

South Portland Municipal Pool Schedule February 26- March 30, 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

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 |
|-------|--|---|--|---|--|---|--|
| 6 AM | Adult Lap Swim ONLY | Adult Lap Swim ONLY | Adult Lap Swim ONLY | Adult Lap Swim ONLY | Adult Lap Swim ONLY | CLOSED | CLOSED |
| 7 AM | 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 | | |
| 8 AM | Shallow Water Aerobics 8-9am (no laps available) | Lap Swim & 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) | | |
| 9 AM | Open Swim w/ laps 9-11am | Open Swim w/ laps 9-10am | Open Swim w/ laps 9-11am | Open Swim w/ laps 9-10am | Open Swim w/ laps 9-10am | Open Swim w/ 2-3 lap lanes; no board 9-11am | Open Swim w/ diving board; no laps 10-1pm |
| 10 AM | | Scarborough Schools 10-11am | | SP Swim Club & Open Swim (no laps) 10-11am | SP Swim Club & Open Swim (no laps) 10-11am | | |
| 11 AM | 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 | Open Swim w/ diving board; no laps 11-1pm | |
| 12 pm | Open Swim w/ laps 12-2:30pm (NO diving board) | Open Swim w/ laps 12-2:30pm (NO diving board) | Open Swim w/ laps 12-2:30pm (NO diving board) | Open Swim w/ laps 12-2:30pm (NO diving board) | Open Swim w/ laps 12-2:30pm (NO diving board) | RENTAL 1-2pm | Open Swim w/ 2-3 lap lanes; no board 1-4pm |
| 1 PM | | | | | | RENTAL 2-3pm | |
| 2 PM | | | | | | | |
| 3 PM | Middle School Swim Team Practice 2:30-4:30pm | Middle School Swim Team Practice 2:30-4:30pm | Middle School Swim Team Practice 2:30-4:30pm | Middle School Swim Team Practice 2:30-4:30pm | Middle School Swim Meets 2:30-6pm | Lap Swim 3-4:30 | Adult Open Swim w/ lap lanes 4-6pm |
| 4 PM | | | | | | | |
| 5 PM | ABF 4:30-6pm (Closed to public) | ABF 4:30-6pm (Closed to public) | ABF 4:30-6pm (Closed to public) | ABF 4:30-6pm (Closed to public) | | Pool CLOSED for Maintenance 6-7pm | CLOSED |
| 6 PM | Riptide Swim Club 6-7pm | Open Swim w/diving board; no laps 6-7pm | Riptide Swim Club 6-7pm | Open Swim w/diving board; no laps 6-7pm | | | |
| 7 PM | Deep Water Aero & 2-3 Lap Lanes 7-8pm | Shallow Water Aero & 2-3 Lap Lanes 7-8pm | Deep Water Aero & 2-3 Lap Lanes 7-8pm | Shallow Water Aero & 2-3 Lap Lanes 7-8pm | Open Swim w/ diving board; no laps 7-8pm | | |
| 8 PM | Lap Swim (closing at 8:50pm*) | Lap Swim (closing at 8:50pm*) | Lap Swim (closing at 8:50pm*) | Lap Swim (closing at 8:50pm*) | Lap Swim (closing at 8:50pm*) | CLOSED | |

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| | 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

~Saturdays, 3/2 and 3/9 for a Lifeguarding Course

~Sundays, 3/3 and 3/10 from 10-12pm for Lifeguarding Course

~Monday, 3/18 from 1-3pm for Senior Games

~ Sunday, March 31st for Easter

(Please note: this calendar ends on Saturday, March 30th and our next one will begin on Monday, April 1st)

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

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 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