

Programs & Activity Guide

SOUTH PORTLAND

PARKS, RECREATION, AND
WATERFRONT

2024 Winter Spring



www.sopoparksrec.com | 207-767-7650

Registration Dates

Recreation & Pool Programs

Residents: December 11, 2023

Non-Residents: December 14, 2023

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

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THANK YOU SPONSORS	Back Cover
THANK YOU VOLUNTEERS.....	Back Cover

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Cover photo courtesy of Shara Dee.

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 beginning in January 2024.

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

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 approx. 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

January 1 (New Year's Day)
January 15 (Martin Luther King Day)
February 19 (President's Day)
April 15 (Patriot's Day)

2024 WINTER/SPRING BROCHURE REGISTRATION DATES

Rec & Pool Programs: Residents

December 11

Rec & Pool Programs: Non-Residents

December 14

Spring Pool Programs: Residents

March 11

Spring Pool Programs: Non-Residents

March 14

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

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

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



Park Location:

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

Hours of Operation:

Dawn to dusk



WALKING TRACK INFORMATION

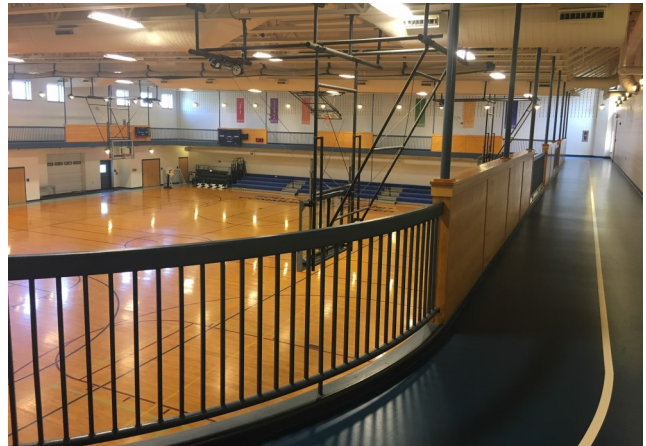
The walking track is located above the gymnasium at the South Portland Community Center. If the Community Center is open, the track is available for your use. Occasionally, there are times that the track may be closed to the public. We will provide as much advance notice as possible when this occurs.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



SCHEDULED SENIOR DROP-IN CENTER ACTIVITIES

MONDAYS:

Bridge 10:00am-12:00pm

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

Tech Help Time w/ Jae 9:00am-11:30am

TUESDAYS:

Board Games: 9:00-11:30am

Monthly Birthday Celebrations – 2nd Tuesday each month – 10:00-11:00am (*Registration Required*)

Cards 11:00am-2:00pm

Mah Jongg: 12:00-3:00pm

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

WEDNESDAYS:

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

Tech Help Time w/ Jae 9:00am-11:30am

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

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

THURSDAYS:

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

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

FRIDAYS:

Mah Jongg 9:00am-12:00pm

Cards 9:00am-12:00pm

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

SENIOR PROGRAMS

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– Must Register. *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: 9:30am– 10:30am

Location: SPCC Senior Drop-in Center

Fee: FREE (*Registration Required*)

Staff Coordinator: Karla Doyon

Jan. 24: Below the Water's Surface (Wednesday)

Maine is known for its plentiful beaches and stunning ocean views, but what goes on just below the surface of the water? Join in on this presentation to learn all about the creatures that make their home in the ocean ecosystems of Maine.

Feb. 12: Wild Cats & Dogs (Monday)

Explore the untamed world of wild cat and dog species! During this presentation, we will delve into the unique adaptations that enable these creatures to thrive in their natural habitats, drawing intriguing comparisons to our beloved domestic feline and canine companions.

Mar. 20: A Night in the Woods (Wednesday)

Explore the enchanting world of nocturnal wildlife in Maine, from owls to bats and the adaptations that make them suited for the dark.

Apr. 24: Maine's Amphibians & Reptiles (Wednesday)

Take a closer look at the diversity of frogs, toads, salamanders and other reptiles living in Maine and their ecological role.

BASIC GENEALOGY

One on one family tree hour. Learn the basics of getting started; how to find free sites to help you find and connect with your past. This will be a general overview to help get you started. Bring any vital records you have to help regain family memories such as birth dates/loved ones deceased dates etc. **Choose ONE date; you many only sign up for one session.** Must Register! *Max 1 per session*

Instructor: Mary Lou Fathke

Dates: Monday Jan. 22 OR 29

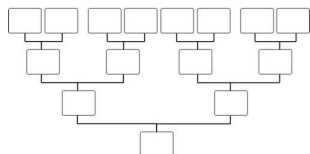
Wednesday, Feb.21 OR 28

Time: 1:00-2:00pm

Location: Senior Drop-In Center

Fee: Free (*Registration Required*)

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:

January 31: Book by a Maine Author

February 28: Romance Novel

March 27: Autobiography

April 24: Mystery

ADVANCE CARE PLANNING

Hospice of Southern Maine encourages people to consider, discuss, and document their end-of-life health care wishes. In this session, learn about the planning process so that your care will reflect your wishes should you become unable to communicate your decisions. We will discuss the Maine Health Care Advance Directive Form and the POLST – Physician Orders for Life-Sustaining Treatment. We will share other ideas how we can all exit this world gracefully, on our own terms. *Min 10/Max 24*

Presenters: Kimberly Mann & Kim Cabrill, Community Liaison, Hospice of Southern Maine

Date: Tuesday Feb. 20

Time: 9:30-10:30am

Location: SPCC Senior Drop in Center

Fee: Free

Staff Coordinator: Karla Doyon

LET'S TALK ABOUT HOSPICE

Hospice care has been part of the healthcare landscape in the U.S. for nearly fifty years. More people are choosing this care at end of life. It's important to know that anyone can refer themselves or a loved one to hospice, a referral does not have to come from a health care professional. Join us to learn about hospice care and how the hospice team cares for people when they are facing a life-limiting illness. *Min 10/Max 24*

Presenter: Kimberly Mann & Kim Cabrill, Community Liaison, Hospice of Southern Maine

Date: Tuesday Jan. 16

Time: 9:30-10:30am

Location: SPCC Senior Drop in Center

Fee: Free

Staff Coordinator: Karla Doyon

SENIOR PROGRAMS

CROCHET A GRANNY SQUARE FLOWER CLASS

Granny squares are a great basis for many crochet projects! In this class, learn how to make crochet granny squares with a flower in the middle. **This is for people who already know the basics, but want to learn a new pattern and possibly new stitches.** At the end of the program, walk away with completed granny square, pattern to make more, and guide on how to use these squares in a few other projects.

Please bring the following to class:

A crochet hook (size 4.5mm is best, but a bigger or smaller size will work), and the following yarn options (worsted weight): 1 color of your choice for the background, 1 color of your choice for the center of the flower, 1-2 colors of your choice for the inner and outer petals.

Min 3/ Max 15

Instructor: Sydney Raftery, Park Ranger

Date: Wed., Jan. 17 (Snow date: Wed., Feb. 7)

Time: 9:30-10:30am

Location: SPCC Senior Drop in Center

Fee: FREE (Registration Required)

Staff Coordinator: Karla Doyon



KEEPING THE KEYS WORKSHOP - FOR SENIOR DRIVERS

Workshop designed to help senior drivers identify how driving changes as we age. This presentation is filled with safety tips and resources that can help minimize driving risks. Workshop topics include: How driving changes with age; The top 5 road scenarios in which mature drivers crash and what to look out for; Traffic laws; How to safely adapt our driving as we get older; How physical and mental changes can affect our driving; How medications may impact driving; Vehicle safety, comfort, and fit; Resources to extend driving career. *(The course does not qualify for an auto insurance discount.)*
Min 11/Max 24

Instructor: Tom Baran, Traffic Safety Education Specialist, AAA

Date: Friday, Jan. 12

Time: 10:00-11:00am

Location: SPCC Senior Drop in Center

Fee: FREE (Registration Required)

Staff Coordinator: Karla Doyon

INTIMATE IRISH LUNCHEON

Join us for a scaled down version of a typical Irish luncheon. Put on your favorite green attire and join us in the Senior Drop in Center for some Rueben sandwiches, Shepard's pie, dessert, tea & coffee. This will be a small intimate gathering without any of the fanfare. You **MUST REGISTER**. Do not just show up! *Min 10/Max 25*

Date: Friday, March 15

Time: 11:00am-1:00pm

Location: SPCC Senior Drop in Center

Fee: \$15.00 (Registration Required)

Staff Coordinator: Karla Doyon

VALENTINE'S DAY TEA BRUNCH

Bring your friends and join us for sweets (chocolate), tea and delicious food! Come put some fun into your Valentines' day by joining us for a very special tea brunch, along with food and treats you will be entertained! Lunch, entertainment and special Valentines' Day surprises included! In coordination with Cape Elizabeth & Portland Recreation. *Min 14/Max 24*

Date: Tuesday, February 14

Time: 11:00am-1:00pm

Location: SPCC Casco Bay Room

Fee: \$17/\$27NR

Staff Coordinator: Karla Doyon



COOKING MATTERS

Cooking Matters offers a FREE series of hands-on cooking and nutrition classes. This 6-week course will give you the skills to shop, cook, and eat healthy foods while staying within your food budget. In addition to enjoying new recipes together each week, participants will receive a cookbook and take-home groceries. **Must register. DO NOT JUST SHOW UP.** *Min 12/Max 12*

Instructor: Sarah Somes, Health Promotion Coordinator, Maine SNAP-ED

Dates: Tuesdays, March 12 through April 16 (*You MUST attend all 6 weeks*)

Time: 11:00am-1:00pm

Location: SPCC Senior Drop in Center

Fee: FREE (Registration Required)

Staff Coordinator: Karla Doyon

SENIOR PROGRAMS

MONTHLY BIRTHDAY CELEBRATIONS

Monthly birthday celebrations with cakes, cupcakes or treats and birthday bags for you if it is your birthday month! Come celebrate with others when it is their birthday month and invite others to come celebrate with you when it is your month! Please register for food and birthday bag purposes. Thank you! *Min 3/Max 20*

Date: 2nd Tuesday of each month – Jan. 9, Feb.13, Mar. 12 and Apr. 9

Time: 10:00-11:00am

Location: SPCC Senior Drop in Center

Fee: FREE (*Registration Required, Birthday bags & treats supplied by Aetna*)

Staff Coordinator: Karla Doyon

TIPS, TRIPS & LIFE HACKS HOUR

What is your favorite life hack? How do make your life more manageable and efficient? Come share your tips and tricks on how you save money or just share a life hack that makes your life simpler. Do you make your own laundry soap? Do you know how to use the Shaw's app? How do you save money on gas? Share your secrets with others and maybe you will learn something new as well! *Min 5/Max 15*

Date: Tuesday, Jan. 23 (Snow date: Tuesday, Jan. 30)

Time: 10:00-11:00am

Location: SPCC Senior Drop in Center

Fee: FREE (*Registration Required*)

Staff Coordinator: Karla Doyon

MAINE DEPT OF INLAND FISHERIES AND WILDLIFE ARCHERY PRESENTATION

Archery for all! Whether you hope to take your skills into the woods hunting or just to try something new, join us for a fun introductory workshop where we cover the fundamentals of archery and prepare you to take the next step! This will be an interactive educational presentation followed by hands on practice with adjustable compound bows (5-25lbs draw). Participation is not required. Come join us for the chat and try at your comfort level. *Min 10/Max 20*

Instructor: Chelsea Lathrop, Education and Outreach Coordinator for MDIFW

Date: Wednesday, April 3

Time: 10:00am-12:00pm

Location: SPCC Casco Bay Room

Fee: FREE (*Registration required, limited space*)

Staff Coordinator: Karla Doyon

PRESENTATION: ARLINGTON, GUARDING THE TOMB OF THE UNKNOWN SOLDIER

Please join us in welcoming Scarborough Chief of Police, Mark Holmquist. Mark will give a presentation about his time in Washington and his duties relating to the guarding of the Tomb of the Unknown Soldier. His is a fascinating story. *Min 10/Max 24*

Presenter: Mark Holmquist

Date: Thursday Feb. 22

Time: 9:30-11:00am

Location: SPCC Senior Drop in Center

Fee: FREE (*Registration Required*)

Staff Coordinator: Karla Doyon

FUNDAMENTAL FOOT CARE PRESENTATION

Why is routine foot care important? Topics of discussion: Common risk factors contributing to foot problems as we age. The benefits of routine foot care by a medical professional; medical model of care with podiatrist vs. nursing model of care by a certified foot care nurse. What you can expect during your appointment with a certified foot care nurse and the impact of foot health of overall well-being. Time for questions and answers. *Min 10/Max 24*

Presenter: Heather Fogg, RN, BSN, CFCS, Owner/CEO Fundamental Foot Care

Date: Tuesday, Feb. 27

Time: 10:00-11:30am

Location: SPCC Senior Drop in Center

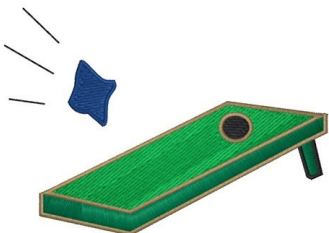
Fee: FREE (*Registration required, limited space*)

Staff Coordinator: Karla Doyon

Chelsea Lathrop, MDIFW, leads an activity. Spring 2023.



SENIOR PROGRAMS



SENIOR CORNHOLE

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

Dates: Fridays, January through April (**No cornhole Feb. 23, Apr. 12 & 19**)

Time: 1:45pm-3:15pm

Location: SPCC GYM

Fee: FREE

Staff Coordinator: Karla Doyon



CHAIR FIT

Chair Fit is a great total body workout for everyone but perfect if you have trouble doing standing exercise. Cardio strength and core all using a chair! Class must meet the minimum or class will be canceled.

Min 4/Max 20

Instructor: Lynn Steward

Days: Thursdays

Time: 12:30 - 1:15pm

Location: SPCC Multi-Purpose Room

Staff Coordinator: Karla Doyon

Session	Dates	Fee
January	4, 18, 25	\$21/\$31NR
February	1, 8, 15, 29	\$28/\$38NR
March	7, 14, 21	\$21/\$31NR
April	4, 11, 18, 25	\$28/\$38NR
*Drop-In Fee is \$8.00 per class		



Laughter Yoga, 2023

LAUGHTER YOGA

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

Instructor: Volunteer Chris Chapman, Certified Laughter Yoga Leader

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

Dates: Fridays, Jan. 26, Feb. 23, Mar. 29 & Apr. 26

Time: 12:00-1:00pm

Location: Senior Drop in Center

Fee: FREE (*Registration required, limited space*)

Staff Coordinator: Karla Doyon

STEP INTO FITNESS

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

Instructor: Lynn Steward

Days: Thursdays

Time: 11:30am - 12:15pm

Location: SPCC Multi-Purpose Room

Staff Coordinator: Karla Doyon

Session	Dates	Fee
January	4, 18, 25	\$21/\$31NR
February	1, 8, 15, 29	\$28/\$38NR
March	7, 14, 21	\$21/\$31NR
April	4, 11, 18, 25	\$28/\$38NR
*Drop-In Fee is \$8.00 per class		

SENIOR TRIPS

SPRING AWAKENING AT COMMUNITY LITTLE THEATER

An angsty rock musical that explores the journey from adolescence to adulthood with a poignancy and passion that is illuminating and unforgettable. An electric, vibrant celebration of youth and rebellion, this musical is an electrifying fusion of morality, sexuality, and rock and roll! *Min 10/Max 13*

Date: Thursday, April 11

Time: Departs SPCC Senior Drop in Center 5:45pm / Approx. return 10:00pm

Location: Auburn

Fee: \$28/\$38NR

Staff Coordinator: Karla Doyon

OSHER MAP LIBRARY AND SMITH CENTER FOR CARTOGRAPHIC EDUCATION

A group tour visit to The Osher Map Library and Smith Center for Cartographic Education where the librarian will take us through the new exhibition in the gallery and show us some items in the reading room about Maine's history. If you like maps, globes and Maine then this is the trip for you! *Min 10/Max 13*

Date: Thursday, Jan. 18

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

Location: Portland

Fee: \$8

Staff Coordinator: Karla Doyon



OUT TO LUNCH BUNCH

Join us a couple times for a trip to some unusual, popular, out of the way, or plain old ordinary dining experiences. Please make sure to bring your money for lunch & gratuity. *Min 8/Max 13*

Dates: Fridays, Jan. 19 & March 22

Fee: \$7.00 (transportation only)

Time: Departs SPCC Senior Drop in Center 10:30am / Approx. return 3:00pm

Locations: TBD

Coordinator: Karla Doyon

THE PLAY THAT GOES WRONG AT PORTLAND STAGE

It's opening night for the Cornley Drama Society's production of *The Murder at Haversham Manor* and the cast wants everything to go right, but with a missing dog, a set that won't hold together, and actors tripping up on their lines... it seems like the play might just go wrong. *Min 10/Max 13*

Date: Thursday, Feb. 15

Time: Departs SPCC Senior Drop in Center 1:15pm / Approx. return 5:00pm

Location: Portland

Fee: \$42/\$52NR

Staff Coordinator: Karla Doyon

THE PROM AT USM THEATRE

Four eccentric Broadway stars are in desperate need of a new stage. When they hear that trouble is brewing around a small-town prom, they know that it is time to put a spotlight on the issue...and themselves. The town's parents want to keep the high school dance on the straight and narrow—but when one student wants to bring her girlfriend to prom, the entire town has a date with destiny. On a mission to transform lives, Broadway's brassiest join forces with a courageous girl and the town's citizens and the result is love that brings them all together. The Prom expertly captures all the humor and heart of a classic musical comedy. *Min 10/Max 13*

Date: Wednesday, April 10

Time: Departs SPCC Senior Drop in Center 9:15am / Approx. return 1:00pm

Location: Gorham

Fee: \$10.00

Staff Coordinator: Karla Doyon

THE MUSEUM OF BEADWORKS TOUR

The Museum of Beadworks showcases beaded artwork by housing and displaying the finest examples of beaded jewelry, clothing, sculpture, accessories, and tapestries as well as the work of contemporary artists. Ongoing exhibitions will present information on beadwork styles from all over the globe, the historic development of beads throughout human history, highlights of modern bead making processes, as well as extensive representations of beadwork. *Min 10/Max 13*

Date: Thursday, March 21

Time: Departs SPCC Senior Drop in Center @ 10:30am / Approx. return 12:30-1:00pm

Location: Portland

Fee: \$12

Staff Coordinator: Karla Doyon

SENIOR TRIPS

LUNCH AT THE GREEN LADLE CULINARY ARTS SCHOOL

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

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

KITTERY TRADING POST & LUNCH

KTP is an outdoor and hunting tradition in Maine for 80+ years. The main level features apparel, footwear, accessories, gifts, collectibles, and homemade fudge shop. The upper level features seasonal specialty sports equipment and apparel and the lower level is filled with fishing tackle and related accessories. After spending some time at KTP, we will stop for lunch and shopping at When Pigs Fly Pizzeria and Company Store, which offers artisan breads, infused olive oils, balsamic vinegars, and other products. *Min 10/Max 13*

Date: Wednesday, Jan. 3
Time: Departs SPCC Senior Drop in Center 8:45am / Approx. return 3:00pm
Location: Kittery
Fee: \$14 (Transportation only. Bring money for lunch and purchases.)
Staff Coordinator: Karla Doyon

SNOWSHOEING AT PINELAND FARMS

Snowshoeing is a winter activity that is for almost everyone! All you need is snow, some snowshoes and some well-groomed trails! We will head to beautiful Pineland Farms in New Gloucester for a morning adventure in the outdoors. Snowshoes **ONLY** and **PASSES** are included. Following our time on the trails, we will head inside to grab lunch at the market café (on your own). Due to Pineland Farms rental waiver requirements, you must be physically capable of snowshoeing independently. *Min 10/Max 13*

Date: Tuesday, Feb. 27
Time: Departs SPCC 8:30am /Approx. return 1:30pm
Fee: \$25.00/\$35.00NR
Location: New Gloucester
Staff Coordinator: Karla Doyon



MYSTERY TRIP

This trip will be a one-stop 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 for your day by bringing a water bottle and whatever else you may need for the day. Pack picnic lunch. **Note: Venue is not handicap accessible. There are stairs. You must be physically capable to maneuver independently throughout the venue.** *Min 10/Max 13*

Date: Monday, April 29
Time: Departs SPCC 8:30am /Approx. return 4:00-4:30pm
(Includes transportation, tour fee, two small waters, and two small snacks. Bring picnic lunch.)
Fee: \$26/\$36NR
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 per trip.
Min 10/Max 13

Dates:

- Thursday, March 28– Timber Point & Beach Walk
 - Friday, April 5 – Hope Cemetery & Woods
- Time: Departs SPCC 8:30am /Approx. return 2:00pm
Locations: Biddeford & Kennebunk
Fee: \$7.00 per trip (*Includes transportation, 1 small water & snack – bring own water as well*)
Staff Coordinator: Karla Doyon

OXFORD CASINO

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

Date: Wednesday, March 27
Time: Departs SPCC Senior Drop in Center @ 9:30am / Approx. return 3:00-4:00pm
Location: Oxford, ME
Fee: \$10.00 (Transportation only)
Staff Coordinator: Karla Doyon

SENIOR TRIPS

MAINE JEWISH MUSEUM TOUR

The museum is housed within the restored Etz Chaim Synagogue, a turn-of-the-century house of worship. The museum is a venue for contemporary art exhibitions featuring established, Jewish-connected, and Maine-connected artists. The museum also houses Jack Montgomery's photo exhibit of Holocaust survivors who settled in Maine, an exhibition of Maine Jewish History, an interactive exhibition "Maine Synagogues Past and Present" and the Maine Jewish Hall of Fame.
Min 10/Max 13

Date: Tuesday, March 12
Time: Departs SPCC Senior Drop in Center 12:30pm / Approx. return 3:30pm
Location: Portland
Fee: \$5.00 (*Transportation only. Donation suggested for museum tour*)
Staff Coordinator: Karla Doyon

THE HOLOCAUST AND HUMAN RIGHTS CENTER OF MAINE

Visit to Michael Klahr Center. Video presentation about Michael's Story. A short original film with artifacts of startling emotional resonance to tell the story of a hidden child of the Holocaust. For many Americans, the first awareness of the events taking place in Nazi Germany began with news reports on November 9th-10th, 1938 - Kristallnacht, or The Night of Broken Glass. Firsthand accounts, including one by Maine's Cantor Kurt Messerschmidt in this compelling story. *Min 10/Max 13*

Date: Tuesday, April 2
Time: Departs SPCC Senior Drop in Center 8:30am / Approx. return 3:00pm
Location: Augusta
Fee: \$10 (*Transportation only. Donation for admission recommended. Lunch cost on your own.*)
Staff Coordinator: Karla Doyon

KENNEBEC CABIN COMPANY, LUNCH, & LONGFELLOWS

Kennebec Cabin Company is the home and headquarters for Maine's most recognizable characters – Chase, Ashley, Ryan, Jedi and Dixie from the hit TV show, Maine Cabin Masters. KCC is home to their retail store stocked with New England art, crafts, tools, and Maine Cabin Masters merchandise, all handpicked by the Cabin Masters themselves. We will eat lunch at The Woodshed and then head to Longfellow's Greenhouse for some shopping. Bring money for lunch and purchases.
Min 10/Max 13

Date: Monday, Jan. 8
Time: Departs SPCC Senior Drop in Center 9:00am / Approx. return 3:00pm
Location: Manchester, ME
Fee: \$10.00
Staff Coordinator: Karla Doyon

ST. DEMETRIOS GREEK ORTHODOX CHURCH TOUR & LUNCH

A visit to this beautiful church. The church's architecture is a gorgeous blend of Byzantine and rustic Maine. The interior has resplendent iconography. We will have a tour of the church and get to see the church's true beauty. Lunch out. *Min 10/Max 13*

Date: Tuesday, Feb. 6
Time: Departs SPCC Senior Drop in Center 9:15am / Approx. return 1:30pm
Location: Saco
Fee: \$6 (*Transportation only – Bring money for lunch and church donation if you would like*)
Staff Coordinator: Karla Doyon

TOUR OF THE MAINE NEEDHAM COMPANY

A guided tour of the Maine Needham Company. The tour will include some history, some hands-on opportunities, a question & answer period and time to make purchases while we are there. Needhams have been a beloved Maine treat/tradition for over 150 years! Maine's traditional coconut and potato filled candy covered in dark chocolate! Yummy samples too! This is a walking/standing tour. Lunch out after tour.
Min 10/Max 13



Date: Wednesday Feb. 21 (snow date: Wed., Feb. 28)
Time: Departs SPCC Senior Drop in Center at 8:30am / Approx. return 12:30-1:30pm
Location: Saco
Fee: \$7.00 (Transportation & tour only. Bring money for lunch and Needham purchases).
Staff Coordinator: Karla Doyon

UNE ART GALLERY TIDAL SHIFT: WORK FROM THE SEARSPORT ECOARTS RESIDENCY

View work from the first suite of artists-in-residence at the Searsport Eco Arts Residency (SEAR). SEAR is the first residency in Maine that is focused on exploring ecology, and provides a unique opportunity for artists to work on Sears Island. "Tidal Shift" will highlight the work of SEAR's inaugural year of artists. An artist or curator to introduce the exhibit will meet us and they will talk about the different pieces on view. Lunch out.
Min 10/Max 13

Date: Monday, March 11
Time: Departs SPCC Senior Drop in Center 10:15am / Approx. return 2:30pm
Location: Biddeford
Fee: \$7 (Bring money for lunch)
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	Jan 2– Apr 30	11:30am - 1:30pm	SPCC Gym
Wednesday (lunch time)	Jan 3– Apr 24	11:30am - 1:30pm	SPCC Gym
Wednesday (evening)	Jan 3– Apr 24	7:00pm - 9:00pm	Redbank Gym
Fridays	Jan 5– Apr 26	11:30am - 1:30pm	SPCC Gym
Sundays (over 30)	Jan 7– Apr 28 (no program 3/31)	2:00pm - 3:45pm	SPCC Gym
Sundays (over 40)	Jan 7– Apr 28 (no program 3/31)	9:00am-10:30am	Redbank Gym

Adult Volleyball	Dates	Time	Location
Sundays	Jan 7– Apr 28 (no program 3/31)	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	Jan 2– Apr 30*	7:30 - 11:00am	SPCC Gym
Mon & Wed (True Beginners Only)	Jan 3– Apr 30*	7:30 - 11:00am	Redbank Gym

***No Adult Pickleball: 1/15, 2/19, 4/15**

ADULT BASKETBALL LEAGUE

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
Thursday League– Winter 2	Jan 25– March 28	Between 6:30-9pm
Monday League– Spring	March 18– June 3 (no game 4/15, 5/27)	Between 6-9pm
Thursday League– Spring	April 4– May 30	Between 6-9pm

ADULT SOFTBALL LEAGUE

ADULT SOFTBALL LEAGUES

SP Rec will be holding two Coed Softball Leagues on Mondays and Tuesdays at Wainwright Recreation Complex. Participants must be at least 18 years old and out of High School. SP Rec will not provide bats or gloves, but will provide team shirts and game balls.

Captains please email wdorsett@southportland.org with your team name, shirts size and a tentative roster after registering. *Individuals/free agents* will be contacted at least 1 week prior to the league start date. League rules will be available online.

Game and League Format

- 8 games for regular season top 10 teams make playoffs
- 10 v 10 format, a minimum of 4 female and 4 male on the field
- 7 innings, no new innings after 60 minutes from scheduled start time.
- Champion teams wins - Adult League Championship items

Monday Softball League

Dates: Mondays, May 6 – July/August (*No games 5/27*)

Game Times: 5:30pm – 8:30pm

Tuesday Softball League

Dates: Tuesdays, May 7 – July/August

Game Times: 5:30pm – 8:30pm

Team Fee: \$700/\$710 NR

Free Agent Fee: \$75/\$85 NR

Location: South Portland Recreation Complex
(Wainwright Fields) 125 Gary L Maietta Pkwy

Staff Coordinator: Whitney Dorsett



Team and Individual Registration deadline is April 25.

Questions on Adult Leagues, contact Whitney Dorsett at wdorsett@southportland.org.

ADULT GOLF LEAGUE - SPRING

Come join our spring adult recreation golf league. Once a week each team will play 9 - holes at the South Portland Municipal Golf Course.

Dates: May 6 – June 20

Location: South Portland Municipal Golf Course

Tee Times: Monday – Thursday 5:00pm, 5:15pm, 5:30pm, 5:45pm, 6:00pm.

-Teams will choose a day of the week and tee time for first 5 weeks.

League Cost: \$50.00 Residents, \$60.00 Non-Residents

-Players are responsible to pay their green fees at the pro shop or use a play pass.

Green Fee - \$15.00 per person. Can play an additional 9 holes after first round and scored league play.

Option to purchase a South Portland golf course 10 play pass and get 3 extra plays for \$140.00 (before May 31st) or purchase 5 play pass for \$70.00.

Staff Coordinator: Whitney Dorsett



League Format

Scramble format play. All skill levels and genders are welcomed to play.

- Age 18+ and out of high school
- Team - 4 people.
- Register as a single, twosome, threesome or foursome. All registered golfers (free agents) who are not in a foursome/team will be paired into teams of 4 if possible.
- 5 weeks of regular season – each team plays once a week. Playoffs are 2 weeks and worth double points.
- No handicaps. (*Triple Bogey Max*)
- Winning Team receives SoPo Adult League championship apparel.

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 SOFT PASTEL: BIRDS

This 5 class series will teach beginner pastelists how to draw and paint birds including a hummingbird, owl, bluebird, great blue heron, and a bird of each class member's choice. In addition, students will learn how to use pastels to achieve both a sketch and finished painting look. All classes will include step-by-step instructions and traceables. No experience needed. Supplies included in class. *Min 4/ Max 14*

Instructor: Joan Quinn

Day: Saturdays, January 13– February 10

Time: 10:30am – 12:00pm

Location: SPCC Casco Bay Room

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

Staff Coordinator: Whitney Dorsett

BEGINNER SOFT PASTEL: ADDING PEOPLE TO LANDSCAPES

This 5 class series will teach beginner pastelists how to draw and paint people in landscapes including people at the beach, people walking on park paths, and people on city streets. In addition, students will learn how to use pastels to achieve both a sketch and finished painting look. All classes will include step by step instructions. No experience needed. Supplies are included in class. *Min 4/ Max 14*

Instructor: Joan Quinn

Day: Saturdays, March 23– April 20

Time: 10:30am – 12:00pm

Location: SPCC Casco Bay Room

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

Staff Coordinator: Whitney Dorsett

CUPCAKE DECORATING CLASSES

Come decorate four themed cupcakes per class with Melissa Remington owner of Lissa's Cupcakes. During this class, you will learn basic piping and decorating techniques to make your cupcakes pop. *Min 8/ Max 15*

Instructor: Melissa Remington

Times: 12:30-2:00pm

Location: SPCC Casco Bay Room

Fee: \$30 per session (*No Senior Discount*)

Staff Coordinator: Whitney Dorsett

Sessions:

1/13– Swiftie Cupcakes

2/10– Valentine's Day Cupcakes

3/9– St. Patrick's Day Cupcakes

4/13– Spring Bouquet Cupcakes



BEGINNER SOFT PASTEL: UNDERPAINTINGS & SIMPLE FORMS

This 5 class series will teach beginner pastelists how to create underpaintings with mixed media including mediums such as acrylic, gesso, and watercolor. Pastel will be added on top of the underpainting layer. The class will teach how to create fruit, flowers, and simple landscape scenes with vibrant underpaintings. In addition, students will learn how to use pastels to achieve both a dimensional and finished painting look. All classes will include step-by-step instructions. No experience needed. Supplies included in class. *Min 4/Max 14*

Instructor: Joan Quinn

Dates: Saturdays, February 17-March 16

Time: 10:30am – 12:00pm

Location: SPCC Casco Bay Room

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

Staff Coordinator: Whitney Dorsett



WATERCOLOR WORKSHOPS

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. A supply list will be made available prior to first class. *Min 6/Max 15*

Watercolors Part 2: Building on our beginners' course, we will explore a host of new and traditional techniques. Each class will present and resolve problems in rendering skies, trees, rocks, water, and figures. Bring your spirit and expect to have fun. A supply list will be available prior to class commencement. *Min 6/Max 15*

Instructor: Pauline Cook

Day: Fridays

Time: 9:30am – 10:30am

Location: SPCC Casco Bay Room

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

Staff Coordinator: Whitney Dorsett

Session

Introduction to Watercolors
Watercolors Part 2

Dates

January 5– February 2
February 23– March 22

ADULT PROGRAMS

STRICTLY STRENGTH

Strictly Strength is a co-ed 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*
January	January 4-29 (no class 1/15)	\$63/\$73 NR
February	February 1-29 (no class 1/19)	\$72/\$82 NR
March	March 4-28	\$72/\$82 NR
April	April 1-29 (no class 4/15)	\$72/\$82 NR
*Drop in fee is \$13 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.

Min 5/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*
January	January 2-30	\$72/\$82 NR
February	February 1-29	\$72/\$82 NR
March	March 5-28	\$64/\$74 NR
April	April 2-30	\$72/\$82 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 vibrant!

Min 5/Max 27

Instructor: Martha Williams

Days: Wednesdays

Location: SPCC MP Room

Staff Coordinator: Whitney Dorsett

Session	Dates	Times	Fee*
Winter 1	Jan 3 – Feb 28	9:30-10:45am	\$101.25/\$111.25 NR
Winter 2	Mar 6 – Apr 24	9:00-10:45am	\$90/\$100 NR
*Drop-in rate \$15 per class			

BETTER PELVIC HEALTH FOR CONFIDENCE AND COMFORT

Gain the confidence, comfort and control that comes from a healthy pelvic floor! Take a moment to learn about common issues related to pelvic floor muscles, what they are, and how they function best. Leave with a better idea of healthy habits for pelvic health and a better understanding of what can help when things are not going well. Jessica Clark PT and pelvic floor specialist, from Hurt&Co Physical Therapy will be talking about pelvic floor basics and available for questions.

Min 8/Max 30

Instructor: Jessica Clark PT

Date: Thursday, January 18

Session 1: 3:00-3:45pm

Session 2: 6:00p-6:45pm

Location: SPCC Casco Bay Room

Fee: FREE

Staff Coordinator: Whitney Dorsett

SUSHI CLASS

Have you ever wanted to master your culinary sushi skills? If so, then this is the perfect experience for you! Come enjoy Chef Alex's exciting hands-on sushi class where you and your friends will learn to become a sushi chef! Over the course of this 2-hour class, you will learn proper knife techniques, sushi rolling and recipe creations. Chef Alex will show you how to make five different types of sushi rolls followed by one hand roll. No senior discount and no refund if cancelled with fewer than 3 business days before the class. *Min 15/Max 30*

Instructor: Alex Herzog of Great Wave Sushi

Dates: Sunday April 21

Time: 11:30-1:30pm

Age: 18+

Location: SPCC Casco Bay Room

Fee: \$85/\$95NR

Staff Coordinator: Whitney Dorsett

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 like basketball, pickleball, kickball, dodgeball, floor hockey, badminton, flag football, cornhole, soccer and more! Unified Sports is a fun way to develop motor skills and teamwork while also fostering acceptance and creating new friendships among participants along the way.

Min 1/Max 30

Dates: Thursdays, Jan. 4 – April 25

Time: 10:00am – 11:30am

Age: 18+

Location: SPCC Gym

Fee: FREE

Staff Coordinator: Whitney Dorsett



PICKLEBALL BEGINNER LESSONS

This program is designed to help you get off the couch and onto 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 advanced beginner players. *Min 4/ 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
January	7, 14, 21, 28
February	4, 11, 18, 25
March	3, 10, 17, 24
April	7, 14, 21, 28

Wednesdays | 6:00-7:00pm | SPCC Gym

Session	Dates
April	3, 10, 17, 24

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

Session	Dates
January	5, 12, 19, 26
February	2, 9, 16, 23
March	1, 8, 15, 22 (no class 3/29)
April	5, 12, 19, 26

PICKLEBALL IMPROVERS LESSONS

This 4-day program is structured for you to gain the confidence to get on the court with advanced beginners and other improving players. 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. *Min 4/ 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: 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
January	7, 14, 21, 28
February	4, 11, 18, 25
March	3, 10, 17, 24
April	7, 14, 21, 28

Wednesdays | 7:00-8:00pm | SPCC Gym

Session	Dates
April	3, 10, 17, 24

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

Session	Dates
January	5, 12, 19, 26
February	2, 9, 16, 23
March	1, 8, 15, 22 (no class 3/29)
April	5, 12, 19, 26

2024 SUMMER REC CAMP

CAMP DETAILS

Camp Dates: Monday through Friday, June 24th-August 9th (no camp July 4th & 5th)

Camp Hours: 8:00am-5:30pm (8:00am-12:00pm on Friday, August 9th) Mini, Little & Big Riots
8:30am-5:00pm Mega Riots

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

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

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

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

****All Summer Camp Dates, Times, and Locations are Tentative.****

CAMP PAYMENT INFORMATION - NEW THIS YEAR!

CAMP PRICING INCREASE: South Portland Parks & Recreation is committed to offering one of the most affordable, highest quality city/town run camps in the state. We will do so again in Summer 2024. However, please note that in order to meet the rising cost of staff, trips and general operating expenses, Rec Camp rates have increased (the first increase in many years). The discounted full summer enrollment option has also been discontinued to help ensure that we're meeting community demand and serving the greatest number of kids at camp each week. When registration opens on February 1, 2024, adults will be able to select which weeks their child or children would like to attend. A \$50 deposit is required at registration. Registrations may be canceled by June 14th to receive a full refund on the deposit. Payment in full is due by June 14th. We look forward to having your children join us this summer, and thank you for helping us keep South Portland Summer Rec Camp a great experience for our children.

Camp Fee: \$180.00/week, except for week 2 (Holiday week) which is \$150.00

Camp registration is now only "by the week". We are no longer offering a Full Summer option; however, you can still sign up for all seven weeks!

*Registration Deadline for week 1 is Friday, June 14th.

*Weeks 2-8 deadlines are the Wednesday prior to that week.

\$50 deposit is required at the time of registration.

The remaining balance MUST be paid by Friday, June 14th in order for your child to attend camp. Your deposit is refundable up until June 14th.

Scholarships: Applications are due by Friday, April 5th. You must register your child and pay the \$50 deposit by April 5th to be eligible for financial assistance. Your application will not be reviewed if you have an overdue balance on your account. Deposits are refundable up until June 14th. You will be notified of your assistance status by Friday, April 26th. Applications can be printed during the registration process or picked up at the Community Center.

REGISTRATION PROCEDURE

Registration opens Thursday, February 1st, 2024.

Registration Times:

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

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

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

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

Please contact Kari Filieo
with any questions
regarding Summer Camp.
kfilieo@southportland.org

OUT OF SCHOOL PROGRAMS

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*

FEBRUARY VACATION CAMP

Dates: February 20th – 23rd 2024

Days: Tuesday - Friday

Time: 8:00 am – 5:00 pm

Grade: K – 5

Location: SPCC

Fee: \$175.00

Staff Coordinator: Kari Filieo

APRIL VACATION CAMP

Dates: April 16th – 19th 2024

Days: Tuesday - Friday

Time: 8:00 am – 5:00 pm

Grade: K – 5

Location: SPCC

Fee: \$175.00

Staff Coordinator: Kari Filieo

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*

Date: Friday, April 12

Time: 8:00 am – 5:00 pm

Grades: K – 5

Location: SPCC

Fee: \$60.00 per day

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

Ages: 7-12

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 and are subject to a criminal background check. If interested please contact Anthony Johnson at johnson@southportland.org.

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 has a foosball table and air hockey table to use. The Redbank Community Center 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 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 28

Day: 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.

Dates: October 3 – May 28

Day: Tuesday

Time: 10:30am – 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: January 6– February 10

Day: Saturdays

Location: SPCC Gym

Fee: Residents \$120/ \$130NR

Staff Coordinator: Breese Reagle

Session	Ages	Time
Cubs	2-3	2:15-3:00pm
Lions	4-5	3:00-3:45pm

PILLOW HOCKEY

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

Date: March 2– April 6

Days: Saturdays

Time: 9:00am– 12:00pm

Grades: K-2

Location: Redbank Gym

Fee: \$55/\$65NR

Staff Coordinator: Breese Reagle

CHALLENGERS FUTSAL

Challenger Sports is an organization of soccer educators who through their futsal program want to bring the flair and passion of Brazilian Soccer to North America. The Challenger Futsal Coaches will help your players learn and practice these specialized skills along with teaching them about improvisation, creativity, ball control, and small space passing. *Min 6/Max 15*

Date: January 6– February 10

Days: Saturdays

Time: 3:45-4:45pm

Ages 6-10

Location: SPCC Gym

Fee: \$120/\$130NR

Staff Coordinator: Breese Reagle

START SMART BASKETBALL

What is Start Smart? 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*

Instructor: Bob Boucher

Dates: January 6– February 10

Day: Saturdays

Session 1: 9:00-9:45am

Session 2: 10:00-10:45pm

Ages: 3 - 5

Location: Redbank Gym

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



FLOOR HOCKEY

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

Dates: March 2– April 6

Days: Saturdays

Game Times: 9:00am-12:00pm

Grades: 3-5

Location: Redbank Gym

Fee: \$55/\$65NR

Staff Coordinator: Breese Reagle



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

Winter Session 1: January 5– February 9

Winter Session 2: February 23– March 29

Spring Session 1: April 12– May 17

Day: Fridays

Time: 4:00– 5:00pm

Ages: 5-12

Location: SPCC Multipurpose Room

Fee: \$65/\$75 NR

Staff Coordinator: Breese Reagle



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!
Min 15/ Max 24

Instructor: Emily Savage

Dates: December 4– February 26

Days: Mondays

Time: 6:30 – 8:00pm

Grades: 6-8

Location: Redbank Community Center

Fee: \$85/\$95 NR

Coordinator: Breese Reagle



MESSY ART PROGRAM

In this 4 week program, we will create different messy art projects such as collages, slime, finger painting, and more. Please wear old clothes as we get messy! We will provide aprons. This program is for children in grades K-5. *Min 5/Max 15*

Instructor: Lindsay Larsen

Dates: January 6-27

Day: Saturdays

Time: 11:00am – 12:00pm

Grade: K-5

Location: SPCC Activity Room

Fee: \$50/\$60 NR

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

Session 1: January 15– March 4

Session 2: March 11–April 22

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: January 15– March 4

Session 2: March 11–April 22

Days: Mondays

Time: 4:30– 5:15pm

Ages: 5-9

Location: SPCC Casco Bay Room

Fee: \$75/\$85 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 (as pool availability allows), and a movie. Please send sneakers, swimsuit and towel. This event is for children in K – 5th grade. *Min 10/ Max 30*

Dates: January 5, February 16, March 8, April 12

Time: 5:00-8:50pm

Grade: K-5

Location: SPCC

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

Staff Coordinator: Jenna Martyn-Fisher



INTRO TO HIP HOP

This class will be broken up into 2 styles of dance, hip hop and acrobatics. Dancers will begin with hip hop, a warm-up for the body and explore different hip hop concepts, styles and movement. 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 5 and up, for boys and girls of all levels!

Min 4/Max 14

Instructor: Drouin Dance Center

Session 1: January 15– March 4

Session 2: March 11–April 22

Days: Mondays

Time: 5:30– 6:15pm

Ages: 5-9

Location: SPCC Casco Bay Room

Fee: \$75/\$85 NR

Staff Coordinator: Breese Reagle

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.

Min 10/ Max 50

Instructor: Matt Green

Dates: Saturdays, April 20– May 18

Time: 9:00– 9:45am

Grade: K-2

Location: SPHS Track

Fee: \$55/\$65NR

Staff Coordinator: Breese Reagle



SPRING CROSS COUNTRY RUNNING

This program will be offered for boys and girls grades 3-9. Program will meet each Saturday at the SPHS Track. Grades 6-9 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 3-5 will complete a 1 mile course.

Min 10/ Max 50

Instructor: Matt Green

Dates: Saturdays, June 1-29

Time: 9:00-10:00am

Grade: 3-9

Location: SPHS Track

Fee: \$55/\$65 NR

Staff Coordinator: Breese Reagle

HURDLE CAMP

What if track practice was all about hurdling? This week it is! Runners will learn drills and specific warmups for the hurdles. Different-sized hurdles will be available to make sure you have an appropriate height barrier to clear. Beginners will get comfortable leaving the ground and returning to running form while learning how to keep the body under control during flight. More experienced hurdlers will focus on maximizing speed by refining techniques including the start and finish. *Min 10/ Max 30*

Instructor: Matt Green

Dates: February 20-22

Time: 11:00am-12:00pm

Grade: 2-8

Location: Redbank Gym

Fee: \$45/\$55 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. *Min 10/ Max 50*

Instructor: Matt Green

Dates: Saturdays, April 20– May 18

Elementary: 10:00-11:00am

Middle School: 11:00am-12:00pm

Grade: 2-5

Location: SPHS Track

Fee: \$55/\$65NR

Staff Coordinator: Breese Reagle

RIOT PRIDE FOOTBALL CLINICS

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

Min 15/Max 25

Instructor: Aaron Filieo

Staff Coordinator: Breese Reagle

Flag Football Clinic

Dates: March 3-24

Days: Sundays

Time: 1:00-2:00pm

Grade: K – 3

Location: Redbank Gym

Fee: \$75/\$85NR



Tackle Football Clinic

Dates: March 2-23

Days: Saturdays

Time: 10:00am-12:00pm

Grade: 4-6

Location: SPCC Gym

Fee: \$75/\$85NR

SPECIAL OLYMPICS YOUNG ATHLETES

Special Olympics Young Athletes is a sport and play program for children with and without intellectual disabilities (ID), ages 2 to 7 years old. Young Athletes introduces basic sport skills, like running, kicking and throwing. Special Olympics promotes inclusion and sportsmanship for all ages. This is a 6 class session that parents are expected to stay and engage as necessary with their children but do not need to register. *Min 10/ Max 25*

Dates: Tuesdays, April 2 – May 7

Time: 4:00-4:45pm

Location: SPCC Gym

Fee: \$15/\$15NR

Staff Coordinator: Whitney Dorsett



YOUTH PROGRAMS

YOUTH LACROSSE

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

Equipment Needs

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

Dates: April 1– June 6

Days: 1 weekday practice, weekend games

Grade: 3-6

Location: Wainwright Fields & nearby towns

Fee: \$85.00 (*Residents Only*)

Staff Coordinator: Breese Reagle

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

Mandatory Coaches Meeting:
March 16, 6-7pm at SPCC.

Final Registration Date is March 13, 2024.
Registrations following this date will only be as space allows.

FREE BOYS LACROSSE CLINIC

SPHS Boys Varsity head coach, Dan Hanley and 5/6 Grade Youth Coach, Erick Giles will lead four indoor lacrosse sessions in February for new and returning lacrosse players in grades 3 to 6. Sessions will emphasize skill development and playing small-sided games.

Players should bring sneakers, athletic clothes, a water bottle, and a lacrosse stick (if possible). Sticks can be provided for new players. If you do not have your own lacrosse stick, please contact Coach Hanley (dan.hanley3@gmail.com).

***Despite this being a free program, registrants must sign up in advance**

Instructor: Dan Hanley

Dates: February 1–29 (**no program 2/22**)

Days: Thursdays

Grade: 3-6

Location: Redbank Gym

Fee: FREE (*Registration Required*)

Staff Coordinator: Breese Reagle

YOUTH BASEBALL CLINICS

Hone your baseball skills with Little League in preparation for next season. Age specific skills will be taught in each session. *Min 12/Max 25*

Instructor: Mike Owens, SPHS Varsity Baseball Coach

Dates: January 21– February 11

Days: Sundays

Ages 9-10: 12:15 – 1:15pm

Ages 11-12: 1:15– 2:15pm

Location: Redbank Gym

Fee: \$75/\$85NR

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 Basketball Coaches Kevin Millington & Lynne Hasson

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 OPEN GYM

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

Days & Times vary based on gym availability. Check website for monthly calendar.

Age: Pre-K—18

Location: SPCC Gym

Fee: \$4/\$5NR

Staff Coordinator: Breese Reagle

YOUTH PROGRAMS

RHYTHMIC GYMNASTICS

In Rhythmic Gymnastics, we aim to build a strong body and spark your curiosity while inspiring you to discover your talents. This Program will shape your young ladies into Strong, passionate, and disciplined women. We are dedicated to helping every child to have the opportunity to reach their goals and maximum potential in this sport.

Min 12/Max 25

Instructor: Asya Vinokur

Age: 5-10

Location: SPCC Multi-Purpose Room

Fee: \$140/\$150NR (\$40 discount to sign up for Sunday & Friday sessions in the same month.)

Staff Coordinator: Breese Reagle

Sundays | 10:00-11:15am

Session	Dates
January	7, 14, 21, 28
February	4, 11, 18, 25
April	7, 14, 21, 28

Fridays | 5:30-6:45pm

Session	Dates
January	5, 12, 19, 26
February	2, 9, 16, 23
March	8, 15, 22, 29
April	5, 12, 19, 26

YOUTH WINTER EQUIPMENT RENTAL PROGRAM

In an effort to promote getting kids outside during the winter months, South Portland Parks, Recreation, and Waterfront will be leasing outdoor equipment (acquired through the Keep ME Healthy Grant) for South Portland youth only during the winter of 2023-2024. Available rental equipment includes snowshoes and/or ice skates, in various youth sizes. **Rentals are good for 5 days and then must be returned to the Community Center to allow others to use.**

There is no upfront cost to rent the equipment, but instead, a balance will be put on your account (\$75 for snowshoes, \$50 for ice skates). The balance will be removed when the equipment is returned in the same condition it was found.

Equipment Use Rules

- o Equipment **MUST** be returned within 5 days of when picked up.
- o All users will be registered in our online registration system, MyRec. **Must register in person at the Community Center front desk.**
- o A \$75.00 balance will be applied to your account for each set of snowshoes. This charge will be removed when the equipment is returned
- o A \$50.00 balance will be applied to your account for each set of ice skates. This charge will be removed when the equipment is returned.

We reserve the right to limit and/or suspend your right to participate in any future South Portland Parks & Recreation programs until the above fee is paid on your account if the equipment is returned damaged or not returned.



SPCC 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, 2-3 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. There are exceptions to this rule with permission from the Aquatic Supervisor on duty. Non-swimming patrons wearing a life-jacket/PFD MUST stay within arms-reach of a guardian at all times.

ADULT SWIM – Participants must be at least 18 years old. Lap lanes are 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. We will no longer allow water joggers to use the lanes. Lap swimming only, please.

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. Lifeguards can help, if needed.

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

RENTALS - Please check our website (www.sopoparksrec.com) for pool availability to rent for your gathering. Rentals are available on Saturdays at 1pm or 2pm.. The Customer Service Desk can assist you as well.

ABF - Attleboro Blue Fish Swim Club. A local swim team. The pool is closed to the public during their practice times.

SCARBOROUGH or FALMOUTH 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 floatation device.

~**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.

~**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.

**For questions regarding the Pool, contact
Patrick McArdle at pmcardle@southportland.org.**

SWIM LESSON REGISTRATION INFO

A Note to Parents

In order to derive the maximum benefits from swim lessons, the following suggestions are recommended:

- In order to keep hair out of your child's eyes, PLEASE style hair in a ponytail, braid, or use a swim cap.
- Always have your child use the restroom BEFORE class.
- Try to get your child to every class on time and ask your child to learn their instructor's name.
- Do not expect miracles from your child. Improvement in swimming is often gradual. At the end of each session, a progress card is handed out, which provides the next class level recommendation. It often takes several sessions to move from one level to the next.

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

Winter Swim Registration Dates (Lessons in Jan/Feb)

Residents: December 11

Non-Residents: December 14

Spring Swim Registration Dates (Lessons in April/May)

Residents: March 11

NON-Residents: March 14

Online & In-person Registration begins at 7am.

Please note the following during registration:

- If you are unable to get your child into the class date/time you prefer, please call the Customer Service Desk and ask to be placed on a waiting list. If your child is placed on the waiting list, you will receive a call from our pool staff **IF** we are able to accommodate your request with instructions on when and how to register.
- Registrations will be accepted for our swim lessons through the end of the first week of class **OR when classes are full.**
- Adults may register for adult swim classes online or at the desk starting on the above dates as well.

LESSONS

BEGINNER ADULT SWIM LESSONS

We are pleased to offer an exclusive Beginner Swim Lessons for adults (ages 14+). These skill-appropriate classes are offered to promote comfort and fundamentals, as well as safety in the water. Beginners will focus on basics such as water comfort/stability, floating, treading, exhaling in the water and long dog style swimming. Advancement to more active skills such as: rotary breathing, front crawl, finning on back and breast stroke, will be taught as well. We will strive for learning efficiency in the water, and the confidence to swim independently without support. *Min 2/Max 9*

WINTER 2024 SESSION

Instructor: Adult Pool Staff

Dates: Sundays, January 7– February 18

Time:

4:00 – 4:30pm (Group 1)

4:30– 5:00pm (Group 2)

Age: 14+

Location: SPCC Pool

Fee: \$60/\$70

SPRING 2024 SESSION

Instructor: Adult Pool Staff

Dates: Sundays, April 7 – May 19

Time:

4:00 – 4:30pm (Group 1)

4:30– 5:00pm (Group 2)

Age: 14+

Location: SPCC Pool

Fee: \$60/\$70

DIVING LESSONS FOR KIDS GRADE 6-12

This program will include instructional classes in springboard diving. These lessons will be designed to incorporate a variety of experience levels. Those with no experience will learn the basics of approaches, hurdles, and entries, as well as some basic dives. Those with more experience will work on technique for voluntary and optional dives from all categories. These classes will be taught by Ryan Green, a coaching veteran in Maine high school's SMAA, and multiple time Class A Diving Coach of the Year. *Min 4/Max 10*

Instructor: Ryan Green

Dates: Tuesdays, April 2 – May 14 (*no winter session*)

Time: 6:00-7:00pm

Grades: 6-12 (*no exceptions will be made*)

Fee: \$60/\$70NR



PROGRESSIVE SWIM LESSONS FOR KIDS 6-13

NEW! We are proud to introduce new swim levels which have been revamped to better fit the needs of our community and facility.

If you have any questions about level placement for your child, please reach out well BEFORE REGISTRATION to any of the Aquatic Supervisors. We will find the best level placement for them.

We are here to help! Contact us at 207-767-7650 and ask for Lesley, Mike or Lia.

Participants in the youth progressive swim program must be a minimum of 6 years old. All swimming abilities are welcome to participate in this program. Due to space and staff limitations, children must be registered for the proper level. Our aquatic staff will gladly assist you in determining the best level for your child. Please reach out well before registration and we can help! Level placement will also be verified during the first class meeting and the staff will do their best to accommodate necessary level switches. In the event we are unable to do so, based on class size limits or timing, we may be able to offer a partial class refund. Classes aim to maintain an instructor:student ratio of 1:8. A lifeguard is on duty during lessons.

LEVEL 1: INTRODUCTION TO AQUATIC SKILLS

OBJECTIVE: To help students feel comfortable in the water and learn how to enjoy the water safely.

Prerequisites include: there are no specific prerequisites for this level, other than the participant must be a minimum of 6yo. For many students, this may be their first experience with formal swim lessons.

Skills introduced include: Basic water safety rules, submerging mouth, nose, and eyes, swimming on front and back using underwater pulling actions and kicking, using a prone body position, exhaling underwater, and floating on back. This level may utilize bubble floatation belts.

LEVEL 2: FUNDAMENTALS OF SWIMMING

OBJECTIVE: To give students success with fundamental aquatic skills to remain safe.

Prerequisites include: ability to fully and comfortably submerge face, float on back with minimal assistance, swim a short distance independently, and demonstrate safe water entries and exits.

Skills introduced include: Front & back glides, “bobbing”/submerging head, rolling over from front to back for safety, swimming using front crawl and elementary backstroke action. Some classes may use floatation for support. Students will explore the deep end of the pool. In order to pass this level, students **MUST** be comfortable in deep water and **MUST** pass the **SoPo SHALLOW WATER SWIM TEST**. This is defined as the ability to enter the shallow water, dunk under, stay afloat to swim (in any capacity) half the length of the pool (roughly 12.5 meters) to end with a 30 sec tread or float in shallow water that is above their head.

LEVEL 3: DEVELOPING SWIM SKILLS FOR STRENGTH AND SAFETY

OBJECTIVE: To build on the fundamental skills (see Level 2) through guided practice and development of new strokes

Prerequisites include: perform an unsupported float, glide on front and back, independent swimming on front and back for a minimum of 15 meters, and the ability to roll from front to back float and back to front swim. The child must feel confident in deep water and have passed the Shallow Water Swim Test.

Skills introduced include: front crawl with rhythmic breathing, back crawl, rotary breathing, butterfly kick and body motion, sitting/kneeling dives, elementary backstroke coordination, introduction of breaststroke, and treading water. Students will build endurance in this level. In order to pass this level, **students MUST pass the SoPo DEEP WATER SWIM TEST** which is the ability to jump into deep water, surface to float/tread for 15-30 sec, swim (in any capacity) one length of the pool, going underwater at least one more time.

LEVEL 4: BUILDING ENDURANCE AND TECHNIQUE

OBJECTIVE: To learn new strokes, refine the basics (see level 3) to be a confident and strong swimmer

Prerequisites include: ability to perform front crawl stroke with rotary breathing for a minimum of 25 meters, elementary backstroke for a minimum of 25 meters, and ability to tread water and knowledge of the basics of breaststroke and butterfly body positioning. Students must have passed the DEEP END SWIM TEST in order to be in level 4.

Skills introduced include: Bilateral breathing with freestyle, swimming drills, endurance building, coordinated breaststroke, butterfly kicks and arms, mastering open turns, standing dives, and surface dives, flip turns for freestyle and backstroke, use of a pace clock while swimming sets, competitive swim starts, and the use of recovery strokes.

PROGRESSIVE SWIM LESSONS FOR KIDS 6-13

WINTER 2024 SESSION

Thursday Lessons: Jan 4-Feb 15

Saturday Lessons: Jan 6– Feb 17

Sunday Lessons: Jan 7-Feb 18

Ages: 6-13

Location: SPCC Pool

Fee: \$60/\$70NR

SPRING 2024 SESSION

Thursday Lessons: April 4-May 16

Saturday Lessons: April 6-May 18

Sunday Lessons: April 7-May 19

Ages: 6-13

Location: SPCC Pool

Fee: \$60/\$70NR

	<u>Thursday</u>	<u>Saturday</u>	<u>Sunday</u>
Level 1	6:00-6:45pm	9:00-9:45am	11:00-11:45am
			2:00-2:45pm
Level 2	6:00-6:45pm	10:00-10:45am	10:00-10:45am
		11:00-11:45am	1:00-1:45pm
Level 3	6:00-6:45pm	9:00-9:45am	10:00-10:45am
		11:00-11:45am	11:00-11:45am
			2:00-2:45pm
Level 4	6:00-6:45pm	10:00-10:45am	1:00-1:45pm

SWIM LESSONS FOR FAMILIES (ADULT WITH CHILD)

The following classes all involve a parent/caregiver joining their child in the water for the swim lessons.

FAMILY LESSONS FOR BABIES AND TODDLERS

This classes are for parents/care-givers and their 9 months to 3 year old child (by the start of the program). In this playful networking class, parents and the children learn together to increase the child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. These levels are fun-filled and help introduce water safety concepts, while encouraging a healthy recreational habit that the entire family can enjoy. The **BABIES class** will focus on water introduction with songs, and skill based activities focused on acclimating children to swim lessons, being safe in and enjoying water. This class is geared towards younger children. The **TODDLERS class** will focus on swim skills, safety components in and around the water, as well providing fun activities/songs/games that can be translated to practicing at home, in pools or in open water. This class is geared towards older children.

We STRONGLY encourage parents to register their children for one of these classes, if it is their first experience in swimming lessons. Please ask the swim staff should you have any questions about this recommendation.

Min 4/Max 15

WINTER 2024 SESSION

Thursday Lessons: Jan 4-Feb 15

Saturday Lessons: Jan 6– Feb 17

Sunday Lessons: Jan 7-Feb 18

Location: SPCC Pool

Fee: \$60/\$70NR

SPRING 2024 SESSION

Thursday Lessons: April 4-May 16

Saturday Lessons: April 6-May 18

Sunday Lessons: April 7-May 19

Ages: 6-13

Location: SPCC Pool

Fee: \$60/\$70NR

Family Lessons	<u>Thursday</u>	<u>Saturday</u>	<u>Sunday</u>
Babies (9-18 months)	9:00-9:30am	9:30-10:00am	2:00-2:30pm
Toddlers (18 months– 3 years)	9:30-10:00am	9:00-9:30am	2:30-3:00pm

MINI SWIMMERS LEVELS FOR KIDS AGE 3-5

(Formerly called “Preschool Lessons”)

NEW! We are proud to introduce new swim levels which have been revamped to better fit the needs of our community and facility.

Participants in the Mini Swim Lessons must be between 3-5 years old. All swimming abilities are welcome to participate in this program. Due to space and staff limitations, children must be registered for the proper level. Our aquatic staff will gladly assist you in determining the best level for your child. Please reach out well before registration and we can help! Level placement will also be verified during the first class meeting and the staff will do their best to accommodate necessary level switches. In the event we are unable to do so, based on class size limits or timing, we may OR may not be to offer a partial class refund.

MINI SWIMMER 1: INTRODUCTION TO WATER BASICS

For children 3-5 years old, this is an introductory stage in aquatic development. We take a playful approach to learning water safety and swimming basics. Many children who take this class are brand new to swimming instruction. Our goal is to provide quality, positive instruction in a safe environment where non-swimmers can work towards self-sufficiency in the water. Instructors will utilize a variety of teaching techniques all aimed at repeated practice of foundational swimming skills (floating, paddling, gliding etc) with the aided use of floatation/training devices. This class will maintain a 1:5 (instructor : student) ratio, whenever possible. Students are in the water with the instructor only, while a lifeguard is on duty near the class. We do not allow family members to enter the water with their child. In order to pass this level into Mini 2, students must be able to get their faces wet comfortably, swim on their front with minimal assistance/floatation and float or swim on their back with minimal assistance. Students must also have a basic understanding of pool safety rules and be willing participants in the class.

MINI SWIMMER 2: FUNDAMENTALS OF SAFE SWIMMING

Mini 2 is designed for those **3-5 year old children** who have passed Mini 1 or can demonstrate (at the first class) a higher level of ability and comfort in the water. Mini 2 students must be able to put their faces in the water comfortably, swim with minimal assistance/floatation for short distance and float on their back with minimal support before entering the class. In this class, students will concentrate on more endurance swimming with proper body positioning, learning to swim on their backs, rhythmic breathing, and rolling over for safety. Skills at this level are performed with instructor assistance/floatation aids, with a goal of moving towards independent swimming. In order to pass into Mini 3, students must be able to swim a short distance on their front and back with NO support/floatation, and roll over to a float with ease. Students must also have a clear understanding of pool safety rules and be willing participants in the class.

MINI SWIMMER 3: DEVELOPMENT OF SWIMMING STROKES

Mini 3 is designed **for children ages 3-5**, and is built on the skills learned in Mini 1 & 2. Instructors will provide additional guided practice of basic aquatic skills with a goal of gaining more proficiency with swimming at greater distances with varied strokes. Skills taught at this level will include: streamlined blast offs, front crawl with rhythmic breathing and proper body positioning, elementary backstroke arms, the ability to roll over to swim greater distances and for safety, back floating, as well as sitting/kneeling dives. A good portion of this class will be spent in deeper water with a focus on safety skills.

When these students turn 6 years old and enter Progressive Youth Swim Lessons, they may be recommended to go to Level 2 or 3, based on their skill set, comfort in deep water and their full understanding of pool safety rules and willingness to pay attention and participate in the class.



MINI SWIMMERS LESSONS

WINTER 2024 SESSION

Tuesday Lessons: Jan 2– Feb 13
 Wednesday Lessons: Jan 3– Feb 14
 Thursday Lessons: Jan 4– Feb 15
 Saturday Lessons: Jan 6– Feb 17
 Sunday Lessons: Jan 7– Feb 18
 Ages: 3-5
 Location: SPCC Pool
 Fee: \$60/\$70NR

SPRING 2024 SESSION

Tuesday Lessons: Apr 2– May 14
 Wednesday Lessons: Apr 3– May 15
 Thursday Lessons: April 4-May 16
 Saturday Lessons: April 6-May 18
 Sunday Lessons: April 7-May 19
 Ages: 3-5
 Location: SPCC Pool
 Fee: \$60/\$70NR

	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Saturday</u>	<u>Sunday</u>
Mini 1 (Ages 3+)	9:00-9:30am	9:00-9:30am	9:00-9:30am	9:30-10:00am	10:00-10:30am
	6:30-7:00pm			10:30-11:00am	11:00-11:30am
				11:30am-12:00pm	1:30-2:00pm
Mini 2 (Ages 3+)	9:30-10:00am		9:30-10:00am	10:00-10:30am	11:30am-12:00pm
	6:00-6:30pm				
Mini 3 (Ages 3+)	6:00-6:30pm			10:30-11:00am	10:30-11:00am

PRE-MINI: A TRANSITION FROM FAMILY TO MINI SWIMMER

NEW! For children 2.5-4 years old, this is a transitional stage in aquatic development from having lessons WITH a family member (like Family Lessons) to entering into a class taught by the instructor only (like Mini 1). Our goal is to provide quality, positive instruction in a safe environment where non-swimmers can work towards being in a class working towards class independence. Parents will be IN the water for the first few classes, will be partially in the water for a few classes and will be OUT of the water by the last few classes. The instructor will advise on how this works from one class to the next. Concepts that will be worked on during each swim lesson: confidence and independence while partaking in a class, willingness to use floatation aids (bubble belts and barbells) and a readiness to learn in a small group setting. Students will learn to get their faces wet by blowing bubbles, pushing off the wall, jumps/plops, floating, basic front and back swimming. Students will also gain a basic understanding of pool safety rules. *Max 6 kids accompanied by an adult.*

WINTER 2024 SESSION

Tuesday Lessons: Jan 2– Feb 13
 Wednesday Lessons: Jan 3– Feb 14
 Saturday Lessons: Jan 6– Feb 17
 Sunday Lessons: Jan 7-Feb 18
 Location: SPCC Pool
 Fee: \$60/\$70NR

SPRING 2024 SESSION

Tuesday Lessons: April 2– May 14
 Wednesday Lessons: April 3– May 15
 Saturday Lessons: April 6-May 18
 Sunday Lessons: April 7-May 19
 Location: SPCC Pool
 Fee: \$60/\$70NR

	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Saturday</u>	<u>Sunday</u>
Pre-Mini (2.5 - 4 years old)	6:00-6:30pm	9:30-10:00am		11:00-11:30am	1:00-1:30pm

RIPTIDE SWIM CLUB

SOUTH PORTLAND RIPTIDE SWIM CLUB

Welcome to Riptide Swim Club! This Swim Club is designed for swimmers ages 8-14 who are looking to build endurance and improve their stroke technique. This program introduces competitive swimming to your child in a fun and relaxed atmosphere. Our goal is to inspire a love of the water and foster enjoyment of this lifelong sport. If you have any questions about this program or evaluations, please feel free to contact Head Coach Mike Blanchard via email at mblanchard@southportland.org

Max: 40 kids per session

****PLEASE NOTE:** Your child **MUST** attend the Evaluation and Placement session

PRIOR to registration IF you have NOT done RipTide in the past year.

If you do not attend the Evaluation and Placement session, your registration will be removed from the system.

2024 Winter Session:

Monday, January 8th through Wednesday, March 13th
Practice Day/Time: Mondays and Wednesdays
6:00 – 6:55pm (**NO Practice 1/15 & 2/19**)
Age: 8-14yo
Fee: \$120/\$130NR

2024 Spring Session:

Monday, April 1st through Wednesday, June 5th
Practice Day/Time: Mondays and Wednesdays
6:00 – 6:55 PM (**NO Practice 4/17 & 5/27**)
Age: 8-14yo
Fee: \$120/\$130NR

Evaluation & Placement Session**:

Wednesday, 1/3/24 at 6pm
Online Registration:
Thursday, January 4th for residents starting at 7am
Friday, January 5th for non-residents starting at 7am

Evaluation & Placement Session**:

Wednesday, 3/20 at 6pm
Online Registration:
Thursday, March 21st for residents starting at 7am
Friday, March 22nd for non-residents starting at 7am

SOUTH PORTLAND RIPTIDE PLUS SWIM CLUB

Welcome to Riptide Plus! This Swim club is designed for Middle School aged swimmers who are genuinely interested in improving their swimming skills, and building a team atmosphere. Practice will consist of 50% technique work, and 50% endurance and conditioning. If you have questions about this program, please contact Head Coach Mike Blanchard via email at mblanchard@southportland.org Max: 18 kids per session

****PLEASE NOTE:** Your child **MUST** attend the Evaluation and Placement session,

PRIOR to registration IF you have NOT done RipTide PLUS in the past year.

If you do not attend the Evaluation and Placement session, your registration will be removed from the system.

2024 Winter Session:

Coaches: Mike Blanchard and pool staff
Monday, January 8th through Wednesday, February 14th
Practice Nights are Mondays and Wednesdays 7:00 – 7:55 PM (**NO Practice 1/15**)
Grades: 6th, 7th and 8th
(This is a shorter than normal session in order for athletes to join their Middle School swim teams)
Fee: \$90/\$100NR

2024 Spring Session:

Coaches: Mike Blanchard and pool staff
Monday, April 1st through Wednesday, June 5th
Practice Nights are Mondays and Wednesdays 7:00 – 7:55 PM (**NO Practice 4/15 & 5/27**)
Grades: 6th, 7th and 8th
Fee: \$120/\$130NR

Evaluation & Placement Session**:

Wednesday, 1/3/24 at 6pm

Evaluation & Placement Session**:

Wednesday, 3/20 at 6pm

Online Registration:

Thursday, January 4th for residents starting at 7am
Friday, January 5th for non-residents starting at 7am

Online Registration:

Thursday, March 21st for residents starting at 7am
Friday, March 22nd for non-residents starting at 7am

RED CROSS LIFEGUARDING CLASS

AMERICAN RED CROSS LIFEGUARDING CLASS

Register today for an American Red Cross Lifeguard Course to learn lifesaving skills to help keep people safe in, on and around the water. Skills taught include CPR, how to respond in an emergency, and proper technique for rescues in the water. These jobs are in high demand! Plus, the American Red Cross certification is recognized nationwide so you can work anywhere in the US. *Min 4/Max 12*

Instructor(s): Aquatics Supervisory staff

Course dates: Saturday, March 2nd 8am-6pm
Sunday, March 3rd 8am-12pm
Saturday, March 9th 8am-6pm
Sunday, March 10th 8am-12pm for testing

Course length: approx. 22-24 hours in-class/in-water with a REQUIRED 9-12hrs of online course work (completed BEFORE the beginning of the class)

Fee: \$275/\$325NR

Minimum age is 15 years old, by the conclusion of the course (with no exception)



STROKE REFINEMENT CLINICS

STROKE REFINEMENT CLINIC

We are excited to offer sessions for adults (14+) who are training for triathlons, swim races, competitive events or are simply looking to become stronger lap swimmers (without training for a specific race). This course will meet once a week under the guidance of our top instructors and coaches. This course will aim to get athletes in swimming shape by building endurance, utilizing drill work to refine competitive strokes, swimming directed sets and learning tips on how to swim efficiently. This is a course that no advanced swimmer wants to miss out on! *Min 4/Max 12*

Pre-Requisite: participants MUST be able to swim a minimum of 75 meters (three pool lengths) with your face IN the water using basic rotary breathing and be able to float on your back with ease. Please bring goggles and a swim cap (if needed) to every lesson. We will supply all other equipment needed.

Winter 2024

Instructors: Lesley and Hildi

Dates: Tuesdays, January 2nd – February 13th

Time: 8:00 – 8:45 AM

Age: 14+

Fee: \$60/\$70NR

Instructors: Mike

Thursdays, January 4th – February 15th

Time 8:00- 8:45 PM

Age: 14+

Fee: \$60/\$70NR

Instructor: Lia

Sundays, January 7th – February 18th

Time 5:00-5:45 PM

Age: 14+

Fee: \$60/\$70NR

Spring 2024

Instructors: Lesley and Hildi

Dates: Tuesdays, April 2nd – May 14th

Time: 8:00 – 8:45 AM

Age: 14+

Fee: \$60/\$70NR

Instructors: Mike and/or pool staff

Thursdays, April 4th – May 16th

Time 8:00- 8:45 PM

Age: 14+

Fee: \$60/\$70NR

Instructor: Lia

Sundays, April 7th – May 19th

Time 5:00-5:45 PM

Age: 14+

Fee: \$60/\$70NR

PARKS PROGRAMS

EARTH WEEK CRAFTS

The Earth is full of things that inspire us. Meet at the community center on April 23rd to create crafts celebrating this wonderful Earth that we live on! This is a walk-up program, so you can come anytime between 11am and 1pm to create your crafts.

Instructor: Sydney Raftery

Date: Tuesday, April 23rd

Time: 11:00am-1:00pm

Age: Youth

Location: South Portland Community Center

Fee: FREE

Staff Coordinator: Sydney Raftery



ECOLOGY LECTURE SERIES

Our Park Ranger will be diving into 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.

Days: Thursdays

Time: 6:30-7:30pm

Location: South Portland Public Library, Main Branch

Fee: FREE

Staff Coordinator: Sydney Raftery

Earth Week Craft 2023– Tie Dye bags with natural flower dyes



Topics:

1/11– Predicting the Weather: In this presentation, we will combine science and folklore to help us better understand how weather works and how to recognize the signs that the weather is changing. Look at the Lepidoptera family and the incredible journey of the monarchs

2/8– Fossils of Maine: Join us this month to travel back in time, over 450 million years ago! We'll take a look at the fossils that are found in our state now and discuss what they can tell us about the Maine of long ago.

3/14– Coexisting with Coyotes- A presentation on the ecology, folklore, and natural history of these adaptable creatures. Includes information on how to handle coyotes in your neighborhood.

4/11– Bats Unmasked- Explore the ecological importance and natural history of bats. Then learn all about the bats that call South Portland home.

EARTH WEEK GEOCACHING

To celebrate Earth Week, geocaching is coming back to the South Portland Parks. Keep an eye on our Facebook page as we will post the coordinates of the caches on April 21st. Participants will have one week to find the caches. At the end of the week, three names will be randomly drawn among all of the names on the lists for our raffle prizes. Winners will be announced on Facebook on the 28th!

Dates: Sunday, April 21st- Saturday, April 28th

Time: until end of day on April 28th

Ages: anyone

Location: various parks

Fee: FREE

Staff Coordinator: Sydney Raftery

Test your navigation skills during Earth Week Geocaching!



FAMILY & SPECIAL EVENTS

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

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

FAMILY MOVIE NIGHT

We'll be showing a movie on the big screen! Popcorn is provided! *Min 15/Max 60*

Day: February 23 (*vacation week*)

Times: 6:30pm – 8:30pm

Ages: Fun for the whole family!

Location: Redbank Community Center

Fee: FREE (*please register*)

Staff Coordinator: Jenna Martyn-Fisher

FATHER DAUGHTER DANCE

Join us on this special night planned for girls and their father, grandfather, uncle, and special family friends. Be part of this magical evening of dancing, fun activities, and good times. Light refreshments will be served and music for all ages will be provided. *Min 50/ Max 175*

Date: March 16

Time: 6-8pm

Location: SPCC

Fee: \$14/24NR

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. *Min 10/Max 30*

Dates: Saturday, December 16

Time: 2:00-4:00pm

Location: SPCC Casco Bay Room

Fee: \$20/\$25NR

Staff Coordinator: Jenna Martyn-Fisher

FAMILY BINGO NIGHT

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

Day: January 11

February 20 (*vacation week*)

March 21

April 4

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

Ages: Fun for the whole family!

Location: SPCC

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

Staff Coordinator: Jenna Martyn-Fisher

FLICK & FLOAT: MOANA

We'll be showing a movie in the pool! Come see how far you'll go on an adventure across the seas with Moana!

Min 15/Max 60

Day: February 22 (*vacation week*)

Times: 3:00pm – 5:00pm

Ages: Fun for the whole family!

Location: SPCC Pool

Fee: \$7/\$12NR

Staff Coordinator: Jenna Martyn-Fisher



STAFF SPOTLIGHT - Jae Casella

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

My main responsibility is to help provide a welcoming, safe, and fun environment at the Senior Drop-In Center. In carrying out this responsibility, I help organize our three main rooms for various activities such as Nature Presentations, Balance Classes, Trivia, sing-alongs, fancy tea, Mah Jongg, and a wide variety of cards and board games. I prepare refreshments, welcome folks at our secure door, provide tours to those who have never visited. I organize the monthly artist of the month. I help Karla with whatever she needs to keep the Drop-In Center up and running as a vibrant place in which our area's Seniors can meet new people and have a blast in the process!

What do you like most about your job?

I love every person who comes through our doors. Love their enthusiasm, their stories, their friendly natures, their enjoyment. I also like my part-time schedule and all the staff. I really like the autonomy to do my job to the best of my ability and no longer being in charge of too much of the administrative stuff.

What is your favorite park in South Portland?

My favorite park is Willard Beach. Though it isn't wavy enough for me, I do enjoy walking along the shore, inspecting interesting things on the ground, taking photos of the boats on the water, the moon coming up over the fish shacks, and sweeping my metal detector in the sand after a busy beach day.

What do you do for fun?

I love walking and playing with my incorrigible Corgi, Poppy – winner of the South Portland Parks and Recreation Department's cutest animal award! Metal detecting is my current favorite passion. I find everything from junk, to rings, to modern day coins and some really old American and Spanish coins. I enjoy nature photography, writing poetry and prose, making art, watching true crime or almost any kind of documentary. My favorite games to play with other seniors at the center are Mah Jongg, spades, hearts, hand and foot and word games.

What is your favorite restaurant?

Crispy Gai in Portland. Their fried chicken sandwich is MUAH – chef's kiss.

What is on your song list now?

Which one? I have about thirty song lists. The one I have on repeat at the moment is Hozier radio, followed closely by "Jae's Memorial Play List" – It's not morbid – its just good planning!



COMMUNITY CONNECTIONS

South Portland Little League- Baseball and Softball

We are happy to announce that 2024 registration for all South Portland Little League divisions, Baseball, Softball, and Challenger will open on January 10, 2024. Little League starts at player age 4, and more information will be posted at www.southportlandlittleleague.com/, along with registration details. Depending on age and division, the season will begin in April or May of 2024. Further information about clinics prior to the season will also be posted.

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



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

Jenna Martyn-Fisher at jfisher@southportland.org

THANK YOU VOLUNTEERS!

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Jim Markam

Ray Glass
Helen Walsh

Liz Winfield
Jessica Clark PT

Elizabeth
Brenneman

Matthew
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Youth Volunteer Coaches

Youth Soccer

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Lilly Levesque

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Shannon Whitten

Teen Center Volunteers

Sopo Unite

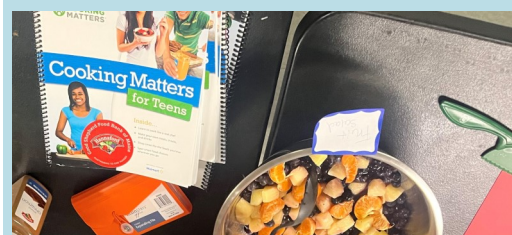
Lee Anne Dodge
Tara Pelletier

SNAP-Ed

Sarah Some

The Locker Project

Courtney Bowers



Sarah Some with the SNAP-Ed program visited the Teen Center this fall to teach "Cooking Matters". This program aims to help teens understand nutrition and build skills in preparing healthy meals.