

# South Portland Municipal Pool Schedule January 2 - February 18, 2024

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

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

DAILY fee for pool/spa use and aerobics classes

**SP Residents:**

Adults \$5  
Children/ Seniors 60+ \$4

**Non-Residents:**

Adults \$6  
Children/ Seniors 60+ \$5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>6 AM</b>	Adult Lap Swim ONLY	Adult Lap Swim ONLY	Adult Lap Swim ONLY	Adult Lap Swim ONLY	Adult Lap Swim ONLY	CLOSED	CLOSED	
<b>7 AM</b>	Lap Swim & Deep Water Aerobics 7-8am	Lap Swim & Hydro Fitness 7-8am	Lap Swim & Deep Water Aerobics 7-8am	Lap Swim & Hydro Fitness 7-8am	Lap Swim & Deep Water Aerobics 7-8am			
<b>8 AM</b>	Shallow Water Aerobics 8-9am (no laps available)	Stroke Refinement Clinic & J.A.M. 8-9am	Shallow Water Aerobics 8-9am (no laps available)	Lap Swim & J.A.M. 8-9am	Shallow Water Aerobics 8-9am (no laps available)			Shallow Water Aero & 2-3 laps 8-9am
<b>9 AM</b>	Open Swim w/ laps 9-11am	Swim lessons & 3 lap lanes 9-10am	Swim lessons & 3 lap lanes 9-10am	Swim Lessons ONLY 9-10am	Open Swim w/ laps 9-10am	Swim Lessons only 9-12pm	Swim Lessons 10-12pm	
<b>10 AM</b>		Scarborough Schools 10-11am	Open Swim w/ laps 10-11am	SPHS Swim Club & Open Swim (no laps)	SPHS Swim Club & Open Swim 10-11am			
<b>11 AM</b>	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm			
<b>12 pm</b>	Open Swim w/ laps 12-3pm (NO diving board)	Open Swim w/ laps 12-3pm (NO diving board)	Open Swim w/ laps 12-3pm (NO diving board)	Open Swim w/ laps 12-3pm (NO diving board)	Open Swim w/ laps 12-3pm (NO diving board)	Open Swim w/ board; no laps 12-1	Open Swim w/ board; no laps 12-1	
<b>1 PM</b>						RENTAL 1-2pm	Swim Lessons 1-3pm	
<b>2 PM</b>						RENTAL 2-3pm		
<b>3 PM</b>	Swim & Dive Team Practice 3-5pm	Swim & Dive Team Practice 3-5pm	Swim & Dive Team Practice 3-5pm	Swim & Dive Team Practice 3-5pm	Swim & Dive Team Swim Meets 2:30-9pm	ABF 3-4:30 (closed to public)	Open Swim w/ board; no laps 3-4pm	
<b>4 PM</b>							ADULT Open w/ Beginner Adult Lessons 4-5pm	
<b>5 PM</b>	ABF 5-6pm (Closed to public)	ABF 5-6pm (Closed to public)	ABF 5-6pm (Closed to public)	ABF 5-6pm (Closed to public)			CLOSED	Lap Swim w/ Stroke Clinic 5-5:50pm*
<b>6 PM</b>	Riptide Swim Club 6-7pm	Swim Lessons only 6-7pm	Riptide Swim Club 6-7pm	Swim Lessons only 6-7pm		CLOSED		CLOSED
<b>7 PM</b>	Deep Water Aero & Riptide PLUS 7-8pm	Shallow Water Aero & 2-3 Lap Lanes 7-8pm	Deep Water Aero & Riptide PLUS 7-8pm	Shallow Water Aero & 2-3 Lap Lanes 7-8pm				
<b>8 PM</b>	Lap Swim (closing at 8:50pm*)	Lap Swim (closing at 8:50pm*)	Lap Swim (closing at 8:50pm*)	Stroke Refine & Lap Swim (closing at 8:50pm*)		CLOSED		

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<b>Non-Residents:</b>	Adults \$6 Children/ Seniors 60+ \$5

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

## POOL CLOSURES:

1/15-MLK Jr Day      2/19-President's Day

## Pool Party Rentals

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

## Swim Definitions

**LAP SWIM** – Participants (of any age) must be swimming laps for exercise benefit. Generally, there are 6 lap lanes available, although not always. Patrons should be aware of the different speeds (marked on cones) and pick a lane that best represents their pace. When the orange cones at the end of the lanes, please circle swim! No water jogging allowed during these swim times.

**ADULT LAP SWIM** – For those 18 years and older, 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. When the orange cones at the end of the lanes, please circle swim! No water jogging allowed during these swim times.

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

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

### Frequent User Pass

(20 punches per pass)

**SoPo Resident:** Adult \$70 ~ Youth/Senior \$50

**Non-Resident:** Adult \$90 ~ Youth/Senior \$70

**Military (active & retired):** \$20