; no previous art experience is required! Learning Energy Art can help you feel grounded, reduce stress, and live in the present moment. All materials are provided. Returning students will discover new offerings! *Min 4/Max 24*

Instructor: Susan Tompkins

Susan Tompkins is a life coach and owner of 3C Clarity, LLC, a coaching business that helps people live their best life through energy work. Inspired by Maine's woods and waters, Tompkins conducts 1:1 coaching sessions, women's circles, and employee sessions.

Date: Tuesday, September 12

Time: 10:00 - 11:30am

Location: SPCC Senior Drop-in Center

Fee: \$30/\$40NR

Staff Coordinator: Karla Doyon



SENIOR PROGRAMS

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 15*

Instructor: Michael Elliott – 49-year practitioner

Time: 1:00- 2:00pm

Location: SPCC Multi-purpose Room

Fee: \$14/month, \$8 Drop-in

Staff Coordinator: Karla Doyon

Tuesdays on the following dates:

September 12 & 26

October 10 & 24

November 7 & 21

December 5 & 19

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: 12:30 - 1:15pm

Location: SPCC Multi-Purpose Room

Staff Coordinator: Karla Doyon

Session	Dates	Fee
September	9/7, 9/14, 9/21 & 9/28	\$28/\$38NR
October	10/5, 10/12 & 10/26	\$21/\$31NR
November	11/9 & 11/30	\$14/\$24NR
December	12/7 & 12/14	\$14/\$24NR

***Drop-In Fee is \$8.00 per class**

STEP INTO FITNESS

Step into fitness! Some LIGHT cardio mixed with weights and core and ending with some great stretches. Class must meet the minimum required or class will be canceled. *Min 4/Max 20*

Instructor: Lynn Steward

Days: Thursdays

Time: 11:30am - 12:15pm

Location: SPCC Multi-Purpose Room

Staff Coordinator: Karla Doyon

Session	Dates	Fee
September	9/7, 9/14, 9/21 & 9/28	\$28/\$38NR
October	10/5, 10/12 & 10/26	\$21/\$31NR
November	11/9 & 11/30	\$14/\$24NR
December	12/7 & 12/14	\$14/\$24NR

***Drop-In Fee is \$8.00 per class**

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. This class encourages masks, but they are not required. Bring water! *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!*

Dates: Fridays, Sept. 29, Oct. 27, Nov. 17 & Dec. 1 & 29

Time: 12:00-1:00pm

Location: Senior Drop in Center

Fee: FREE (MUST REGISTER – LIMITED SPACE!)

Staff Coordinator: Karla Doyon



SENIOR TRIPS

YOU MADE ME LOVE YOU: The Judy Garland Story at Footlights Theatre

Experience this hit musical starring Jennine Cannizzo as Judy Garland with Charlie Grindle on piano! In this cabaret-style tribute, this one-woman tour de force is a loving and affectionate portrait of legendary singer and actress Judy Garland. A tragic figure of entertainment who glittered on the outside and recoiled on the inside, our spotlight shines on Judy Garland's musical and personal life through a potpourri of reminiscences, performances of Garland standards, photographs, and video clips of Garland herself - take yourself down the yellow brick road of her incredible life. *Min 10 /Max 13*

Date: Thursday, September 14

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

Location: Falmouth, ME

Fee: \$25.00/\$35.00 NR

Staff Coordinator: Karla Doyon



TOOTSIE @ THE OGUNQUIT PLAYHOUSE

Some call it “musical comedy heaven” (Rolling Stone). Others call it “the most uproarious new musical in years” (Hollywood Reporter). We call it *Tootsie*, a Tony Award-winning laugh-out-loud love letter to musical theatre. The celebrated 1982 film is adapted for the stage by taking struggling actor Michael Dorsey out of the world of daytime television and into the realm of Broadway with even more poignant and hilarious results. Sally Struthers is part of the cast! *Min 10/Max 13*

Date: Thursday, Sept. 28

Time: Departs SPCC Senior Drop in Center 12:45pm/

Approx. return 6:00pm

Location: Ogunquit

Fee: \$82/\$92NR

Staff Coordinator: Karla Doyon

PSO'S MAGIC OF CHRISTMAS

A beloved holiday tradition the Magic of Christmas will be led by Music Director Eckart Preu. Enjoy this cherished Maine holiday tradition (now in its 44th year!). Join your Portland Symphony to celebrate the season with Christmas classics new and old – including the beloved “Sleigh Ride!” *Min 13/Max 13*

Date: Friday, December 8

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

Location: Portland

Fee: \$38/\$48NR

Staff Coordinator: Karla Doyon

THE SOUND OF MUSIC @ PORTSMOUTH MUSIC HALL

This beloved classic tells the story of a problem named Maria, a governess for the von Trapp family, set against the backdrop of Austria at the beginning of World War II. This heartwarming tale of love, family, and the resilience of the human spirit features some of the most unforgettable songs ever composed for the stage. Join us for a breathtaking journey that will leave you feeling uplifted and inspired. Whether you are a diehard fan or a newcomer, this timeless classic is sure to delight and enchant you. *Min 13/Max 13*

Date: Thursday, November 30

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

Location: Portsmouth

Fee: \$85/\$95NR

Staff Coordinator: Karla Doyon

FIREFLIES AT GOOD THEATER

A warm, witty romantic comedy about finding love in the most unlikely of places. Retired schoolteacher Eleanor Bannister lives a quiet life alone in tiny Groverdel, Texas. Set in her routines, secure in her position as the town's most respected woman—until a hole in her roof draws the attention of Abel Brown, a smooth-talking drifter intent on renovating Eleanor's house, and her life. Can the unexpected sparks of late-life romance be trusted, or is there truth in the gossip that Abel is not all that he seems to be? Either way, the whole town is talking. *Min 10/Max 13*

Date: Wednesday, October 11

Time: Departs SPCC 6:15pm /Approx. return 9:30pm

Location: Portland

Fee: \$36/\$46NR

Staff Coordinator: Karla Doyon

THE GIFTS OF CHRISTMAS at Footlights Theatre

Celebrate the holiday season with the Maine award-winning musical, “The Gifts of Christmas”. Based on O’Henry’s, The Gift of the Magi, it tells the story of two people willing to sacrifice their most valued possessions for the greater joy of giving- and love. Filled with beautiful music, humor, and heart, this “vintage picture postcard come to life” is the perfect way to celebrate the holidays! *Min 10 /Max 13*

Date: Wednesday, December 20

Time: Departs SPCC Senior Drop in Center 6:15pm/

Approx. return 9:00pm

Location: Falmouth

Fee: \$25/\$35NR

Staff Coordinator: Karla Doyon

SENIOR TRIPS

STONE MOUNTAIN HOLIDAY LUNCH & CONCERT

Nestled in the foothills of the White Mountains in Brownfield, Maine, the Stone Mountain Arts Center is a beautiful timber frame music hall hosting national acts up close and personal in an equally beautiful setting. But for just one day, it will be our own performance venue where we will enjoy the generous portions of a home style luncheon while listening to owner and singer-songwriter Carol Noonan perform traditional holiday music. **NO REFUNDS AFTER 11/29**

Min 13/Max 13

Date: Wednesday, December 6

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

Location: Brownfield

Fee: \$62/\$72 (Includes Transportation, Lunch and Concert)

Staff Coordinator: Karla Doyon



TOUR OF THE MSMT PRODUCTION CENTER & CREATIVE STUDIOS

Did you know that MSMT builds all their sets, props, and costumes right here in Brunswick? Come see where the magic happens, before it ever reaches the Pickard Theatre. Tour will take us through the box office and admin offices where you can see "The Making of MSMT" as we all know it today, the Scene shop, paint deck, costume shop, and finally the rehearsal studios. Closed toed shoes are required for the tour. Eye and hearing protection will be provided. *Min 10/Max 13*

Date: Tuesday, September 12

Time: Departs SPCC 12:15pm /Approx. return 4:00pm

Location: Brunswick

Fee: \$8.00

Staff Coordinator: Karla Doyon

MYSTERY TRIP

This trip will be a smaller mystery trip, however, you **MUST** be able to walk independently over uneven ground and stand for sufficient periods. 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 prepare by bringing a water bottle; and whatever else you might need for the day! Bring money for lunch. *Min 10/Max 13*

Date: Monday, October 30

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

Fee: \$25/\$35NR (Includes transportation, admission fee, 2 small waters, 2 small snacks. Bring lunch money.)

Location: It's a mystery!

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/sunscreen if you have them. The awe of Maine awaits you on these wonderful trails and paths. Includes one small water and snack per trip. *Min 10 / Max 13*

Dates:

- Wednesday, September 20 – Gambo Preserve

- Friday, October 27 – Douglass Mountain

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

Locations: Windham & Sebago

Fee: \$7.00 per trip (Includes transportation, 1 small water & snack – bring own water as well)

Staff Coordinator: Karla Doyon

SENIOR TRIPS

AFTERNOON PRIVATE TEA AT GOLDFINCH CREAMERY

This afternoon we begin with some free time enjoying the Gardner's common. Here you can enjoy some walking paths, check out the memorials or sit and enjoy the fountain. Following our time on the common, we will spend the afternoon drinking all the hot tea we can drink along with eating three tiers of tea finger foods. Food served will be scones & muffins, tea sandwiches & spinach puffs and petit fours. Gratuity NOT included.

****Please note that dietary restrictions cannot be accommodated**** *Min 10/Max 13*

Date: Monday, September 25

Time: Departs SPCC 1:00pm / Approx. return 6:00pm

Location: Gardner

Fee: \$33/\$43NR (*Includes transportation, tea luncheon- please bring money for gratuity*)

Staff Coordinator: Karla Doyon



Nubble Lighthouse

DINNER OUT AND NUBBLE LIGHTHOUSE

Let's dress for dinner out at a fancier than usual venue before we venture over to the Nubble Lighthouse to see it lit up for the holidays in all its glory! Please bring money for dinner and gratuity. Venue TBD.

Min 10/Max 13

Date: Monday, November 27

Time: Departs SPCC Senior Drop in Center 3:00pm / Approx. return 7:30pm

Location: TBD & Cape Neddick

Fee: \$9.00 (*Transportation Only*)

Staff Coordinator: Karla Doyon

PORTLAND OBSERVATORY TOUR

The Portland Observatory: Breathtaking views and fascinating history at America's only maritime signal tower. It's not a lighthouse!! We will have a private guided tour. There are 87 steps total, however, we will be stopping about every 10-12 steps for a rest on a landing before we make it all the way to the top. *Min 10/Max 13*

Date: Tuesday, October 24

Time: Departs SPCC Senior Drop in Center @ 9:30am / Approx. return 12:00pm

Location: Portland

Fee: \$10.00 (*Must be able to climb stairs independently.*)

Staff Coordinator: Karla Doyon

GET TOGETHER OF GRATITUDE & PICNIC LUNCH PROVIDED

The dog days of summer are behind us and with it the myriad social gatherings and outings that always seem to mark summer in Maine. In its place, we will welcome the quiet coolness of autumn beckoning us to slow down and take a few moments to express our gratitude for each other, our communities, and this beautiful place we call home. Lunch will consist of Italian sandwich, chips, watermelon, cupcake, and beverage. *Min 10/Max 13*

Date: Thursday, September 7

Time: Departs SPCC Senior Drop in Center 10:30am / Approx. return 1:30pm

(*This picnic will be held rain or shine and is in collaboration with surrounding recreation departments.*)

Location: Cape Elizabeth

Fee: \$15.00

Staff Coordinator: Karla Doyon

STONEWALL KITCHEN

This is home for Stonewall Kitchen. Friendly staff await you to assist you in picking out the ideal gift or offer you samples. This store feature the entire line of specialty foods plus useful kitchen gadgets, cookware, tableware and home décor. You will have time to eat at the café on your own before we depart for home. Bring your shopping bags and money for lunch. *Min 10/Max 13*

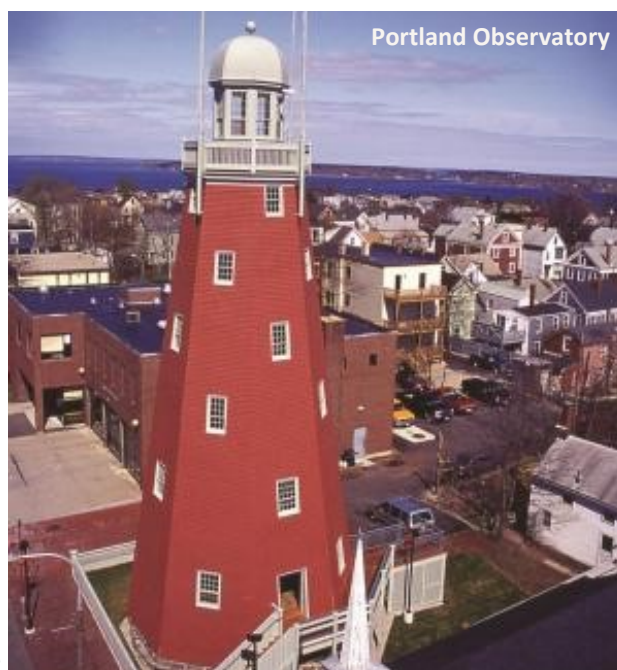
Date: Tuesday, November 7 (Snow date: Wed. Nov. 8)

Time: Departs SPCC Senior Drop in Center 8:30am / Approx. return 12:30-1:00pm.

Location: York

Fee: \$12.00 (*Transportation only*)

Staff Coordinator: Karla Doyon



Portland Observatory

SENIOR TRIPS

APPLECREST FARM ORCHARD

Guided tour of all farm operations. Will include a tractor hayride through the orchard, a bag of handpicked apples, a snack of cider donut and cider, in the orchard instruction on apple tree development, growth and care and a honeybee lesson using glass observation hive with live working bees. This is a 1.5-hour tour with walking on uneven ground and a sufficient amount of time on your feet. *Min 10 /Max 13*

Date: Tuesday, September 19

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

Location: Hampton Falls, NH

Fee: \$26/\$36NR

Staff Coordinator: Karla Doyon

FREEPORT FALL FESTIVAL

Each year on the first weekend in October, Visit Freeport brings together over 175 of the best New England artists, makers and local food producers for a festival on the L.L.Bean campus, Key Bank lawn, and Freeport Village Station courtyard and at the corner of West & Main Streets in Freeport, Maine. You will be on our own to walk around, shop and eat independently. *Min 10/Max 13*

Date: Friday, October 6

Time: Departs SPCC Senior Drop in Center 11:15am /

Approx. return 5:00pm

Location: Freeport

Fee: \$6.00

Staff Coordinator: Karla Doyon



ONE STOP CHRISTMAS SHOPPING

Off to a Christmas Wonderland. 40 rooms, 2 floors, nothing but Christmas. If you enjoy the holidays and love getting in the spirit then this is the right trip for you! You will wander past hundreds of trees, wreaths, garlands custom themed and made on premises, play with the interactive Lionel Train layout or simply sit on one of the benches on Holiday Main Street, and immerse yourself in the joy and beauty of Christmas. *Min 10/Max 13*

Date: Wednesday, November 15 (Snow date: 11/16)

Time: Departs Senior Drop in Center @ 9:00am /Approx. return 3:30-4:00pm

Location: NH - Location will not be revealed until arrival. We will also be stopping at two nearby gift shops!

Fee: \$11.00

Staff Coordinator: Karla Doyon

FRYEBURG FAIR

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

Date: Tuesday, October 3

Time: 8:30am departure from SPCC/Approx. return 4:00pm

Location: Fryeburg

Fee: \$14.00 (*Transportation only, bring money for purchases & lunch*)

Coordinator: Karla Doyon

LEAF PEEPING

Pack your binoculars and camera and join us for a fun day of leaf peeping. Where will we end up? Where is the best foliage? What is the brightest color? You will be allowed to get off the bus or stay on – however, you want to enjoy this leaf peeping adventure is up to you! Please pack a picnic lunch, as we will stop along the way for a break from peeping, and eat lunch. *Min 10/Max 13*

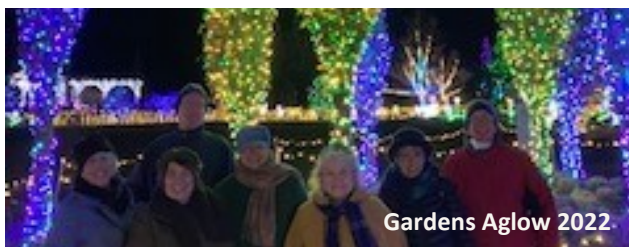
Date: Thursday, October 19

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

Location: TBD

Fee: \$10.00

Staff Coordinator: Karla Doyon



GARDENS AGLOW @ BOOTHBAY BOTANICAL GARDENS

Join us for the largest light show in Maine! See hundreds of thousands of lights strung through the upper gardens in a beautiful display. We will be providing you a brown bag lunch/early dinner. Afterwards we will head to downtown Westbrook to see the light displays! This trip is in coordination with surrounding recreation departments. *Min 10 /Max 13*

Dates: Thursday, December 14

Time: Depart SPCC 2:00pm/Approx. return 7:30pm

Location: Boothbay Harbor, ME

Fee: \$31/\$41NR (*Transportation, ticket, & brown bag lunch/early dinner*)

Staff Coordinator: Karla Doyon

ADULT OPEN GYMS

ADULT OPEN GYMS

South Portland Recreation has several opportunities to get out and play. Each program below is drop-in for adults 18+ unless otherwise specified.

Fee: (MUST SHOW ID each visit)

\$4.00 - South Portland Residents

\$5.00 - Non-Resident

\$1.00 - Active and Veteran Military

Frequent User Passes are available at the South Portland Community Center front desk.

Staff Coordinator: Whitney Dorsett



Basketball: Max 30

Volleyball: Max 24

Adult Basketball	Dates	Time	Location
Tuesdays	Oct 3– Dec 26 (no program 11/7)	11:30am - 1:30pm	SPCC Gym
Wednesday (lunch time)	Oct 4– Dec 27 (no program 11/8)	11:30am - 1:30pm	SPCC Gym
Wednesday (evening)	Oct 4– Dec 27	7:00pm - 9:00pm	Redbank Gym
Fridays	Oct 6– Dec 29 (no program 11/10, 11/24)	11:30am - 1:30pm	SPCC Gym
Sundays (over 30)	Oct 1– Dec 31 (no program 12/24)	2:00pm - 3:45pm	SPCC Gym
Sundays (over 40)	Oct 1– Dec 31 (no program 12/24)	9:00am-10:30am	Redbank Gym

Adult Volleyball	Dates	Time	Location
Sundays	Oct 1– Dec 31 (no program 12/24)	4:00pm - 6:00pm	SPCC Gym

ADULT PICKLEBALL OPEN GYM

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.**

Adult Pickleball	Dates	Time	Location
Monday - Friday	Oct 2– Dec 29*	8:00 - 11:00am	SPCC Gym
Mon & Wed (Beginners Only)	Oct 2– Dec 27*	8:00 - 11:00am	Redbank Gym
Tues & Thurs	Sept 5- Dec 28	6:30 - 8:30pm	Redbank Gym
*No Adult Pickleball: 10/6, 10/9, 11/7-8, 11/10, 11/22-24, 12/22, 12/25			

ADULT SPORTS LEAGUES

ADULT BASKETBALL LEAGUES

Teams and individuals are welcome! Individuals will be placed on teams with available spots. All team rosters must have a minimum of eight players with at least 1 male and 1 female. The league rules are based on the Maine High School basketball rules. Full league rules are available online or at the South Portland Community Center. Our officials are IAABO certified. **Captains must email Whitney Dorsett at wdorsett@southportland.org with a tentative roster after registering. LEAGUE REGISTRATION CLOSES 1 WEEK BEFORE EACH SESSION STARTS.**

Fee: \$75/\$85 NR

Location: SPCC Gym

Staff Coordinator: Whitney Dorsett

Session	Dates	Time
Monday League Fall	Sept 11– Nov 20 (no game 10/9)	Between 6-9pm
Thursday League Fall	Sept 7– Nov 9	Between 6-9pm
Monday League Winter	Dec 4– March 11 (no games 12/15, 1/1, /15, 2/19)	Between 6:30-9:30pm
Thursday League Winter 1	Nov 30– Feb 1	Between 6:30-9:30pm

ADULT PROGRAMS

NEW CLASSIC VINYASA YOGA

Classic vinyasa yoga, or classic flow, is a complete yoga practice incorporating a proven sequence of postures and athletic movement for strength-building and calmness of mind. With an emphasis on personal power, Adam teaches this all-levels standard sequence with detailed guidance towards modifying poses, so you can make this practice your own, take it home, and become your own teacher. Make sure to bring a mat, hand towel, and water. Beginners, Intermediate, Advanced are all welcome! Namaste! *Min 4/Max 20*

Instructor: Adam Quinn *Adam has practiced yoga for over 20 years, and has studied with master teachers for six of those. During the pandemic, Adam was privileged to practice a standard yoga sequence daily with master vinyasa teachers, Gregor Singleton and Claire Este McDonald. The all-levels "classic flow" that Adam teaches is inspired by this sequence – and especially for beginners, he emphasizes the modification of postures with an eye towards inspiring students step-by-step towards a lifelong yoga practice.*

Days: Mondays and Wednesdays
Time: 12:00– 1:00pm
Location: SPCC MP Room
Staff Coordinator: Whitney Dorsett

Session	Dates	Fee*
Classic Vinyasa Fall 1	9/18 – 10/18 (no class 10/9)	\$63/\$73 NR
Classic Vinyasa Fall 2	10/23 – 11/22	\$70/\$80 NR
Classic Vinyasa Fall 3	11/27 – 12/27 (no class 12/25)	\$63/\$73 NR
* Drop in fee is \$8.00 per class., no senior discount		

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 20*

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

Session	Dates	Fee*
September	Sept 7-28	\$63/\$73 NR
October	Oct 2-30 (no class 10/9)	\$72/\$82 NR
November	Nov 2 - 30 (no class 11/23)	\$72/\$82 NR
December	Dec 4 - 28 (no class 12/25)	\$63/\$73 NR
*Drop in fee is \$13 per class		

GENTLE YOGA

Whether it is your first time or you have been taking yoga for years, this class will meet you right where you are. Martha emphasizes safe and effective alignment principles as she leads you through a sequence of yoga postures connecting the breath with body movement. The goal for every class is that you leave feeling stronger, more flexible, balanced, and happy! *Min 5/Max 27*

Instructor: Martha Williams
Days: Wednesdays
Time: 9:00– 10:15am
Location: SPCC MP Room

Session	Dates	Fee*
Fall 1	Sept 6 – Oct 25	\$90/\$100 NR
Fall 2	Nov 1 – Dec 20	\$90/\$100 NR
*Drop-in rate \$15 per class		

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 25*

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

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

Session	Dates	Fee*
September	Sept 5 - 28	\$64/\$74 NR
October	Oct 3 - 26	\$64/\$74 NR
November	Nov 2 - 30 (no class 11/23)	\$64/\$74 NR
December	Dec 5 - 27 (no class 12/26)	\$56/\$66 NR
*Drop in fee is \$13 per class		

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.*

BEGINNER PASTEL: ADDING STRUCTURES TO LANDSCAPE

Join us as we experiment with using nupastels with pastel paper to create simple structures within landscapes such as a barn, a row of houses on a street, and a gazebo in a park. This is a beginner's class with no experience in using pastels needed. We will learn the basics of capturing value, identifying light and shadow, playing with color and how to make marks and blend with pastels. This is a great opportunity to ignite your creativity in a casual no-pressure community setting. Traceables will be used as needed to frame out the composition and allow more time for learning how to use pastel. Supplies included in class. *Min 4/ Max 14*

Instructor: Joan Quinn

Day: Saturdays, October 21- November 18

Time: 10:30am – 12:00pm

Location: SPCC Casco Bay Room

Fee: \$65/\$75 NR (*No Senior Discount*)

Staff Coordinator: Whitney Dorsett

BEGINNER PASTEL: IDENTIFYING LIGHT AND SHADOW

Join us as we study the components of light and shadow starting with learning how light reflects on forms. We will practice shading first with graphite or charcoal and then practice how to capture light and shadow with pastels. This is a beginner's class with no experience in using pastels needed. We will learn the basics of capturing value, identifying light and shadow, playing with color, and how to make marks and blend with pastels. This is a great opportunity to ignite your creativity in a casual no-pressure community setting. Supplies list available online.

Min 4/ Max 14

Instructor: Joan Quinn

Day: Saturdays, December 2- January 6 (**no class 12/ 23**)

Time: 10:30am – 12:00pm

Location: SPCC Casco Bay Room

Fee: \$65/\$75 NR (*No Senior Discount*)

Staff Coordinator: Whitney Dorsett

BEGINNER PASTEL: STILL LIFE

Join us as we experiment with using nupastels with pastel paper to create still life renderings of various fruit and flower arrangements. This is a beginner class with no experience needed. We will learn the basics of capturing value, identifying light and shadow, playing with color, and how to make marks and blend with pastels. This is a great opportunity to ignite your creativity in a casual no-pressure community setting. Supplies included in class.

Min 4/Max 14

Instructor: Joan Quinn

Dates: Saturdays, September 16 - October 14

Time: 10:30am – 12:00pm

Location: SPCC Casco Bay Room

Fee: \$65/\$75 NR (*No senior discount*)

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 list available online. *Min 6/Max 15*

Instructor: Pauline Cook

Day: Fridays

Time: 9:00am – 10:00am

Location: SPCC Casco Bay Room

Fee: \$70/\$80NR (*No Senior Discount*)

Staff Coordinator: Whitney Dorsett

Session	Dates
Introduction to Watercolors	September 8- October 6
Watercolors Part 2	October 27- December 1
	(no class 11/10, 11/24)

ADULT PROGRAMS

ADULT ART CRAFT WORKSHOPS

Join instructor Sayali Robles for a series of creative workshops including journal making, paper trinkets, and baubles & curios! *Min 4/Max 10*

Instructor: Sayali Robles

I have always been passionate about art, but my journey did not allow the opportunity to pursue that dream. About six years ago, I decided to focus on my art. I have participated in local art shows both in Massachusetts and in Maine. Now I would like to share with others the experiences I learned during my art journey and inspire them to see that art is in all of us.

Days: Thursdays

Time: 10:00am-12:00pm

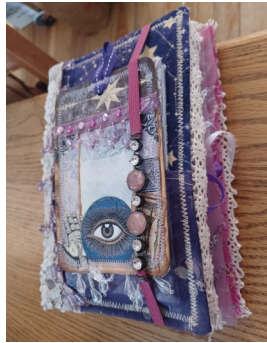
Location: SPCC Casco Bay Room

Fee: \$65/\$75NR (no senior discount)

Staff Coordinator: Whitney Dorsett

Journal Making 1: September 7– 28

We will be learning how to make journals with recycled items such as cereal boxes, cardboard, book covers, manila folders, hanging files etc. We will work on binding pages together, adding pockets/folders and other fun accessories. By the end of this class, you will walk away with a beautiful journal made by your own personal creative touch.



Paper Trinkets: October 5– 26

We will be learning how to make journal charms, necklace charms, earrings, and beads all made from paper.

Journal Making 2: November 2– 30

We will be learning how to make journals with recycled items such as cereal boxes, cardboard, book covers, manila folders, hanging files etc. We will work on binding pages together, adding pockets/folders and other fun accessories. By the end of this class, you will walk away with a beautiful journal made by your own personal creative touch. (No class 11/23)



Baubles and Curios: December 7– 28

We will be learning how to make bracelets, necklaces, and tassels from fabric scraps. We will also work on hair accessories such as clips using seashells and other interesting items.

STAIN GLASS ORNAMENTS & SUN CATCHERS

Here is a little handmade holiday treat! Students will go home with an ornament or sun catcher. Learn the surprisingly easy copper foil technique. All materials provided. Pick 1 date from our 3 offerings. *Min 4/Max 8*

Instructor: Rachel Mills

Date: Mondays, December 4, 11, OR 18

Time: 5:30pm - 8:30pm

Location: SPCC Activity Room

Fee: \$35/\$45NR (No Senior Discount)

Staff Coordinator: Whitney Dorsett

ADULT HAND BUILT CERAMICS

Working with kiln-fired clay, we will explore the variety of forms and techniques used in basic hand built ceramics. Break out your creative self. Hint: The possibilities are endless! Projects will be fired and glazed. This class does not use a pottery wheel. Dress for a little bit of mess. *Min 4/Max 10*

Instructor: Rachel Mills

Date: Mondays, October 30 - November 27

Time: 6:00pm - 8:00pm

Location: SPCC Activity Room

Fee: \$65/\$75NR

Staff Coordinator: Whitney Dorsett



COLOR YOURSELF HAPPY WITH ENERGY ART FOR ADULTS

Part art. Part mindfulness. All joy! Come try Energy Art, the visual equivalent of journaling. Using pastels and paper, you will color and blend to express thoughts on paper. Susan Tompkins will lead guided meditations as you create. Do not worry; no previous art experience is required! Learning Energy Art can help you feel grounded, reduce stress, and live in the present moment. All materials are provided. The pastels are yours to continue to create at home. *Min 5/Max 25*

Instructor: Susan Tompkins

Susan Tompkins is a life coach and owner of SUSAN Life Coaching, LLC, a coaching business that helps people live their best life through energy work. Inspired by Maine's woods and waters, Tompkins conducts 1:1 coaching sessions, women's circles, and employee enrichment programs.

Date: Wednesday October 25

Time: 6:00-7:30pm

Location: SPCC Casco Bay Room

Fee: \$30/\$40NR

Staff Coordinator: Karla Doyon

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. *Min 8/ Max 24*

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
Fee: \$70/\$80NR No Senior Discount or drop-ins. Must pre-register.

Staff Coordinator: Whitney Dorsett

Sundays | 10:00-11:00am | SPCC Gym

Session	Dates
September	10, 17, 24, Oct 1
October	8, 15, 22, 29
November	5, 12, 19, 26
December	3, 10, 17*

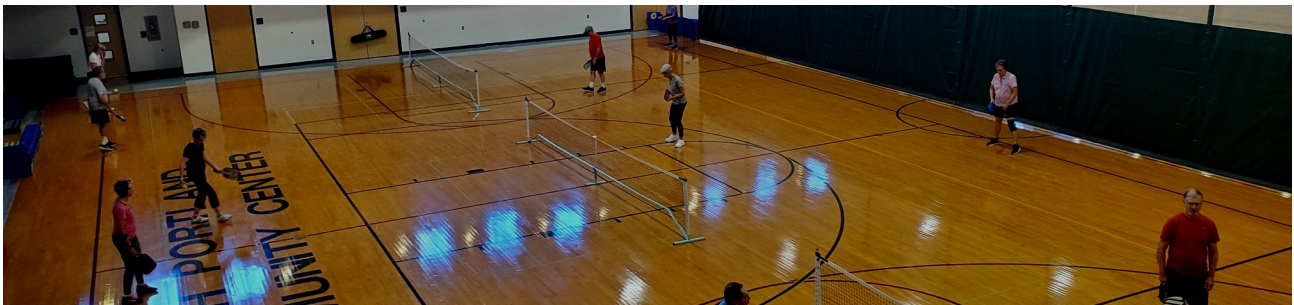
*Three classes only, adjusted fee: \$52.50/\$60NR

Wednesdays | 6:30-7:30pm | SPCC Gym

Session	Dates
September	6, 13, 20, 27
October	4, 11, 18, 25
November	1, 8, 15, 29 (no class 11/22)
December	6, 13, 20, 27

Fridays | 8:00-9:00am | Redbank Gym

Session	Dates
September	1, 8, 15, 22
October	6, 13, 20, 27
November	3, 10, 17, Dec 1 (no class 11/24)
December	Dec. 8, 15, 22, 29



IMPROVERS PICKLEBALL LESSONS

Work on your Pickleball skills with Coach Dave! This program is intended for those who have already completed our Beginner Lessons, or those who have the fundamentals of Pickleball already down and are looking to bring themselves to the next level. This class is designed for USAPA rated 2.5-3.0 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
Fee: \$70/\$80NR No Senior Discount or drop-ins. Must pre-register.

Staff Coordinator: Whitney Dorsett

Sundays | 11:00-12:00pm | SPCC Gym

Session	Dates
September	10, 17, 24, Oct 1
October	8, 15, 22, 29
November	5, 12, 19, 26
December	3, 10, 17*

*Three classes only, adjusted fee: \$52.50/\$60NR

Wednesdays | 7:30-8:30pm | SPCC Gym

Session	Dates
September	6, 13, 20, 27
October	4, 11, 18, 25
November	1, 8, 15, 29 (no class 11/22)
December	6, 13, 20, 27

Fridays | 9:00-10:00am | Redbank Gym

Session	Dates
September	1, 8, 15, 22
October	6, 13, 20, 27
November	3, 10, 17, Dec 1 (no class 11/24)
December	Dec. 8, 15, 22, 29

ADULT PROGRAMS

UNIFIED SPORTS DROP-IN PROGRAM

This inclusive drop in program combines individuals with and without intellectual and physical disabilities to participate together in a variety of sports. Unified Sports is fun way to develop motor skills and teamwork while also fostering acceptance and creating new friendships among participants along the way. *Max 30*

September – Basketball

October and November – Sports and Fitness – pickleball, kickball, dodgeball, floor hockey, badminton, flag football, cornhole, soccer and more!

December – Basketball

Instructor: Jordan O'Donal

Dates: Thursdays, Sept – 7 – Dec 28 (no program 11/23)

Time: 10:00am – 11:30am

Age: 18+

Location: SPCC Gym

Fee: FREE

Staff Coordinator: Whitney Dorsett

THE GARGANESE FINANCIAL GROUP'S FINANCIAL LITERACY WORKSHOPS

Retirement is often the first thing we think about when we talk about our overall financial well-being. Through our financial literacy workshops, you will learn the basics of retirement planning and strategies that you can use in your own planning. We will also cover other topics pertinent to retirement planning such as college education planning and social security planning. These presentations will be packed full of information accompanied by ample time for questions. Make sure to bring a notepad and pen to take notes. *Min 6/Max 30*

Instructor: Matthew Rittenhouse

Matthew Rittenhouse and his team have over 18 years of experience doing fee-based financial planning. Matthew and his team specialize in creating blueprints for financial futures. His team guides individuals, families, and business owners through every aspect of building wealth and helping ensure financial security. We are a one-point contact for all financial needs, working with brokers, lawyers, and agents on our client's behalf.

Date: First Wednesdays of the month

Time: 6:00pm - 7:00pm

Location: SPCC Casco Bay Room

Fee: FREE (Registration Required)

Staff Coordinator: Whitney Dorsett

Sessions

September 6 - Retirement Planning 101

October 4 - College Planning: What TO do and NOT to do (**High school students are welcome but need to be accompanied by an adult if under 18**)

November 1 - Social Security Planning: The Social Side of Retirement

December 6 - Retirement Planning 101

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 40*

Time: 8:00 am – 5:00 pm

Grades: K – 5

Location: SPCC

Fee: \$60.00 per day

Staff Coordinator: Kari Filieo

Dates:

Friday, October 6th

Wednesday, November 22nd

Friday, December 22nd

VACATION CAMPS

School Vacation Camps are for children in grades K-5 who are residents of South Portland. Children will enjoy field trips, special events, inside and outside play and arts and crafts. There are no sibling discounts for this program. *Min 15/Max 40*

DECEMBER VACATION CAMP

Dates: December 26 – December 29

Days: Tuesday - Friday

Time: 8:00 am – 5:00 pm

Grade: K – 5

Location: SPCC

Fee: \$175.00

Staff Coordinator: Kari Filieo



Questions? Contact Kari Filieo:
kfilieo@southportland.org

LOST VALLEY 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 14, 21, 28, February 4, 11, 18 (makeup date February 25). 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 school bus at 9:00 am and return by 4:00 pm.

Helmets are required and included with rentals. All participants are strongly encouraged to enroll in lessons. Lessons will run from 10:30 am – noon 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 3:00 pm.

Program Details

Dates: Sundays, January 14 – February 18 (makeup date February 25)

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

Staff Coordinator: Sydney Raftery



REGISTRATION DEADLINE – JANUARY 5, 2024

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

Option	Fee
Transportation Only	\$75.00
All options below include transportation	
Lift Only	\$170.00
Lift & Rental	\$255.00
Lift & Lesson	\$280.00
Lift, Lesson & Rental	\$360.00
*Rentals include helmet	

Chaperones Needed!

Must commit to all trips and ski/ride with our group at all times. All chaperones must complete a volunteer application are subject to a criminal background check. If interested please contact Anthony Johnson at johnson@southportland.org.

NEW WINTER BREAK SKI TRIP

We will be offering a one day ski trip for middle school students during December break this year, day TBD. Scholarships will be available for those who need it. Check back in later for more details!



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 an activity room with a couch and 4 bean bag chairs to hang out on or watch a movie or tv show. 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 and air hockey 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. The Teen Center also has Volunteers come and teach the kids. Past volunteers include Town & Country, The Locker Project, Sopo Unite, Opportunity Alliance Snap-ED, Sopo Police & Fire Basketball clinics and more. Please check out the monthly Teen Center Newsletter and Calendar for updated information as well as a daily Schedule for activities.

FMI please contact Teen Center Coordinator:
Jordan O'Donal
jodonal@southportland.org | 207-347-4115

Hours of Operation (School Year):

Date: Sept 5th, 2023 – June 13th, 2024

Days: Monday – Friday

Time: 2:15pm – 6:00pm (*Schedule and times subject to change at any time. The Teen Center is open when City buildings remain open during snow days.*)

Address: 95 MacArthur Circle West, South Portland

Teen Center Number: (207) 347 - 4145



YOUTH PROGRAMS

POP – Preschool Open Play

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

Dates: Oct. 3 – May 28th (**no program 11/7**)

Days: Tuesday

Time: 9:00 – 11:00am

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

Location: Redbank Community Center

Fee: \$4.00 Resident per family and \$5.00 Non-resident per family

Staff Coordinator: Breese Reagle

STORYTIME

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 any questions about the program please reach out to Jessica Milton at jmilton@southportland.org.

Also on Tuesdays from 9am to 11am at Redbank we also host a preschool open play (POP) program in the gym. This program is \$4 for South Portland resident families and \$5 for Non-Resident families. You may leave and return to the POP program to attend storytime.

Date: October 3 – May 28 (**no program 11/7**)

Days: Tuesday

Time: 9:00am – 11:00am

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

Location: Redbank Community Center

Fee: Free

Staff Coordinator: Breese Reagle

YOUTH PROGRAMS

TINY TYKES SOCCER MAGIC

Tiny Tykes is a new and exciting program run by Challenger Sports British Soccer Coaches that focuses on the development of children aged 2 – 5 years old. Challenger Sports International coaches are experts at working with young children and will combine soccer with fun games; stories and music that keep your children entertained and enthused to return next week. Includes Tiny Tykes Uniform, size 2 ball. *Min 12/Max 25*

Instructor: Challengers Sports

Dates: September 10th - October 15th

Day: Sundays

Location: Wainwright Complex

Fee: Residents \$120/ \$130NR

Staff Coordinator: Breese Reagle

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

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 6/Max 15*

Day: Saturdays

Ages: 3 - 5

Location: Redbank Gym

Fee: \$60/\$70 NR per session

Staff Coordinator: Breese Reagle



Session	Dates	Time
Football	Sept. 16-Oct 21	4:30pm - 5:15pm
Soccer	Nov 4-Dec 9	4:30pm - 5:15pm
Basketball	Jan 6-Feb10	4:30pm - 5:15pm

YOUTH CHEER CLINICS

South Portland High Schools Varsity cheer coach and team will be holding cheer clinics this summer into fall! Come get ready for the winter cheer season with SPHS Varsity cheer team! This clinic is focused on Gameday cheerleading which consists of stunting technique, motion technique, sideline cheers, and a sideline dance. All skill levels welcome. Any participant that attends at least 4 out of the 6 sessions will be invited by the High School Varsity Cheerleaders to cheer for a Friday night football game on the sidelines. **Please wear comfortable gym clothes, sneakers and bring water.** *Min 20/Max 50*

Date: August 17-September 21

Days: Thursdays

Time: 4:30pm-6:00pm

Grades: K-8

Location: Redbank Athletic Field

Fee: \$115/\$125NR

Staff Coordinator: Breese Reagle



SOUTH PORTLAND FIRE – COMPETITIVE CHEERLEADING

Open to Pre-K-8th graders who live in or attend school in South Portland. Teams will tentatively be broken down by grade level as listed below but may be adjusted to accommodate the number of participants who register to avoid turning families away. All teams will practice on Mondays and Wednesdays. Practice times will be released later this fall. Please register for the appropriate 2023-2024 grade level. For more information, please email Tracy Bissonnette at tracy.bissonnette@gmail.com. *Min 10/Max20*

Dates: Nov 6– April 5

Days: Monday and Wednesday Evening Practices

Registration Deadline: October 1

Session	Grades	Cost	Location
Rising Stars	PreK-2	\$125	SPCC MP Room
Shooting Stars	3-4	\$175	SPCC MP Room
Shining Stars	5-6	\$225	SPHS Cafeteria
Super Stars	7-8	\$225	SPHS Cafeteria

COMPETITION SCHEDULE

(tentative and subject to change)

2/17/24 – Cheers from the Heart at Oxford Hills High School

3/2/24 – Gray New Gloucester High School

3/16/24 – South Portland High School

3/30/24 – Maine Cheer Classic at Scarborough High School

YOUTH PROGRAMS

MIDDLE SCHOOL VOLLEYBALL

We are pleased to have Coach Emily Savage back to offer middle schoolers a chance to learn how to play volleyball! Open to all skill levels. This program will introduce skills and playing format for middle school students interested in learning how to play volleyball! Games will be played with surrounding communities.
*Game Schedule TBD

Instructor: Emily Savage

Dates September 12- November 17

Days: Tuesday & Friday

Time: 6:30 – 8:00pm

Grade Grades 6-8

Location: SPCC Gym

Fee: \$85 R/\$95 NR

Coordinator: Breese Reagle



FALL FUN ART CLASS

Come celebrate the start of autumn with this fall-themed art program! We will create fall tree paintings, scarecrow paper bag puppets, and more in this 3-week program. *Min 10/Max 20*

Instructor: Lindsay Larsen

Dates: September 16-30

Day: Saturdays

Time: 9:00 – 10:00am

Grade: K-5

Location: SPCC Casco Bay Room

Fee: \$40/\$50 NR

Staff Coordinator: Breese Reagle



NEW SKATEBOARDING LESSONS

Are you eager to explore the thrilling world of skateboarding? Look no further! We are proud to offer beginner skateboard lessons at our newly built skate park. At the South Portland Community Center, we believe that skateboarding is not just a sport but a way of life. Our mission is to empower individuals of all ages to embrace skateboarding as a means of self-expression, personal growth, and community building. We are committed to creating a supportive and inclusive environment where beginners can flourish and experienced skaters can continue to develop their skills. **Helmets required, no open-toed shoes, no "penny boards" or cruisers.**

Skate Coach Hunter Finden has been sharing his expertise and love for skateboarding since 2018 when he began teaching at the renowned Homage Skateboard Academy in Brooklyn, NY. With a wealth of knowledge and years of teaching experience under his belt, Hunter brings his expertise back to Maine, where he has been inspiring and instructing skateboard enthusiasts ever since.

Beginners Lessons

Our beginner skateboard classes are designed to provide a solid foundation for aspiring skaters. Our goal is to equip students with the essential skills and knowledge necessary to enjoy skateboarding and progress confidently. In these classes, you'll learn everything from the basics to the more advanced techniques, all while having a great time with fellow skaters. *Min 2/Max 5*

Instructor: Hunter Finden

Days: Sundays

Time: 9:00am – 9:30am

Ages: 5-15

Location: SP Skate Park

Fee: \$135/\$145 NR

Staff Coordinator: Breese Reagle



Skate Lesson Summer 2023

Improvers Lessons

The Improvers Lessons are designed for those who have already completed the Beginners Lessons and are looking to continue challenging themselves. Patrons who have not completed the Beginners Course may still register for these lessons but must be able to display their competency in controlling their board. *Min 2/Max 5*

Instructor: Hunter Finden

Days: Sundays

Time: 9:45am – 10:15am

Ages: 5-15

Location: SPHS Track

Fee: \$150/\$160 NR

Staff Coordinator: Breese Reagle

Session

Dates

Session 3

September 17 - October 15

Session 4

October 22 - November 19

Session

Dates

Session 3

September 17 - October 15

Session 4

October 22 - November 19

YOUTH PROGRAMS

TRACK MAGIC

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

Instructor: Matt Green

Dates: Saturdays ,September 16- October 14

Time: 9:00– 9:45am

Grade: K-2

Location: SPHS Track

Fee: \$55/\$65NR

Staff Coordinator: Breese Reagle



CROSS COUNTRY RUNNING FALL

This program will be offered for boys and girls grades 4-8. Program will meet each Saturday at the SPHS Track. Grades 6-8 will be introduced to training and race techniques that can be used to explore the sport or to supplement those currently running in middle school program. Grades 4-5 will complete a 1 mile course.

Instructor: Matt Green

Dates: Saturdays, September 16- October 14th

Time: 11:00am-12:00pm

Grade: 4-8

Location: SPHS Track

Fee: \$55/\$65 NR

Staff Coordinator: Breese Reagle

INTRO TO HIP HOP

Dancers will begin with hip hop, a warm-up for the body, and explore different hip-hop concepts, styles, and movements. Students will also be taught hip-hop choreography. During the second half of class, dancers will learn acrobatics skills, such as mat exercises, balance and strengthening skills, and basic tumbling, all taught by a certified instructor. A great class for ages 6 and up, for boys and girls of all levels! *Min 4/Max 14*

Instructor: Drouin Dance Center

Session 1: September 11– October 16

Session 2: October 30– December 11

Days: Mondays

Time: 5:30– 6:15pm

Ages: 6-10

Location: SPCC Casco Bay Room

Fee: \$75/\$85 NR

Staff Coordinator: Breese Reagle

TRACK & FIELD

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

Instructor: Matt Green

Dates: Saturdays, September 16- October 14th

Time: 10:00-11:00am

Grade: 2-5

Location: SPHS Track

Fee: \$55/\$65NR

Staff Coordinator: Breese Reagle

JAZZ AND HIP HOP

Jazz and Hip Hop Dance class is a great, upbeat, energetic class that will give dancers the opportunity to learn and progress in both styles of dance, half the class focusing on jazz dance and the other half focusing on hip hop. Suitable for dancers that have some dance experience or beginner dancers, the class will move at a pace for dancers ages 7-11. *Min 4/Max 14.*

Instructor: Drouin Dance

Fall Session 1: September 11-October 16

Fall Session 2: October 30-December 11

Days: Mondays

Time: 6:15-7:00 pm

Ages: 7-11

Location: Casco Bay Room

Fee: \$75/\$85NR

Staff Coordinator: Breese Reagle

INTRO TO DANCE

Students will learn the fundamentals and basics of various styles of dance including jazz, tap, lyrical and hip hop through exercises and progressions. Flexibility and strength exercises will be incorporated into the class along with choreography. Students should bring a water bottle, wear comfortable clothing and have bare feet or wear ballet or jazz shoes if desired. Students should bring a pair of tap shoes to class or if they do not have tap shoes dress shoes will work fine. *Min 4/Max 14*

Instructor: Drouin Dance Center

Session 1: September 11– October 16

Session 2: October 30– December 11 (**no program 11/20**)

Days: Mondays

Time: 4:30– 5:15pm

Ages: 5-9

Location: SPCC Casco

Bay Room

Fee: \$75/\$85 NR

Staff Coordinator:
Breese Reagle



YOUTH PROGRAMS

COOKING MATTERS

Cooking Matters Teens and Cooking Matters Kids are hands-on cooking and nutrition classes. The programs teach participants how to prepare delicious, nutritious, and budget-friendly meals. Cooking Matters Kids will focus on trying new foods, understanding where our food comes from, and ways we can all stay active to remain healthy. Cooking Matters Teens will focus on basic cooking skills, how to follow and create your own recipes, and how to pick nutritious and budget-friendly foods at the store. Participants who attend at least 4 classes will receive a certificate and prizes! Cooking Matters gives participants the tools to make their own decisions regarding cooking, eating, nutrition, and healthy living! *Min 5/Max 15*

Session 1: Sept 20– Oct 26

Session 2: Nov 8– Dec 14

Day: Ages 13-18 on Wednesdays

Ages 8-12 on Thursdays (no program 11/25)

Time: 4:00-5:30 PM

Location SPCC Casco Bay Room

Participant Age: Ages 8-18

Fee: FREE

*All parents must sign a waiver before their child participates

Staff Coordinator: Breese Reagle



Teen Cooking Class Spring 2023



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, Dragon Fire Martial Arts

Fall Session 1: September 8– October 13

Fall Session 2: October 27– December 8

Day: Fridays

Time: 4:00- 5:00pm

Ages: 5-12

Location: SPCC Multipurpose Room

Fee: \$65/\$75 NR

Staff Coordinator: Breese Reagle



BAKING 101

Join Fun Chefs as we learn the basics of baking. Each class we will learn the fundamentals such as measuring, ingredients and proper cooking and decorating techniques. and create delicious baked goods, both sweet and savory. Recipes include soft baked pretzels, banana bread, Pizza pinwheels and cookie/cupcake decorating. *If your child has anaphylactic food allergies we recommend not signing up as we can not guarantee the recipes are completely free of certain ingredients.*

Instructor: Fun Chefs

Dates: October 10- November 14

Day: Tuesdays

Time: 4:00-5:00 PM

Location SPCC Casco Bay Room

Participant Age: Ages 6-12

Fee: \$135/\$145 NR

Staff Coordinator: Breese Reagle



KID'S NIGHT OUT

Drop your children off at the South Portland Community Center for a fun night out where they will enjoy a pizza party, gym games, arts & crafts, swimming, and a movie. Please send sneakers, swimsuit and towel. This event is for children in K – 5th grade.

Dates: November 17 & December 21

Time: 5:00-8:50pm

Grade: K-5

Location: SPCC

Fee: \$30/\$40NR, \$10 discount for additional child

Staff Coordinator: Jenna Martyn-Fisher



YOUTH PROGRAMS

FALL SOCCER GRADES 1/2 & 3/4

South Portland Parks and Recreation offers a Youth Soccer League for boys and girls in grades 1 through 4. The purpose of this program is to promote soccer skill development in an environment which will enhance the physical, social and emotional growth of the child as he/she learns to become part of a team and work with others. Sportsmanship will be stressed on all teams, with the ultimate goal of having FUN! Girls and boys will play on separate teams. Teams will practice 1 time during the week in the evening and play 1 game each Saturday in South Portland. Includes team shirt. We do not allow Kindergarteners to play in this league, no exceptions will be made.

Dates: September 9– October 14

Days: 1 weekday practice, Saturday morning games

Grade: 1/2 & 3/4

Location: Wainwright Fields

Fee: \$75.00

Staff Coordinator: Breese Reagle



Coaches Needed for all soccer grades! Please contact Breese Reagle at breagle@southportland.org.

Soccer registration after August 11 will only be as space allows.

FIELD HOCKEY MAGIC

This is an opportunity to learn the skills of field hockey in a fun and informal setting. Children in grades K – 2 will be introduced to field hockey skills and get to use the equipment used to play this fast paced, and exciting game. Participants will learn the basics of passing, shooting, and defense as well as participate in some fun skill development games. Participants will receive a program t-shirt. Players must have their own stick. Goggles, shin guards and mouth guards are encouraged.

Instructor: Kaylee Whitten

Dates: September 10– October 15

Days: Sundays

Time: 9:00-10:00am

Grades: K-2

Location: Wainwright Complex

Fee: \$70/\$80NR

Staff Coordinator: Breese Reagle



FALL SOCCER GRADES 5/6

This is a recreational league, but games will be played in area towns, so travel is required. Teams have 1-2 practices per week in the evening at the Wainwright complex and play one game per weekend on Saturday mornings/early afternoons. A game schedule will be available in late August. Includes team shirt. If you have a specific day or time that you CANNOT practice, please indicate this upon registration. In an effort to create equally balanced teams, unfortunately, we cannot honor all specific team/coach requests.

Dates: September 9– October 14

Days: 1-2 weekday practice, Saturday morning games

Grade: 5/6

Location: Wainwright Fields

Fee: \$75.00

Staff Coordinator: Breese Reagle

Fall Soccer 2022



FALL FIELD HOCKEY

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

Dates: September 7 – October 19

Days: Practices: Tuesday & Thursday | Games: Weekends

Time: 5:30-7:00

Grades: 3-6

Location: Wainwright Complex

Fee: \$85/\$95NR

Staff Coordinator: Breese Reagle

YOUTH PROGRAMS– STEAM Workshops

Instructor: Steamworks for Kids *Min 7/Max20*

Ages-7-12

Times: 3:30pm-5:00pm

Location: SPCC Conference Room

Fee: 4-Day Workshop- \$85/\$95NR

5-Day Workshop- \$95/\$105NR

Staff Coordinator: Breese Reagle

Sept. 25-29: 13-in-1 Solar Robot

In this workshop, we explore the basics of robotics, electricity, and solar energy using your very own 13-in-1 solar robot kit to take home at the end of the week.

Learn how to build a gear, use a basic motor, and create robots with different forms and functions. Use our free build and robotics kits to create your own designs. Come join us for some robot fun!

Oct. 10-13: Up, Up, & Away

This workshop explores things that are used to move through the air, like airplanes, bridges, and spaceships. Become an Engineer and use the Engineering Design Process to build your own rubber band-powered model airplane, watch it soar, and take it home! Design and build your own bridge, then join a bridge-building contest, and see which one can hold the most weight! Learn about the Engineering Design Process and how to use it with simple engineering skills about aviation and building, then use your skills to experiment with our really cool building kits. It's time to fly away with fun!

Oct. 30– Nov 3: Giant Hydraulic Cyborg Hand

Learn about engineering, robotics, and the power of water and pressure by building your own working giant hydraulic cyborg hand. Each day builds on the prior day's work, using the Engineering Design Process to create a wearable hydraulic hand and become a temporary cyborg!

Nov 6– Nov 9: Electronics Arcade

Do you like working with electronics to build and play your own electronic games? Then this workshop is for you! Work together with electronics kits to build fun arcade games. Program a spinning light to display different sayings, and build and play a Home Run Derby game. Learn to program the circuit board to test your memory, play the card game "21", and make different funky sounds. Play with a disco ball, sirens, or even a light show!

Nov. 27– Dec 1: Build-A-Thon

This workshop is all about building! Learn the basics of the Engineering Design Process by using your very own building kit to keep at the end of the week. Use our build kits to create new constructions every day - and then knock them down at the end! Learn to use basic tools safely to construct using cardboard and other materials to invent and make your own designs. Come build up some fun!

Sept. 11-15: Creative Engineering

Ready to use your imagination to design, build, and play? Join us and become a Creative Engineer! Work with a 3-D construction kit (yours to keep at the end of the week). Design and build simple or complex models of vehicles, robots, moving creatures, and buildings. Then, use a geared motor to make them run! Use our Build Kits to create as YOU want to. Build the fun into your creations either from directions or your own imagination.

Oct. 2-5: Electrifying Fun

Learning about electronics is a snap in this hands-on workshop that uses safe, kid-friendly circuitry kits that you get to take home at the end of the workshop. Transform electrical energy into light, motion, and sound! Launch a glow-in-the-dark flying propeller into the air to see how high it can go! Build a musical doorbell, burglar alarm, or even your own radio! This is a perfect program for emerging electrical engineers, allowing plenty of time for tinkering, and discussions. Snap this up for plenty of fun!

Oct. 23-27: Space Robot: Mission To Mars

Let imagination take flight with this innovative, solar-powered STEAM workshop that explores Mars, our Solar System, and space travel! Mission Specialists use their very own Solar Space Fleet kit to create six different moving models that use three different interchangeable energy sources: solar energy, rechargeable battery, or battery pack. View 3-D images of the surface of Mars, make your own Rover, and fly a demo of the Ingenuity helicopter! The Space Fleet goes home with you at the end of the week. Come blast off for fun!

Nov. 13– Nov 17: Chemistry Creations

Become a chemist and a creator as you discover hands-on science fun! You will explore the worlds of Chemistry and Science while creating fun things to take home. Learn about matter, chemicals, and reactions; watch demonstrations and create your own experiments! Use the Scientific Method to make some science fun! Make a color changing bracelet, make and launch your own rocket, create a Sharpie tie-dye t-shirt, and write secret messages in invisible ink. Make your own flubber, and other cool projects. Take home your chemistry creations daily and wrap up the workshop by making ice cream using science.

Dec 11– Dec 15: The Game-atorium:

Do you like to play board, card, and dice games? Come to the Game-atorium and play group games, card games, board games, and even create and construct your own game to play and to take home with you at the end of the week. Learn new games and strategies, and compete to show off your skills. Come have some fun and games at the Game-atorium!

YOUTH PROGRAMS

STEAMWORKS FOR KIDS- OUT-OF-SCHOOL FULL-DAY STEM WORKSHOPS

Steamworks for Kids will be offering full day STEAM workshops for each of the no school days scheduled this fall! Each workshop will have a different focus, providing a fun day of creative learning. Full descriptions of each workshop topic are available online.

Min 7/Max 20

Instructor: Steamworks for Kids

Time: 8:30am-4:00pm

Ages: 6-11

Location: SPCC Multipurpose & Conference Rooms

Fee: \$95/\$105NR

Staff Coordinator: Breese Reagle



STEAMworks Program 2023

Workshop

CSI: Crime Scene Investigation
Electronics Arcade & Game-atorium
Wonderful Wizardry Science

Date

October 6
November 22
December 22

RED RIOT DRIBBLERS

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

Dates: Oct 15– Nov 19

Days: Sundays

Session 1: 1:15pm – 2:00pm

Session 2: 2:00pm– 2:45pm

Grades: K-1

Location: Redbank Gym

Fee: \$55/\$65NR

Staff Coordinator: Breese Reagle

911 BASKETBALL

South Portland's Public Safety, Officer Camara and Firefighter Boucher would like to invite basketball players who would like to better their game, to join in skills/drills and organized pickup games. Training will be based around player development of all skill levels. Drills will be competitive and designed to increase each player's basketball IQ. We hope to see you there with the mindset to get better! *Min 8/Max 30*

Instructor: Officer Camara & Firefighter Boucher

Dates: Thursdays, Aug 24– Sept 21

Registration Deadline: August 17

Time: 5:30 – 7:30pm

Grades: 8-12

Location: Redbank Outdoor Basketball Courts

Fee: FREE (Registration required)

Staff Coordinator: Breese Reagle

YOUTH OPEN GYM

Come drop in at the South Portland Community Center for Youth Open Gym. Youth under 12 must be accompanied by an adult.

Dates: October 1– December 31 (**no program 12/24**)

Days: Sundays

Time: 12:15-1:45

Age: Under 18

Location: SPCC Gym

Fee: \$4/\$5NR

Staff Coordinator: Breese Reagle



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. Cost includes a t-shirt.

Min 12/Max 25

Instructor: SPHS Varsity Coaches Kevin Millington & Lynne Hasson along with SPHS basketball player volunteers.

Dates: January 7– February 11

Days: Sundays

Kindergarten: 10:00am – 10:45am

1st Grade: 11:00am– 11:45am

Location: Redbank Gym

Fee: \$60/\$70NR

Staff Coordinator: Breese Reagle

YOUTH PROGRAMS - Rec Basketball

Please note that due to 5th graders now being accepted into the new South Portland Middle School, we have restructured all of our elementary basketball leagues. You will now see grades 1&2, 3&4, 5&6 combinations for our Rec Leagues.

Coaches are needed for all leagues! Please contact Breese Reagle at jreagle@southportland.org.

Grades 1-2 Rec Basketball

Through practice, clinics and games, this in-house league will provide a safe and fun recreational experience for children in grades 1 and 2, emphasizing skill development and teamwork in a non-competitive atmosphere. During games, one coach from each team will join players on the floor to coach and help referee. Score will not be kept. Teams will practice 1 time a week in the evening at our elementary schools (day/time TBA once teams are formed) and have one game on Saturday mornings at The Community Center. Practices will begin the week of November 13. A game schedule will be provided at your team's first practice. Teams will be separated by gender and grade if numbers allow. Fee includes team shirt.

Dates: December 2- January 27 (No games 12/23)

Days: Saturday games, 1 Weekday practice

Grades: 1-2

Location: SPCC Gym

Fee: \$80.00 resident only

Staff Coordinator: Breese Reagle

Registration
deadline:
October 20

Grades 3-4 Rec Basketball

The focus of this recreational basketball league will be to continue to develop basketball skills with a concentration on fundamentals, teamwork, sportsmanship and having fun. Score will be kept but not emphasized. Coaches are not permitted on the court during games. Teams will practice 1-2 times per week (space dependent) at local schools or SPCC. Practices will begin the week of November 13. Teams will be separated by gender and grade if numbers allow. Games will be played on Saturday mornings, a game schedule will be provided at the first practice.

Dates: December 2- January 27 (No games 12/23)

Days: Saturday games, 1-2 Weekday practice

Grades: 3-4

Location: SPCC Gym

Fee: \$80.00 resident only

Staff Coordinator: Breese Reagle

Registration
deadline:
October 20

Mandatory coaches meetings will be held for all leagues on the following days:

Grades 1-2: 5:30pm, November 8 at SPCC

Grades 3-4: 5:30pm, November 7 at SPCC

Grades 5-6: 5:30pm, November 1 at SPCC

Grades 7-8: 5:30pm, December 13 at SPCC

High School: 5:30pm, December 12 at SPCC

Grades 5-6 Rec Basketball

The focus of this recreational basketball league will be to continue to develop basketball skills with a concentration on fundamentals, teamwork, sportsmanship and having fun. The score will be kept but not emphasized. Coaches are not permitted on the court during games. Teams will practice 1-2 times per week (space dependent) at local schools or SPCC and Redbank. Practices will begin the week of November 13. Teams will be separated by gender and grade if numbers allow. Games will be played on Saturday mornings and afternoons, a game schedule will be provided at the first practice.

Dates: November 25-January 27 (no games 12/23)

Days: Saturday games, 1-2 Weekday practice

Grades: 5-6

Location: SPCC Gym

Fee: \$90/\$100NR

Staff Coordinator: Breese Reagle

Registration
deadline:
October 20

Grades 7-8 Rec Basketball

This informal program is designed to give middle school players an opportunity stay active this winter through games and scrimmages. South Portland plans to invite Gorham, Cape and other neighboring towns to schedule games against. The season will begin the second week of January and run through early March.

Dates: January—March

Days: Weekday practice & games

Grades: 7-8

Location: South Portland and local communities

Fee: \$90/\$100NR

Staff Coordinator: Breese Reagle

Registration
deadline:
December 5

High School Basketball League

South Portland Parks & Recreation will participate in a league with Portland Rec This league provides an opportunity for any boy or girl in grades 9-12 not playing on his or her school team to play basketball this winter. HS players can make their own teams however each team must have a qualified coach. Coaches must be 21, complete a volunteer coach's application and are subject to a criminal background check. The coach will submit the roster to Breese Reagle jreagle@southportland.org. Each player on the roster must be registered through the rec. All games and practices are weeknights (schedule TBD). All players and coaches must complete a Code of Conduct Form to participate in this league.

Dates: January – March

Days: Tuesday Games

Grades: 9-12

Location: SPCC Gym

Fee: \$80.00

Staff Coordinator: Breese Reagle

Registration
deadline:
December 5

POOL CONSTRUCTION UPDATE



AQUATICS PROGRAMMING



Beginning in July, the pool will be under construction for a period of time while a new roof is installed.

This is a massive renovation project and a complete timeline has yet to be fully determined.

We intend to have Fall programming, but it may be a delayed or shortened session.

We plan to communicate with you all via email blasts. Please make sure you are signed up to receive emails from SPCC and that you check them frequently to keep your account active.

If you do not have an account with us, please go to <https://southportlandme.myrec.com/info/household/login.aspx> to login to your account. From there you can click the “notifications” to confirm your alerts are on to receive updates.



Notifications

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. Please contact Aquatics Coordinator Patrick McArdle pmcardle@southportland.org with any questions, comments or concerns. A complete list of rules is posted at the front desk of the community center.

Please Note:

- Proper bathing attire is required.
- Shoulder length or longer hair must be tied back or in a swim cap.
- Children (10yo and younger) must be directly supervised by the accompanying adult/swimmer (age 16 years or older)
- Pool staff has the authority and responsibility to refuse service to anyone who poses a danger to themselves or others.
- Patrons who are incontinent or not completely potty-trained must wear properly fitting rubber pants with elastic cuffs or swimming diapers.

DAILY FEES

Residents of South Portland: Adults \$5.00 Children/Seniors \$4.00
Non-Residents: Adults \$6.00 Children/Seniors \$5.00

20 Punch Frequent User Passes:

Residents:	Adults- \$70	Child/Senior- \$50
Non-Res:	Adult- \$90	Child/Senior- \$70

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

SENIOR SWIM – Participants must be at least 60 years young, please! Lap lanes are available as well as a large space in the pool for general aquatic exercising.

RENTALS - Pool rentals are only available on Saturdays from 1-2pm or 2-3pm through May 20, 2023. Please make your reservation requests online at www.sopoparksrec.com

ABF - Attleboro Blue Fish, 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.

WATER AEROBICS –

All aerobics classes have a drop-in (daily) fee as follows:

Residents \$5 (adult) \$4 (senior) per class

Non-residents \$6 (adult) \$5 (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.**

PARKS PROGRAMS

NEW MULTILINGUAL HIKE

Are you new to Maine and want to learn about our natural areas, but language or transportation have been a barrier? Join us on this trip from Redbank to Hinckley Park. We will take the bus over and then go on a guided nature hike with a French interpreter. Afterwards, stay for snacks and socializing in the park! This program is a collaboration between the parks department, Sopo Unite, and the Human Rights Commission.

Date: Sunday, September 10th

Time: 1:20-4:20pm

Location: Redbank Bus Stop and Hinckley Park

Fee: FREE (please register)

Staff Coordinator: Sydney Raftery

Schedule:

1:20/25pm- meet at the Redbank Bus Stop

1:40pm: catch the 24A bus

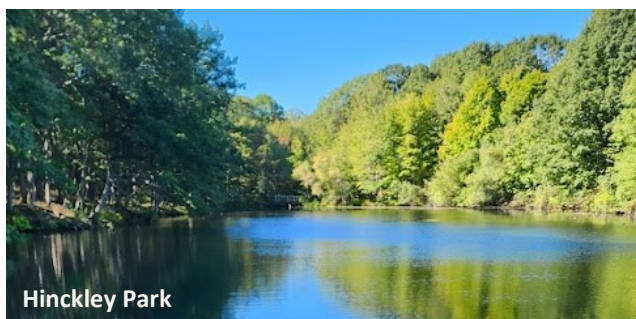
1:55pm- arrive at Broadway and Anthoine, walk towards Hinckley

2:10pm- start walk around Hinckley

3:15pm- food and hanging out

4:15pm- end hike and walk back down to bus stop

4:40pm- bus leaves from Broadway, back to Redbank



Hinckley Park

NEW FULL MOON HIKES

Enjoy the enchantment of nature under the glow of the full moon with our new Full Moon Hikes!

Join us as we embark on a nocturnal journey through Hinckley Park under the full Corn Moon in September and the full Hunter's Moon in October, each hike with a unique theme.

Friday, September 29: *Nature at Night (7pm)*

Saturday, October 28: *Myths and Legends of Maine (6pm)*

Location: Hinckley Park

Fee: FREE

Staff Coordinator: Sydney Raftery



NATURE STORY TIME

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

Instructor: The Librarians and Park Rangers

Toddlers: 10:30– 11:00am.

Kids 5-12: 3:30– 4:30pm

Location: South Portland Public Library

Fee: FREE

Staff Coordinator: Sydney Raftery

September 15: Porcupines

October 13: Spiders & Friends

November 17: Wolves

December 8: Whales



POLLINATOR BIOBLITZ

Bioblitz is back for its second year and is bigger than ever! Join us at Hinckley Park to celebrate all things pollinator, help contribute to citizen science, and learn all about the importance of these amazing creatures. Tables will be set up all day with crafts, activities, and information. And we will have a guided activity each hour!

Date: Saturday, September 23

Time: 9am- 2pm

Location: Hinckley Park

Fee: FREE

Staff Coordinator: Sydney Raftery

Schedule of Events

9:00am- How to Plant a Pollinator Garden Talk by Parks staff

10:00am- Guided Monarch Story Walk by the South Portland Library

11:00am- Guided iNaturalist Citizen Science Hike by Park Rangers

12:00pm- Traveling Bee Talk given by The Honey Exchange

1:00pm- Plant Talk by Maine Audubon

PARKS PROGRAMS

INTRODUCTION TO CAMPING

Brush up on your camping skills, just in time for fall, with our Intro to Camping program. Discover the fundamentals of camping as we delve into essential skills such as tent setup, what to pack, where to go, and camping recipes. We'll finish off the program with the quintessential camping treat: s'mores!

Date: Saturday, September 9
Time: 11:00am-12:30pm
Location: Mill Creek Park
Fee: FREE
Staff Coordinator: Sydney Raftery



NEW AUTUMN OLIVE FORAGING

One big threat to South Portland's natural ecology is invasive species. But did you know that many of them are edible? Grab your foraging bag and join us on this talk to learn about several options for eating invasive plants and to gather some Autumn Olive berries of your own!

Date: Sunday, October 29th
Time: 11am-noon
Location: Bug Light Park
Fee: FREE
Staff Coordinator: Sydney Raftery

NEW SOUP AND SNOWSCAPES: A GUIDED WINTER HIKE AND LUNCH

Getting outside may be difficult in the winter, but South Portland is beautiful despite the chill. Join us this year for a guided winter walk from Bug Light to Fisherman's Point. Along the way we will see both of South Portland's lighthouses, take in the beautiful coastline, and walk along the sandy beach. At the end of the hike, stay to enjoy the company of your fellow hikers and a warm bowl of soup, made with love by Ben Reuben's Knishery!

Trail may be icy or snowy, so proper footwear is required and snow/ice cleats are recommended in the case of winter weather. We will be walking roughly 3 miles round trip.

Date: Saturday, December 16th
Time: 10am-noon
Location: Bug light Park
Fee: \$8.00, preregistration required
Staff Coordinator: Sydney Raftery

ECOLOGY LECTURE SERIES

Our Park Ranger will be returning to the library this fall to dive into even more nature topics related to South Portland. During these lectures, we will look at different topics through the lens of folklore, natural history, ecology, and conservation.

Time: 6:30-7:30pm
Location: South Portland Public Library, Main Branch
Fee: FREE
Staff Coordinator: Sydney Raftery

Topics:

9/14- From Moths to Monarchs: a look at the Lepidoptera family and the incredible journey of the monarchs

10/12- Creepy Creatures: decoding the origins of Halloween's spooky animal legends, and why we view certain animals as "creepy."

11/9- Foraging in Maine- learn all about forageable plants in Southern Maine, and even taste test a few recipes!



NEW ANIMAL CELEBRATIONS

South Portland is home to some amazing wildlife and we want to celebrate them! Join us at Redbank for animal themed activities, crafts, and fun facts. And you can even meet some live owls during a presentation from Chewonki at the October celebration!

Time: 11:00am-1:00pm (drop in anytime)
Age: all ages
Location: Redbank Community Center
Fee: FREE
Staff Coordinator: Sydney Raftery

Oct. 8th - Owl Celebration
with special live owl presentation 11am-noon
Nov. 5th - Bat Celebration
Dec. 10th - Bear Celebration



FAMILY PROGRAMS

SCARECROW BUILDING

Participants receive all the basic materials needed to build and decorate a scarecrow which will be hung in Hinckley Park throughout the fall. Families, neighbors, clubs, businesses, and other groups are encouraged to participate together in their scarecrow and bring additional items to personalize their creations.

Date: Saturday, October 14
Session 1: 10:00am-12:00pm
Session 2: 12:00-2:00pm
Location: Hinckley Park
Fee: \$35/\$45NR

Staff Coordinator: Jenna Martyn-Fisher

BREAKFAST WITH SANTA

Come one come all! Enjoy breakfast in our Casco Bay Room, with a visit from the Jolly ol' Elf himself! Children will have an opportunity to visit Santa and have their pictures taken, so bring your camera! Breakfast will consist of pancakes, sausage, and beverages. The proceeds from this program will be donated to the South Portland Police Department VIPS Program. Children under 3 are FREE!

Date: Saturday, December 9
Time: 8:00-10:00am
Location: SPCC Casco Bay Room
Fee: \$12.00

Staff Coordinator: Jenna Martyn-Fisher

GINGERBREAD HOUSE DECORATING

Get in the holiday spirit while you enjoy decorating a gingerbread house and sipping hot cocoa! We'll supply pre-assembled (frustration free) gingerbread houses, ingredients to decorate, and hot cocoa. Each child registered will receive one gingerbread house. This is a family event where parents are expected to stay and decorate **with** their children, but do not need to register.

Dates: Saturday, December 16
Time: 2:00-4:00pm
Location: SPCC Casco Bay Room
Fee: \$20/\$25NR

Staff Coordinator: Jenna Martyn-Fisher

NORTH POLE CALLING

We've been offering this program since 1983! We've become great friends with Santa in this time and he's agreed to once again call children who live in South Portland before the holidays. This opportunity is free, but we do ask that you register and answer a few questions about your child to help Santa out. The deadline to sign-up is December 9.

Dates: December 11-13
Time: 5:00-7:00pm
Grade: PK-2
Location: Your own home!
Fee: FREE (*resident only*)

Staff Coordinator: Jenna Martyn-Fisher

SPECIAL EVENTS

BUG LIGHT CAR SHOW

This event brings over 200 vehicles to Bug Light Park. Bring your vintage, restored, or unique vehicles down to share or just come down to view them. Food trucks will be available on site to enjoy your dinner while the sun sets!

Date: Wednesday, September 6
Time: 4pm-Sunset
Location: Bug Light Park
Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

HALLOWEEN MOVIE NIGHT

We'll be screening a haunted tale on the big screen. Pizza dinner will be served at 6:15pm and the movie will start at 6:30pm.

Date: Friday, October 7
Time: 6:30pm-8:00pm
Location: Redbank Gym
Fee: \$5.00 (includes dinner)

Staff Coordinator: Jenna Martyn-Fisher

ZOMBIE DASH

Run for your lives through a course plagued with the living dead! We'll have two sessions starting with a "mildly scary" dash before dark, followed by a "thrill seekers" dash after sunset. If you survive the dash, you'll be entered to win some great raffle prizes! You can also sign-up to volunteer as a zombie (bring your own outfit and make-up).

Date: Saturday, October 21
Session 1: 5:30-6:30pm
Session 2: 6:30-7:30pm
Location: TBD
Fee: \$10/\$20NR

Staff Coordinator: Jenna Martyn-Fisher

TRUNK OR TREAT

Let's see your Halloween costumes! Join us along with the South Portland Police Department and many other non-profits and service providers for an afternoon of touch-a-truck, games, and treats.

Date: Saturday, October 28
Time: 11:00am-3:00pm
Location: SPCC Parking Lot
Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

LIGHTING OF THE TREES CEREMONY

Celebrate the holiday season with hot cocoa, baked goods, and more holiday fun as we flip the switch to light up Mill Creek Park!

Date: Friday, December 1
Time: 4:30-7:00pm
Location: Mill Creek Park
Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

SOUTH PORTLAND GOLF COURSE

The South Portland Golf Course is a nine-hole golf course situated on 25 acres located between Westbrook St, Wescott Rd, and Broadway. The clubhouse, which shares a building with the Branch Library, is located at 155 Wescott Rd.

The Par 33 layout measures 2071 yards. It is a fun course for players who are new to the game, and seniors who are looking to relax, get outside, and enjoy a round of golf. Yet it is tricky enough to challenge the intermediate players. The more experienced player will gain the benefit of working on their short game, as the dog-legs, and hidden, postage stamp greens can make shot making a challenge.

The South Portland Golf Course is the perfect option for the golfer who is looking to get a quick nine in before or after work, or even during a lunch break. It is a great place for families and friends to come out, enjoy a round of golf together, and learn the game of a lifetime.

The course will open in mid-April weather permitting, and the season will run through mid-November. All patrons are expected to follow the course rules, rules of golf, and proper on course etiquette.

Tee times can be made by calling 775-0005. Tee times will be scheduled in 15-minute intervals. Walk-ups will be permitted and accommodated if possible. For course updates, please follow *South Portland Parks & Recreation* on Facebook. We hope to see you on the course!

RATES

2023 Season Rates

Monday – Friday (up to 18 holes)	\$15.00
Saturday, Sundays & Holidays (up to 18 holes)	\$17.00
Club Rentals (up to 18 holes)	\$10.00
Pull Cart (up to 18 holes)	\$4.00
GHIN CARD (19&up)	\$45.00
GHIN for 18&under *	\$5.00

**sign up at youthoncourse.com*

2023 Membership

Resident	\$15.00
Non-Resident	\$25.00
* Members are entitled to \$1 off greens fees	
* Seniors (55+) and Juniors (17&under) are entitled to \$2 off greens fees.	

Play Passes

10 Play Pass by May 31 & get 3 extra plays	\$140.00
10 Play Pass after May 31	\$140.00
5 Play Pass	\$70.00

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



Scott Mann is a former recipient of the PGA Maine Chapter Teacher of the Year Award, as well as a 2020 & 2022 Nominee. He is currently The Director of Instruction at The Scott Mann Golf Academy located at Nonesuch River Golf Club in Scarborough.

SCOTT MANN GOLF ACADEMY - LADIES GOLF CLINICS

Join Scott Mann, PGA Pro and PGA Director of the Scott Mann Golf Academy (SMGA) and start playing and enjoying the great game of golf! Learn swing basics including grip, stance and alignment, followed by an introduction to irons, woods, chipping and putting along with proper golf etiquette. Once the class is complete, you will be ready to schedule your first tee time! Please bring your own equipment. **Cost includes a complimentary pass to play at South Portland Municipal on your own. Min 15//Max 20.**

Note: the last day of lessons will run from 5:30 – 7:30 pm, with the first hour instruction and the second hour on the course.

Instructor: Scott Mann

Dates: Wednesdays, September 13 – October 4

Time: 5:30PM – 6:30PM, last clinic will run 4:30PM-6:30PM

Location: South Portland Municipal Golf Course

Fee: \$110/\$120NR

Staff Coordinator: Anthony Johnson

STAFF SPOTLIGHT - Breese Reagle

What does your job with South Portland Parks, Recreation & Waterfront entail?

I am responsible for coordinating all things related to youth programming. Whether the program is intended for preschool-age children or high school kids, I have my hands in all of it.

How did you get started in this field?

I got into the field of parks and rec when serving as a camp counselor during my summers off when I was an 8th-grade social studies teacher in North Carolina. After falling in love with the field I decided to get my master's degree and make a career change which ultimately brought me to Maine.

What do you like most about your job?

I really enjoy the variety that the position offers. No day is the same, which keeps me engaged in my work and excited to come in every day. I also appreciate how fast-paced the work can be. We are always looking to the future when planning activities. I am also fond of the fact that I have been able to collaborate with other recreation staff to bring new programming to the City of South Portland.

What is your favorite park in South Portland?

I would say Willard Beach is my favorite park under our stewardship. What I appreciate most about it is you can enjoy the beach as well as visit the playground for the kiddos.

What do you do for fun?

I have been getting into riding my BMX bike at our skate park after taking a decade-long hiatus. It has been...interesting reactivating some muscles that have been previously underutilized.

What is your favorite restaurant?

I would have to say the one my wife is in the process of opening in Biddeford. I'm really lucky to have a partner who is so talented in the culinary arts. It makes choosing what to eat for dinner a lot easier.

What is on your song list now?

I really enjoy listening to classical music while I am working in the office. When enjoying leisurely activities I tend to lean toward alt rock, like the Black Keys. I'm really excited to see Queens of the Stone Age who are coming to Portland.



COMMUNITY CONNECTIONS

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.

SoPo Hoops works closely with the South Portland Recreation Department to provide opportunities in the game of basketball and to find the right programs for all talent levels.



Registration:

Registration for the 2023-2024 season opens this summer!

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

facebook.com/sopohoops

instagram.com/sopohoops

www.sopohoops.com

THANK YOU SPONSORS!

Many of our events and programs are made possible by the generous support of sponsors.

If you are interested in sponsoring an upcoming event, please contact

Jenna Martyn-Fisher at jfisher@southportland.org



THANK YOU VOLUNTEERS!

Chris Chapman

Linda Fearon

Judy Simpson

Donna Naylor

Helen Walsh



Youth Coaches

Youth Lacrosse

Dan Hanley
Dan Soule
Julie Brown
Andrew Moore
Erick Giles
Ben Bettez
Brian Ahlers
Finnian O'Donnell

Ultimate Frisbee

James Wickham

Lax Magic

Evan Sweeney
Eben Adams

Summer Track

Ryan Gildart
Bob Lamb
Andrew Thurgood

Teen Center Volunteers

Sopo Unite

Lee Anne Dodge
Tara Pelletier

Opportunity Alliance

Sarah Somes

Town & Country

Linda Halleran
Laurie Nielsen

South Portland Police & Fire

Officer Iba Camara
Conner Boucher

The Locker Project

Courtney Bowers

Art in the Park

Ben Millick
Kevin Benasich
DJ Martin
Lauren Thomas
Amy Estey
Danielle Louviere
Sarah Neuts
Jason Lavigne
Molly Keane-Dryer



Courtney Bowers from the Locker Project visited the Teen Center every other week delivering fresh produce and goods for teens to take home. To learn more about The Locker Project visit: www.mainerlockerproject.org

