

Programs & Activity Guide

SOUTH PORTLAND

**PARKS, RECREATION, AND
WATERFRONT**

Spring Summer 2024



www.sopoparksrec.com | 207-767-7650

Registration Dates

Recreation Programs

Residents: April 8, 2024

Non-Residents: April 11, 2024

Pool Programs

Residents: June 10, 2024

Non-Residents: June 13, 2024

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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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 Thru May 27

Monday – Friday: 6:00am – 9:00pm

Saturdays: 8:00am – 5:00pm

Sundays: 10:00am – 6:00pm

Summer Hours of Operation May 28– Sept. 2

Monday – Thursday: 6:00am – 9:00pm

Fridays: 6:00am – 5:00pm

Saturdays & Sundays: CLOSED

*Recreation Admin Offices: Mon-Fri, 8:00am-4:30pm

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

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”

PARKS DEPARTMENT

Address: 929 Highland Ave

Telephone: 207-767-7670

Hours of Operation:

Office Hours: Mon-Fri - 7:00 am – 3:00 pm

ONLINE: www.sopoparksrec.com



@SoPoParksRec



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

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

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

Rick Perruzzi, Recreation Manager

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

Pool Party Rentals - The pool is available to rent on Saturdays only from 1-2pm or 2-3pm beginning in January 2024.

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

April 15 (Patriot's Day)
May 27 (Memorial Day)
June 19 (Juneteenth)
July 4 (Independence Day)
September 2 (Labor Day)

2024 SPRING/SUMMER BROCHURE REGISTRATION DATES

Rec Programs: Residents

April 8

Rec Programs: Non-Residents

April 11

Summer Pool Programs: Residents

June 10

Summer Pool Programs: Non-Residents

June 13

***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



INDOOR TRACK INFORMATION

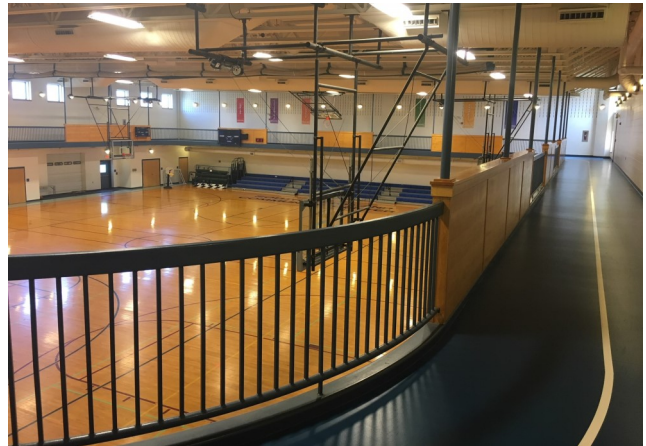
The indoor track is located above the gymnasium at the South Portland Community Center. If the Community Center is open, the track is available for your use. Occasionally, there are times that the track may be closed to the public. We will provide as much advance notice as possible when this occurs.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

Senior Drop-in Center, February 2024



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: 9:30-11:00am

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: 9:00-10:30am

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 12:00-3:00p.m

FRIDAYS:

Mah Jongg 9:00am-12:00pm

Free Drop-in Time: 9:00am-12:00pm

Laughter Yoga: 12:00-1:00pm— Last Friday in May & June.

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 artist each month. 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 displays begin the first week of each month

Time: Each artist displays their work for 1 month

Location: SPCC Senior Drop in Center

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

Staff Contact: Jae Casella, Senior Program Assistant



SENIOR PROGRAMS

NATURE THEMED PRESENTATIONS

Join one of our seasonal Park Rangers, for these themed presentations and dive deeper into these interesting nature topics. Snacks provided. Subjects for these presentations will be available one week or sooner prior to the date. Please show up if you register, as there is a lot of work put into these presentations. Please try to register and do not just show up for this program, however, drop-ins welcome if room is available! *Min 5/Max 24*

Presenter: Seasonal Park Ranger

Dates: Fridays, May 10, June 14, July 12 & Aug. 2

Time: 10:00am– 11:00am

Location: SPCC Senior Drop-in Center

Fee: FREE (*Registration Recommended, Drop-ins welcome if space allows*)

Staff Coordinator: Karla Doyon



EVCU SMART MONEY SERIES

SMART MONEY - increasing awareness among senior citizens regarding financial matters, fraud prevention, and the impact of inflation. Join us for refreshments, presentations, interactive activities, and receive informative take-home materials to enhance your financial wellbeing! *Min 5/Max 24*

Presenters: Brenda Pollock, CUDE, CCUFC, AVP Community Engagement and Jeanna Swindells, CCUFC, Business Development Specialist

Dates: Thursdays in June, 6, 13, 20 & 27

Time: 10:00-11:00am

Location: SPCC Senior Drop-in Center

Fee: Free (*Registration Required*)

Staff Coordinator: Karla Doyon



Topics:

Week 1: Recognizing Financial Exploitation
Deep dive into ongoing scams / Discuss personal experiences / Q&A with Evergreen CU.

Week 2: Navigating inflation and the Rising Cost of Living.
Discuss personal experiences / Q&A with Evergreen CU / Activity TBA!

Week 3: Making Informed Financial Decisions, and Goal Setting.
Discuss personal experiences / Q&A with Evergreen CU / The Price is Right!

Week 4: Putting It All Together – Financial Wellness for Seniors
Discuss personal experiences / Q&A with Evergreen CU / Financial Literacy Game!

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:

May 29: Fable

June 26: Reader's Choice

July 31: Folklore

August 14: Short Story Collections

STROKE AWARENESS & BP CHECKS

Join Erin Lovell, PT, DPT, C/NDT and Nicole Milad, PT, DPT NCS for a presentation about Stroke Awareness in recognition of Stroke Awareness Month. Participants will learn how to identify their individual stroke risk factors, strategies for making steps to reduce their stroke risk, and participate in a blood pressure screening. Participants will leave with resources to help discuss stroke risk with their primary care doctors. You must register. Do not just show up. *Min 10/Max 24*

Date: Wednesday, May 8

Time: 10:00-11:00am

Location: SPCC Senior Drop-in Center

Fee: Free (*Registration Required*)

Staff Coordinator: Karla Doyon

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. Instructor will be talking about pelvic floor basics and available for questions. *Min 8/Max 24*

Instructor: Jessica Clark PT and Pelvic Floor Specialist, Hurt&Co PT

Date: Wednesday, May 22

Time: 1:00-2:15pm

Location: SPCC Senior Drop-in Center

Fee: Free (*Registration Required*)

Staff Coordinator: Karla Doyon

SENIOR PROGRAMS

TEAM TRIVIA GAME

Teams will discuss and answer questions about pop culture from the 1950's – 1980's, and general knowledge questions regarding Maine, the U.S. and more. There will be time for team discussion prior to submitting a multiple-choice answer. Team members will rotate each week. Team Prizes & snacks provided. *Min 6/Max 16*

Game Host: Doug Rader- *He was not born in Maine, but he got here as soon as he could, and he wants everyone to enjoy participating in this game.*

Dates: Tuesdays, May 7, 14, 21 & 28 (Please try to be here for all 4 sessions)

Time: 11:00am-12:00pm

Location: SPCC Senior Drop-in Center

Fee: FREE (*Registration Required*)

Staff Coordinator: Karla Doyon

TEST YOUR DRIVING SKILLS!

A representative from AAA Northern New England will be joining us at the senior center with driving simulators. These simulators will allow you to experience the feeling of actual driving on the roadway but within a controlled environment of using a tabletop driving simulator. The simulator will test your problem solving, judgement, coordination and motor skills. The AAA representative will guide you through the process and explain ways in which you can improve your driving skills. *Min 1/Max 25 (3 per every 15 minutes)*

Instructor: Tom Baran, Traffic Safety Education Specialist, AAA

Date: Thursday, May 2

Time: 10:00am-2:00pm

Location: SPCC Senior Drop in Center

Fee: Free (*Registration Required*)

Staff Coordinator: Karla Doyon



ARMCHAIR TRAVEL – BRAZIL

Have you ever wanted to travel to a different country but never had the time or money? Join us for a new quarterly program where we will travel across the globe visiting different countries without needing to board a plane or go through customs. We will enjoy snacks while learning about the heritage, language, customs of the country, and view pictures and information on the TV screen.

Min 10/Max 24

Date: Wednesday, June 26

Time: 12:30-2:30pm

Location: SPCC Senior Drop-in Center

Fee: FREE (*Registration Required*)

Staff Coordinator: Karla Doyon

AN AFTERNOON OF POETRY

The Senior Activity Center is excited to have an afternoon filled with some poets and lovers of poetry reading and writing alike. Join us to share your poems or just enjoy listening to them. Each Poet may read 1-3 selections of their choosing, with approximately 3 minutes time to read each. Following the readings, we will have social hour to meet and greet the poets and enjoy light refreshments. *Min 6/Max 24*

Date: Wednesday, May 29

Time: 12:30-2:30pm

Location: SPCC Senior Drop-in Center

Fee: FREE (*Registration Required*)

Staff Coordinator: Karla Doyon

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: Tuesdays, May 14, June 11, July 9 and Aug. 13

Time: 10:00-11:00am

Location: SPCC Senior Drop in Center

Fee: FREE (Birthday bags & treats supplied by Aetna)

Staff Coordinator: Karla Doyon



MUSICAL BINGO AFTERNOON

Come join in the fun and experience an afternoon of Musical Bingo! Meet new friends or come with old friends to enjoy an afternoon of Musical Bingo! Try your luck and have some fun. Free coffee/tea and treats. Grab bag prizes, raffles and more. In coordination with surrounding recreation departments. *Min 10/Max 15*

Date: Wednesday, July 17

Time: 12:30-2:30pm

Location: SPCC Casco Bay Room

Fee: \$7.00

Staff Coordinator: Karla Doyon

SUMMER TIME TEA PARTY

Come cool off with iced drinks and cool iced treats at this summertime tea party! You may have warm tea but we will offer iced tea, iced coffee and refreshing treats. Come in your favorite vacation attire or tropical attire and enjoy a relaxing afternoon in the AC! Fun music, games & prizes as well! *Min 10/Max 25*

Date: Wednesday, Aug. 7

Time: 12:30-2:30pm

Location: SPCC Senior Drop-in Center

Fee: \$5.00

Staff Coordinator: Karla Doyon

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!

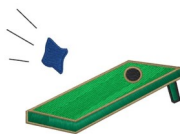
Dates: All Fridays in May

Time: 1:45pm-3:15pm

Location: SPCC GYM

Fee: FREE

Staff Coordinator: Karla Doyon



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! Bring a water bottle!*

Dates: Fridays, May 31 & June 28

Time: 12:00-1:00pm

Location: Senior Drop in Center

Fee: FREE (Registration required, limited space)

Staff Coordinator: Karla Doyon

VITALITY T'AI CHI FOR SENIORS/T'AI CHI TUESDAYS

This program incorporates "T'ai Chi Moving for Better Balance", an 8 posture standing form, with elements of Musical T'ai Chi which uses periods of seated movement; both practices will be integrated by learning the Great Breathing technique from Shaolin & Chinese Medicine. The musical background will be calming, peaceful and yet invigorating as the play element in T'ai Chi will be emphasized. *Min 3/Max 15*

Instructor: Michael Elliott – 49-year practitioner

Dates:

Tuesdays on the following dates:

May 7 & 21

June 4 & 18

July 9 & 23

Aug. 6 & 13

Time: 1:00-2:00pm

Fee: \$14/\$24NR Monthly fee or \$8.00 drop in fee per class

Location: SPCC Aerobic Room

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! Please note new class time. No classes in August.

Min 4/Max 20

Instructor: Lynn Steward

Days: Thursdays

Time: 11:15 - 12:00pm

Location: SPCC Multi-Purpose Room

Staff Coordinator: Karla Doyon

STEP INTO FITNESS

Step into fitness! Some LIGHT cardio mixed with weights and core and ending with some great stretches. Please note new class time. No classes in August. *Min 4/Max 20*

Instructor: Lynn Steward

Days: Thursdays

Time: 10:30am - 11:15pm

Location: SPCC Multi-Purpose Room

Staff Coordinator: Karla Doyon

Session	Dates	Fee
May	2, 9, 16, 30	\$28/\$38NR
June	6, 13, 20, 27	\$28/\$38NR
July	11, 18, 25	\$21/\$31NR
*Drop-In Fee is \$8.00 per class		

Session	Dates	Fee
May	2, 9, 16, 30	\$28/\$38NR
June	6, 13, 20, 27	\$28/\$38NR
July	11, 18, 25	\$21/\$31NR
*Drop-In Fee is \$8.00 per class		

SENIOR PROGRAMS

ALL ABOUT BALANCE - EDUCATIONAL WORKSHOP & EXERCISE CLASS SERIES

Join us for "All About Balance", a free class series hosted by the balance experts from the Maine Strong Balance Center. Week 1 is a lecture style workshop where participants will learn about the anatomy and physiology of their balance systems, how these systems change with aging and evidenced based interventions to improve the function of these balance systems. Weeks 2-4 are exercise classes focused on improving the functioning of the major balance systems in the body. All levels and balance abilities are welcome. **YOU MUST REGISTER! Min 10/Max 24**

Instructor: Jason Adour, PT, DPT, Physical Therapist, President, Owner Maine Strong Balance Center

Jason Adour is a Physical Therapist and founder of the Maine Strong Balance Centers located in South Portland, Scarborough and Saco Maine. He received his Doctorate in Physical Therapy from the Massachusetts General Hospital Institute of Health Professions, affiliated with Harvard Medical School, in Boston in 2010. His professional experience has included geriatric medicine, sports medicine and neurological rehabilitation, which have all included a focus on balance. He is a guest lecturer at the University of New England and a Steering Group Member for the Maine Falls Prevention Coalition.

Dates: Tuesdays, May 7, 14, 21 & 28

Time: 1:00-2:00pm

Location: SPCC Senior Drop-in Center

Fee: FREE (Registration Required)

Staff Coordinator: Karla Doyon



SENIOR TRIPS

LET'S GO TO THE MOVIES

We are headed to Smitty's in Windham to see celebrate the 70th anniversary of the movie "Rear Window". The movie Rear Window is a 1954 American mystery thriller film directed by Alfred Hitchcock, written by John Michael Hayes based on Cornell Woolrich's 1942 story "It Had to be Murder". The film stars James Stewart, Grace Kelly, Wendell Core, Thelma Ritter and Raymond Burr. Fee includes transportation, movie ticket, unlimited popcorn, a fountain soda, and gratuity. **Min 10/Max 13**

Date: Wednesday, Aug. 21

Time: Departs SPCC 10:45a.m. /Approx. return 2:45p.m.

Location: Windham

Fee: \$12 (You may purchase food on your own)

This trip is in coordination with surrounding recreation departments.

Staff Coordinator: Karla Doyon

EAST END WASTEWATER TREATMENT FACILITY TOUR

Tour of Maine's largest wastewater treatment facility including both the facility and the laboratory. No loose clothing and everyone must wear close-toed shoes with a flat bottom. The facility may have wet areas. Dress weather-appropriately as part of the tour is outside.

There is a lot of walking and stairs. To enter the laboratory, you must wear safety glasses. If you have a set of safety glasses, please bring them. You will be required to sign a waiver prior to the tour.

Min 10/Max 13

Date: Wednesday, June 5

Time: Departs SPCC 8:15am/Approx. return 12:30pm

Location: Portland

Fee: \$5.00

Staff Coordinator: Karla Doyon

SEBAGO LAKE WATER TREATMENT FACILITY TOUR

Sebago Lake Water Treatment Facility treats drinking water for a fifth of Maine's population. The tour covers ozone treatment, UV disinfection, and water quality tests conducted in the laboratory. Some walking required and you will need to navigate a few flights of stairs. No loose clothing and you must wear closed-toed shoes with a flat bottom. Safety glasses required in the laboratory. You will be required to sign a waiver prior to the tour.

Min 10/Max 13

Date: Friday, May 10

Time: Departs SPCC 8:45am /Approx. return 12:15pm

Location: Standish

Fee: \$6.00

Staff Coordinator: Karla Doyon

SENIOR TRIPS

GOODWILL WAREHOUSE TOUR

On this tour, you will meet employees, ask questions, and witness how they divert 50 million pounds of stuff each year from our local landfills. You'll get to see where unsold items from the stores go to get a second, third and fourth chance, items like jewelry and antiques in the online store, how goodwill upcycles and recycles computers and technology, see t-shirts cut into wiping cloths and see the Goodwill "Buy the Pound" outlet store.

Note: This is an extensive walking one hour "behind the scenes" tour of Goodwill NNE. Min 8/Max 8

Date: Tuesday, May 14

Time: Departs SPCC 12:15pm/Approx. return 3:00pm

Location: Gorham

Fee: \$5.00

Staff Coordinator: Karla Doyon

LL BEAN FACTORY TOUR

Meet the cutters, stitchers, and vapers who craft Maine's iconic hunting boots at the manufacturing plant in Brunswick on this guided tour. **This tour involves extensive walking.** All guests must wear closed shoes (toes and heels) with heels of one inch or less (no open toe shoes). No cell phone use on the warehouse floor. Participants must stay within designated walkways and abide by safety standards as explained by the tour guide. Lunch out. *Min 10/Max 13*

Date: Tuesday, June 25

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

Location: Brunswick

Fee: \$10.00 (Transportation and Tour only – Bring money for lunch)

Staff Coordinator: Karla Doyon

WATERVILLE HISTORICAL SOCIETY – Home of the Redington Museum

The Redington Museum offers a comprehensive and charming view of life in Waterville during the past two centuries. Fascinating collections of furniture, accessories, household artifacts, toys, tools, and weapons as well as historical papers and diaries, are located in an elegant Federal-style home that was built by Asa Redington in 1814. Guided Tour of the museum, Apothecary, Lombard Log Hauler and more. Walking/ Standing. Lunch out. *Min 10/Max 13*

Date: Wednesday, July 10

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

Location: Waterville

Fee: \$15.00 (Transportation and tour only - Bring money for lunch)

Staff Coordinator: Karla Doyon

TOUR OF PORTLAND INTERNATIONAL JETPORT

This Tour will take us behind the scenes at the Portland International Jetport. We will go through the Baggage Handling System, where we will see how bags are sorted by the airlines, tour the gate area, learn about the different jobs at the airport, and watch a flight arrive and get serviced, then depart. The baggage handling system will be LOUD and this is a walking/standing one-hour tour. *Min 10/Max 13*

Date: Thursday, May 16

Time: Departs SPCC 12:30pm /Approx. return 3:00pm

Location: Portland

Fee: \$5.00

Staff Coordinator: Karla Doyon

WICKY RALPH'S ICE CREAM & MINI GOLF AND VISIT TO GRAMMY ROSE

We start our morning playing mini golf and eating ice cream. From there we will visit the Grammy Rose Dog Rescue & Sanctuary and hear how Wicky Ralphs and Grammy Rose work together. Since its inception, the rescue's mission has included two key components – rescuing adoptable dogs from kill shelters around the country and providing them with quality care. All proceeds from the sale of ice cream and mini-golf go directly to Grammy Rose. *Min 10/Max 13*

Date: Tuesday, June 18

Time: Departs SPCC 10:00am /Approx. return 2:30pm

Location: Acton

Fee: \$15 (Transportation, mini golf & dog rescue visit only – **Bring money for ice cream**)

Staff Coordinator: Karla Doyon



SENIOR TRIPS

MSMT CONCERT SERIES

Time: Departs SPCC 12:30pm/Approx. return 5:00pm

Location: Brunswick

Fee: \$68/\$78NR

Min 10/Max 13 each trip

Staff Coordinator: Karla Doyon

MONDAY, JUNE 17: THE WAY WE WERE

The Songs of Celine and Barbra

The music of two of the world's most iconic performers takes center stage in this tribute to Celine Dion and Barbra Streisand. From the heart-rending "My Heart Will Go On" to the enchanting "The Way We Were," the voices of Susie Pepper & Mixology, with special guest Ali Butler, will transport you to moments of love, nostalgia, and sheer musical magic.

MONDAY, JULY 8: WONDERFUL CRAZY NIGHT

The New Elton John Tribute

Rocket into a world of electrifying energy and flamboyant showmanship as we pay tribute to the legendary Elton John. Feel the excitement of "Rocket Man," the nostalgia of "Your Song," and the infectious rhythm of "Crocodile Rock" as Colte Julian (Broadway's Million Dollar Quartet) pays tribute to this musical maverick.

MONDAY, JULY 29: GREAT BALLS OF FIRE

The Music of the Legendary Jerry Lee Lewis

Get ready to rock 'n' roll with the music of the original "Killer" himself! Jerry Lee Lewis' piano virtuosity and unmatched energy will have you moving and grooving in your seat. Experience the frenzy of hits like "Great Balls of Fire" and "Whole Lotta Shakin' Goin' On" as we take you on a high-octane journey through rock history.

LA CAGE AUX FALLES – The Broadway smash hit musical comedy!

The "rather gaudy, but also rather "grand" winner of six Tony Awards: Best Musical, Best Score, and Best Book, La Cage aux Folles is a musical comedy about family that is filled with glitz, glamour, and drag queens! Based on the hit French farce that inspired Hollywood's The Birdcage, this Broadway smash includes favorite songs like "I Am What I Am" and "The Best of Times." It encourages us all to stay true to ourselves. *Min 13/Max 13*

Date: Tuesday, July 30

Time: Departs SPCC 11:00am /Approx. return 6:00pm

Location: The Winnepesaukee Playhouse, Meredith, NH

Fee: \$50/\$60NR (Includes transportation, ticket, bag lunch, 2 small waters, 2 snacks)

Staff Coordinator: Karla Doyon

WAITRESS AT THE OGUNQUIT PLAYHOUSE

Meet Jenna, a waitress and expert pie-maker who dreams of a way out of her small town and rocky marriage. Pouring her heart into her pies, she crafts desserts that mirror her topsy-turvy life such as "The Key (Lime) to Happiness Pie" and "Betrayed By My Eggs Pie." When a baking contest in a nearby county — and a satisfying run-in with someone new — show Jenna a chance at a fresh start, she must find the courage to seize it. Change is on the menu, as long as Jenna can write her own perfectly personal recipe for happiness. Featuring music and lyrics by Grammy Award winner Sara Bareilles, this hit musical is a little slice of Broadway heaven.

Min 13/Max 13

Date: Thursday, May 9

Time: Departs SPCC 12:30pm /Approx. return 5:00pm

Location: Ogunquit

Fee: \$75/\$85NR

Staff Coordinator: Karla Doyon

CRAZY FOR YOU AT THE OGUNQUIT PLAYHOUSE

The stunning all-Gershwin, tap-dancing extravaganza, riotously entertaining, and Tony Award-winning Best Musical. New York banker Bobby Child is sent to Nevada to foreclose on a rundown theater when he falls for spunky Polly Baker, the owner's daughter. Her instant dislike of the city slicker challenges Bobby — through cunning, razzmatazz, and mistaken identity — to win Polly's heart and save the theater. This high-stepping musical includes a treasure trove of George and Ira Gershwin's most beloved songs including "I Got Rhythm," "They Can't Take That Away from Me," "Embraceable You," and "Someone to Watch Over Me."

Min 13/Max 13

Date: Thursday, June 13

Time: Departs SPCC 12:30pm/Approx. return 5:00pm

Location: Ogunquit

Fee: \$75/\$85NR

Staff Coordinator: Karla Doyon

LITTLE WOMEN AT THE HACKAMATAK PLAYHOUSE

This Civil War era musical of love and family stands the test of time. Join us for a heart-warming journey through the lives of the March sisters as they navigate the trials and triumphs of young adulthood. With its unforgettable melodies and timeless themes, this musical is a must-see. Do not miss the opportunity to be transported to the world of the March family and be inspired by their enduring bonds of love and sisterhood. *Min 13/Max 13*

Date: Thursday, August 22

Time: Departs SPCC 12:15pm /Approx. return 5:00pm

Location: South Berwick

Fee: \$45/\$55NR

Staff Coordinator: Karla Doyon

SENIOR TRIPS

PATHS CULINARY PROGRAM 5 COURSE LUNCHEON

Join us for an afternoon with the PATHS culinary program as they prepare you a 5-course meal. Cooks and servers are 16 and 17 year old PATHS students from 13 different schools. Sample menu: sparkling water; soup; salad; bread; entrée; dessert; tea and coffee. No dietary restrictions can be accommodated. Meal, tax and gratuity included in meal cost. *Min 10/Max 13*

Date: Tuesday, May 7

Time: Departs SPCC 10:30am /Approx. return 1:00pm

Location: Portland

Fee: \$35/\$45NR (*Includes transportation, meal, tax and gratuity*)

Staff Coordinator: Karla Doyon

FOSTERS CLAMBAKE

Travel with us to Foster's in York Harbor for a traditional New England clam bake. This noontime luncheon features clam chowder, fresh steamers and Maine lobster with drawn butter, corn on the cob, roasted potatoes and onions, homemade rolls, and blueberry cake for dessert. You may substitute chicken or polenta for lobster. Please indicate alternate meal choice only to Senior Coordinator @kdoyon@southportland.org - **No refunds after August 20.** *Min 13/Max 13*

Date: Tuesday August 27

Time: Departs SPCC 9:45am /Approx. return 3:00pm

Location: York Harbor

Fee: \$52/\$62NR

Staff Coordinator: Karla Doyon



MYSTERY TRIP #1

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 other items you may need for the day. Lunch out (on your own). Hint: A divine time! *Min 10/Max 13*

Date: Wednesday, June 12

Time: Departs SPCC 8:45am /Approx. return 4:00pm (*Includes transportation, fee, two small waters, and two small snacks. Bring money for lunch.*)

Fee: \$15

Location: It is a mystery!

Staff Coordinator: Karla Doyon

MYSTERY TRIP #2

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 other items you may need for the day. Lunch out (on your own). Hint: A Taste'ful of Fun! *Min 10/Max 13*

Date: Wednesday, July 24

Time: Departs SPCC 9:30am /Approx. return 4:00pm (*Includes transportation, fee, two small waters, and two small snacks. Bring money for lunch.*)

Fee: \$24/\$34NR

Location: It is a mystery!

Staff Coordinator: Karla Doyon

WALKING FIELD TRIPS

Join us on our three 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. *Min 10/Max 13*

Dates:

- Friday, May 31 – Laurel Hill Cemetery & Downtown OOB

- Monday, June 3 – Douglas Mountain

- Thursday, Aug. 8 – Clifford Park Trails

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

Locations: Saco/OOB, Sebago & Biddeford

Fee: \$7.00 per trip (*Includes transportation, 1 small water & snack – bring own water as well. We will stop for lunch, bring money for lunch.*)

Staff Coordinator: Karla Doyon

SENIOR TRIPS

A WRINKLE IN THYME FARM TOUR & PICNIC LUNCH

Incredibly soft homegrown Maine fiber for felt artists, knitters, spinners, and weavers. A Wrinkle in Thyme Farm is a women-owned and operated, small, diversified farm using organic practices in the foothills of the western mountains of Maine. They wash wool, card, spin, needle felt, weave their incredibly soft homegrown wool, and provide it to others who share our passion for fiber arts. They stay connected to the animals, the environment, while providing an outlet for creativity.

Min 10/Max 13

Date: Thursday, May 30

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

Location: Summer

Fee: \$15.00 (*Transportation, tour only. Bring picnic lunch.*)

Staff Coordinator: Karla Doyon

PUFFIN WATCH CRUISE WITH NATIONAL AUDUBON

Join Dr. Stephen Kress, the founder of Project Puffin, and the National Audubon Project Puffin naturalists on a 90-minute cruise from New Harbor to Easter Egg Rock to observe these fascinating birds. You can choose to enjoy the cruise from either the open-air upper deck or the enclosed lower deck. You can pack your picnic lunch or purchase snacks and drinks that are available onboard. This trip is in coordination w/ surrounding recreation depts. *Min 13/Max 13*

Date: Thursday, June 27

Time: Departs SPCC Senior Drop in Center 10:00am /

Approx. return 4:00 pm

Location: New Harbor

Fee: \$60/\$70NR (*Includes transportation & cruise only*)

Staff Coordinator: Karla Doyon

ROBILLARD'S GARDEN CENTER WORKSHOPS

Garden GUST: Whimsical WIND Chimes That'll BLOW You Away

One of the best ways to stay on top of your gardening upkeep is to make your garden space a place you love to be in! We will use fun and easy to find materials to make a whimsical and beautiful sounding wind chime. Feel free to bring your own thrifted or recycled materials if you would like. Examples of items to use are cans, bottles, spoons, terra cotta pots, tea sets, bottle caps.

Min. 10/Max 13

Date: Friday, July 26

Time: Departs SPCC 11:30am/Approx. return 1:30pm

Location: Old Orchard Beach

Fee: \$45/\$55NR

Staff Coordinator: Karla Doyon

ITCHING For A SCENT-sational Way to Repel MOSQUITOES

Most people love summer time and warmer weather, but what we do not love is the mosquitos that come with it. Come join us to create a mosquito repellent planter, using lavender and many other herbs, to help deter them from ruining your outdoor fun! We will also use a selection of those herbs in a recipe for you to enjoy and share many other recipe ideas for you to use at home!

Min. 10/Max 13

Date: Friday, Aug. 23

Time: Departs SPCC 10:30am /Approx. return 1:30pm

Location: Old Orchard Beach

Fee: \$65/\$75NR

Staff Coordinator: Karla Doyon

BOOTHBAY RAILWAY VILLAGE

35-acres of Maine history brought to life! Nowhere else in New England can you ride the rails behind an authentic steam locomotive surrounded by historic Maine buildings preserved in a recreated village of aged and vintage buildings assembled from across Maine, and view a collection of 60 antique autos or experience model trains as never before. Guided Tour with sufficient amount of walking sometimes on uneven ground. Bring picnic lunch. *Min 10/Max 13*

Date: Tuesday, Aug. 6

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

Location: Boothbay

Fee: \$22/\$32NR

Staff Coordinator: Karla Doyon

VAUGHN WOODS HISTORIC HOMESTEAD TOUR, WALK & PICNIC LUNCH

Listed on the National Register of Historic Places, Vaughan Woods & Historic Homestead of Hallowell is a non-profit nature preserve and non-traditional house museum that seeks to connect people to place through nature, history and the arts. We will have a docent led tour of the homestead, followed by a picnic lunch (bring your own) and then have free time to walk the trails/gardens. **This trip involves a good amount of walking.** *Min 10/Max 13*

Date: Thursday, July 18

Time: Departs SPCC 8:30am /Approx. return 3:00pm

Location: Hallowell

Fee: \$15 (*Transportation and tour only. Bring your own picnic lunch.*)

Staff Coordinator: Karla Doyon

ADULT OPEN GYMS

ADULT OPEN GYMS

Adult open gyms offers a welcoming environment for adults of all skill levels to enjoy recreational basketball, volleyball and pickleball. Participants can engage in friendly pickup games, hone their skills through scrimmages and socializing with fellow sports enthusiasts. Whether you're seasoned player or just starting out, adult open gyms provide opportunities to stay active, improve fitness, and have fun on the court.

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

Adult Basketball	Dates	Time	Location
Tuesdays	May 7– June 4	11:30am - 1:30pm	SPCC Gym
Wednesday (lunch time)	May 1– June 5	11:30am - 1:30pm	SPCC Gym
Wednesday (evening)	May 1– 19	7:00pm - 9:00pm	Redbank Gym
Fridays	May 3– June 14	11:30am - 1:30pm	SPCC Gym
Sundays (over 30)	May 5, 12, 19	2:00pm - 3:45pm	SPCC Gym
Sundays (over 40)	May 5, 12, 19	8:00am-9:30am	Redbank Gym

Adult Volleyball	Dates	Time	Location
Sundays	May 5, 12, 19	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	May 6– June 14*	8:00 - 11:00am	SPCC Gym (Max 40)
Mon & Wed (True Beginners Only)	May 6– 29*	8:00 - 11:00am	Redbank Gym (Max 24)
*No Adult Pickleball: 5/27, 6/11, 6/12			

ADULT GOLF LEAGUE

ADULT GOLF LEAGUES

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

Spring League Dates: May 6 – June 20

Summer League Dates: July 1 – August 15

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 LEAGUES

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 20 – July/August (*No games 5/27 & 6/10*)

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 BASKETBALL LEAGUES

Our Adult Basketball League offers a fun and competitive environment for players of all skill levels. Whether you're a seasoned athlete or just looking to stay active, our league provides an opportunity to enjoy the game of basketball while fostering teamwork and camaraderie. Join us for exhilarating games, friendly competition, and a chance to make lasting memories on the court. We use IAABO certified officials.

Captains must email Whitney Dorsett at wdorsett@southportland.org with a tentative roster and team name after registering.

Game Times: Between 6:00-9:00pm

Cost: \$75/\$85 NR (*no senior discount*)

Location: SPCC Gym

Staff Coordinator: Whitney Dorsett

Monday League - Summer

Dates: June 3 – August 5 (No games 5/27)

Thursday League – Spring

Dates: June 6 – August 15 (No games 7/4)

League registration closes 1 week before each session starts.



ADULT PROGRAMS

***Pastel 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

Each 5 class series will teach beginner pastelists how to draw and paint with a focus on a different topic each month. 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

Time: 10:30am – 12:00pm

Day: Fridays

Location: SPCC Casco Bay Room

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

Staff Coordinator: Whitney Dorsett

May 3– Jun 7: Spring Flowers

This five class series will teach beginner pastelists how to draw and paint spring flowers with a focus on fun!

June 14– July 12: Cats, Dogs, and Pet Portraits

This five class series will teach beginner pastelists how to create realistic and interesting pet portraits using soft pastel, graphite, and charcoal.

July 19– August 16: Fun Scenes

This five class series will teach beginner pastelists how to draw and paint people in landscapes including people at the beach, people walking on paths, at the market, and on city streets.



UNIFIED SPORTS DROP-IN PROGRAM

This inclusive drop in program combines individuals with and without intellectual and physical disabilities to participate together in a variety of sports. Unified Sports is fun way to develop motor skills and teamwork while also fostering acceptance and creating new friendships among participants along the way. Basketball, pickleball, kickball, dodgeball, floor hockey, badminton, flag football, cornhole, soccer and more! *Min 1/Max 30*

Winter and Spring Drop-in

Dates: Thursdays, May 2– 30

Time: 10:00am – 11:30am

Age: 18+

Location: Redbank Community Center

Fee: FREE

Staff Coordinator: Whitney Dorsett

Summer Open Gym

Dates: Thursdays, June 27– August 15 (*No program 7/4 and 7/25*)

Time: 10:00am – 12:00pm

Age: 18+

Location: SPCC Gym

Fee: FREE

Staff Coordinator: Whitney Dorsett



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: 8:30– 9:20am

Location: SPCC MP Room

Staff Coordinator: Whitney Dorsett

Session	Dates	Fee*
May	May 2 - 30 (no class 5/27)	\$72/\$82 NR
June	June 3 - 27 (no class 6/10, 6/20, 6/24)	\$45/\$55 NR
July	July 1 - 29 (no class 7/4)	\$72/\$82 NR
August	August 1 - 15	\$45/\$55 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: Varies by Month

Time: 5:00– 5:50pm

Location: SPCC MP Room

Staff Coordinator: Whitney Dorsett

Session	Days & Dates	Fee*
May	Mon & Wed, May 1-29	\$56/\$66 NR
June	Mon June 3,10,17, Tues June 5, Thurs June 25	\$40/\$50 NR
July	Tues & Thurs July 2-30	\$64/\$74 NR
August	Tues & Thurs August 1-13	\$32/\$42 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 30

Instructor: Martha Williams

Days: Wednesdays

Location: SPCC MP Room

Staff Coordinator: Whitney Dorsett

Session	Dates	Times	Fee*
Summer 1	May 1 – June 26**	9:30-10:45am	\$90/\$100 NR
Summer 2	July 10 – Aug 14	9:00-10:15am	\$67.50/\$77.50 NR
*Drop-in rate \$15 per class		**No Class 6/19	

TENNIS IN THE PARKS FOR ADULTS– Learn & Play Tennis!

This program is for brand-new, beginner, or returning novice players. Led by a USTA-approved coach, we focus on FUN and learning the basics. Get great exercise while developing the skills to serve, rally, and play tennis. All players in their first session receive and keep a new tennis racquet! *Min 6/ Max 8*

Items to bring: Sneakers (non-street shoes), water bottle, comfortable clothes, and tennis racket. There will be basic rackets available for use during the lesson.

Instructor: Rebecca Hamel, USTA Approved Coach

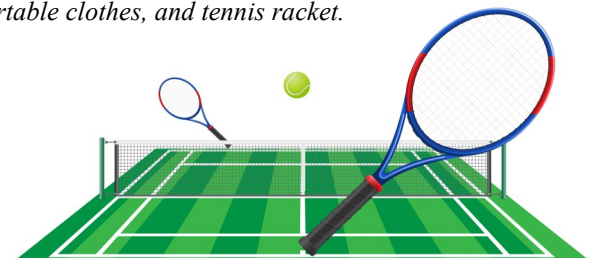
Dates: Mondays, May 13 – June 24 (No class 5/27)

(Rain Date: July 1)

Time: 5:30 pm - 7:00 pm

Fee: \$100/\$110NR

Staff Coordinator: Whitney Dorsett



ADULT PROGRAMS

MONDAY NIGHT TENNIS PRACTICE

Monday Night Tennis Practice is a point based drills clinic. Instructional, yet upbeat, this clinic is a way to improve your strokes while under the pressure of victory or defeat. Fun games will be added in as well.

Intermediate (USTA rated 3.0+) players levels are welcome. You must have tennis experience to take this class. *Items to bring: Sneakers (non-street shoes), water bottle, comfortable clothes, and tennis racket. There will be basic rackets available for use during the lesson.* Min 8/ Max 16

Instructor: Dave Cousins, IPF Certified Pickleball Coach, PPR Certified Pickleball Coach, PTR Certified Professional, USPTA Elite Professional
Fee: \$80/\$90NR (*Drop-in rate \$25 per class*)
Staff Coordinator: Whitney Dorsett

Mondays | SP High School

Session	Dates	Time
June	3, 10, 17, 24	6:00-7:30pm
July	1, 8, 15, 22	5:30-7:00PM
August	5, 12, 19, 26	5:30-7:00PM

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. *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.* Min 4/ Max 24

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	Cost
May	5, 12, 19	\$52.50/62.50NR

Wednesdays | 5:30-6:30pm | SPCC Gym

Session	Dates	Cost
May	1, 8, 15, 22	\$70/80NR
June*	5, 12, 26, & 7/3	\$70/80NR
July	10, 17, 24, 31	\$70/80NR
August	7, 14, 21, 28	\$70/80NR

*No Class 6/19

TENNIS SKILLS AND DRILLS

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 tennis skills with Coach Dave! This program is intended for those who have already completed our Beginner Lessons, or those who have the fundamentals of tennis already down and are looking to bring themselves to the next level. No senior discount. *Items to bring: Sneakers (non-street shoes), water bottle, comfortable clothes, and tennis racket. There will be basic rackets available for use during the lesson.* Min 6/ Max 12

Instructor: Dave Cousins, IPF Certified Pickleball Coach, PPR Certified Pickleball Coach, PTR Certified Professional, USPTA Elite Professional
Staff Coordinator: Whitney Dorsett

Saturdays | 8-9:00am | SPHS Tennis Court Set 3

Session	Dates	Cost*
May	18, 25	\$35/45NR
June	1, 8, 15, 22	\$70/\$80NR
July	6, 13, 20, 27	\$70/\$80NR
August	3, 10, 17, 24	\$70/\$80NR

*Drop-in rate \$20 per class

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. *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.* Min 4/ Max 24

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 | 11:00-12:00am | SPCC Gym

Session	Dates	Cost
May	5, 12, 19	\$52.50/62.50NR

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

Session	Dates	Cost
May	1, 8, 15, 22	\$70/80NR
June*	5, 12, 26, & 7/3	\$70/80NR
July	10, 17, 24, 31	\$70/80NR
August	7, 14, 21, 28	\$70/80NR

*No Class 6/19

2024-2025 KIDS CLUB– Before & After School Care

Registration Opens on Monday, April 8th, 2024 at 8:00am.

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

Before & After Care will be held each day that school is in session. No program on school vacation weeks & teacher workshop days. (Alternative programs will be offered at an additional cost). We do not hold programs when there is a delayed start or early dismissal due to weather.

Grades: K-4

Location: Gym at each Elementary School

Before Care Time: 7-9am

After Care Time: 3-6pm. Snack is provided in the afternoon.

Weekly Cost:

\$10 Sibling Discount per week

Before Care Only

2 days: \$40.00

3 days: \$54.00

4 days: \$64.00

5 days: \$75.00

Before & After Care

2 days: \$75.00

3 days: \$105.00

4 days: \$130.00

5 days: \$155.00

After Care Only

2 days: \$50.00

3 days: \$66.00

4 days: \$80.00

5 days: \$95.00

For more information contact Kari Filieo kfilieo@southportland.org



TRIPS & FULL DAY SUMMER CAMP

MIDDLE SCHOOL RAFTING TRIP

We will be bussed to Caratunk, ME where Adventure Bound Youth Adventures will host us at their amazing base camp, and lead us down the Kennebec River for a 12 mile rafting trip. The bus will depart from the Redbank Community Center on Monday, August 19th at 1:00pm and will return to Redbank on Tuesday, August 20th at approximately 7:00pm. An additional liability waiver, provided by the rafting company, will be required in order to participate. Dinner, breakfast and lunch (on the river) provided.

Dates: August 19 at 1:00pm to August 20 at 7:00pm

Grades: 6-8

Location: Caratunk, ME

Fee: \$185/\$205NR

Staff Coordinator: Kari Filieo



OUTDOOR ADVENTURES CAMP

Campers will explore lots of fun outdoor spaces in our amazing area! We will offer arts and crafts and activities that will be fun and engaging as campers learn about lots of fun stuff to do outdoors. We will also be taking some field trips. A full weekly schedule will be posted at a later date.

This program is for South Portland residents entering Kindergarten through 5th grade in the Fall.

Dates: August 19-23

Days: Monday-Friday,

Time: 8:00am – 5:00pm

Grades: K-5

Location: Redbank Community Center

Fee: \$200 (\$20 sibling discount, South Portland

Residents Only)

Staff Coordinator: Kari Filieo



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:
Hannah Seigel
hseigel@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

DRIVER EDUCATION – RIGHT CHOICE DRIVING SCHOOL

The Right Choice Driving School owner and director Tim O'Carroll has 20 years' experience running this program. Instructors are licensed by the State of Maine. Students must be at least 15 years of age by the course starting date. 10 hours of driving instruction included in addition to classroom time. *Min 10/Max 15*

Instructor: Tim O'Carroll, Right Choice Driving School

Days: Mon-Thurs

Age: 15+

Location: SPCC Conference Room

Fee: \$635.00

Session	Dates	Time
Session 1	May 6 – 23	2:30-5:00pm
Session 2	June 17 – July 5*	8:30-11:00am
<i>*No Class 7/4</i>		

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: April 2– May 21

Days: Tuesdays

Time: 6:30 – 8:00pm

Grades: 5-8

Location: SPCC Gym

Fee: \$85/\$95 NR

Staff Coordinator: Breese Reagle



YOUTH PROGRAMS

TENNIS IN THE PARKS

The tennis program where kids play while they learn! Led by an approved USTA coach, the program will focus on developing the skills to serve, rally and play - so it's perfect for beginners and first-time players. Once the skills are there, participants will play fun matches with other players in the program. This program uses modified tennis balls, age-appropriate rackets, court sizes, and the latest fun and engaging activities that help players successfully learn and play the game quicker! All players in their first session receive and keep a new age-appropriate racquet, and ball!
Min 7/Max 10

Fee: \$75/\$85NR

Staff Coordinator: Breese Reagle

Spring Sessions

Session	Grade	Days	Dates*	Time	Location
Red Ball	1-2	Fridays	May 17-June 21	3:00-4:00pm	Small School Courts
Orange Ball	3-5	Fridays	May 17-June 21	4:00-5:00pm	Small School Courts
Green Ball	6-8	Fridays	May 17-June 21	5:00-6:00pm	Small School Courts
*Rain Date: June 28					

Summer Sessions

Session	Grade	Days	Dates	Time	Location
Red Ball	1-2	M-F	July 15-19	10:00-11:15am	SPHS Courts
Orange Ball	3-5	M-F	July 15-19	11:15-12:30pm	SPHS Courts
Green Ball	6-8	M-F	July 22-26	10:00-11:15am	SPHS Courts

MIDDLE SCHOOL ULTIMATE FRISBEE

Ultimate is a low-contact coed sport with a strong focus on skill building and teamwork. This is a fast-paced game that will work a player's stamina. Players will learn the rules of the games and strategies for success. Practices will be held on Monday and Wednesday evenings, at Redbank. Games on weekdays with possible games on weekends as well. **Coach needed!** Contact Breese Reagle at jreagle@southportland.org if interested!

Dates: April 1- June 7th

Days: Monday/Wednesday

Grade: 6-8

Location: Redbank Athletic Fields

Fee: \$65/\$75NR

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

Dates: 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



FLOWER POWER SPRING ART CLASS

Come celebrate spring with this fun spring-themed art program in this 3 week program! *Min 5/Max 15*

Instructor: Lindsay Larsen

Dates: May 4-18th

Day: Saturdays

Time: 10:00am – 11:00pm

Grade: K-5

Location: SPCC Activity Room

Fee: \$30/\$40 NR

Staff Coordinator: Breese Reagle



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: \$120/\$130NR

Staff Coordinator: Breese Reagle

Session	Dates	Time
Sundays	April 7-28	10:00-11:15am
Fridays	April 5-26	5:30-6:45pm

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.

Age: 5 years of age and under accompanied by an adult
 Fee: \$4/\$5 per family

Staff Coordinator: Breese Reagle

Spring

Dates: Oct. 3 – May 28

Day: Tuesdays

Time: 9:30 – 11:00am

Location: Redbank Community Center

Summer

Dates: June 27 – Aug 15 (*No program 7/4 & 7/25*)

Day: Thursdays

Time: 8:30 – 10:00am

Location: SPCC Gym

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: May 5– June 16

Day: Sundays

Location: Redbank Athletic Fields

Fee: \$100/ \$110NR

Staff Coordinator: Breese Reagle

Session	Ages	Time
Cubs 1	2-3	9:00-9:45am
Cubs 2	2-3	10:00-10:45am
Lions	4-5	11:00-11:45am

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: Tuesdays

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

START SMART

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: Skip Edwards

Day: Saturdays

Ages: 3 - 5

Location: Redbank Gym

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

Staff Coordinator: Breese Reagle



Session	Dates	Time
Lacrosse	April 20-May 25	9:30– 10:15am
Golf	July 9– Aug 6	5:30-6:15pm

LAX MAGIC

This is an opportunity to learn the skills of Lacrosse in a fun and informal setting. There are no games against other teams. Children in grades K – 2 will be introduced to lacrosse skills and get their hands on the equipment. Participants will get to hold a stick and learn the basics of passing, catching, shooting, pick-ups and defense as well as participate in some fun skill development games.

Min 10/ Max 25

Instructor: Eben Adams

Dates: May 2– May 30

Time: 5:30-6:30pm

Grade: K-2

Location: Wainwright MP Field 1

Fee: \$50/\$60NR

Staff Coordinator: Breese Reagle



YOUTH PROGRAMS

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: Kayla Fahey

Dates: May 6-June 17th

Days: Mondays

Time: 4:30– 5:15pm

Ages: 5-9

Location: SPCC Casco Bay Room

Fee: \$75/\$85 NR

Staff Coordinator: Breese Reagle

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

Dates: May 6-June 17th

Days: Mondays

Time: 5:30– 6:15pm

Ages: 5-9

Location: SPCC Casco Bay Room

Fee: \$75/\$85 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

Dates: May 6-June 17th

Days: Mondays

Time: 6:15-7:00 pm

Ages: 7-11

Location: Casco Bay Room

Fee: \$75/\$85NR

Staff Coordinator: Breese Reagle

SKATEBOARDING LESSONS

Are you eager to explore the thrilling world of skateboarding? Look no further! We are proud to offer skateboard lessons at our newly built skate park.

Beginners Lessons

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

Improvers Lessons

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

Min 2/ Max 5

Days: Sundays

Beginner Time: 9:00-9:30am

Improver Time: 9:45-10:15am

Ages: 5-15

Location: South Portland Skate Park

Fee: Beginners: \$135/\$145 NR

Improvers: \$150/ \$160 NR

Staff Coordinator: Breese Reagle

Session	Dates
Spring 1	May 5– June 2
Spring 2	June 16– July 14
Spring 3	July 28– Aug 25



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

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

SUMMER RUNNING & CONDITIONING PROGRAM

This program is for boys and girls entering grades 5 – 9 in September 2024. Athletes from all sports looking to get into or stay in shape over the summer will meet once per week for an organized workout and receive guidance in planning an off-season conditioning program. The goal of the program is to prepare to compete in a fall sports team at the start of the school year. *Min 10/ Max 30*

Instructor: Matt Green

Dates: Mondays, July 8-August 5

Time: 6:00-7:00pm

Grade: 5-9

Location: SPHS Track

Fee: \$50/\$60 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: 2-8

Location: SPHS Track

Fee: \$55/\$65NR

Staff Coordinator: Breese Reagle



Football Clinic March 2024

RIOT PRIDE FLAG 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

Dates: July 24– August 14

Days: Wednesdays

Time: 5:30-6:45pm

Grade: K – 4

Location: SPHS Practice Field

Fee: \$40/\$50NR

Staff Coordinator: Breese Reagle



YOUTH PROGRAMS CAMPS

YOUNG CHEFS CHALLENGE

Calling all young CHEFS! Let your child unleash their inner Chef during this 3 day program. Young chefs will create recipes from a mystery basket full of a variety of ingredients. Each day we will have two team competitions. The last day ends with cupcake wars, where chefs get to decorate to their heart's desire. Promotes teamwork, problem-solving, and creativity.

If your child has anaphylactic food allergies we recommend not signing up as we can not guarantee the recipes are completely free of certain ingredients.

Min 15/Max 24

Instructor: Stacey Stolman

Dates: June 24-26

Days: M-W

Time: 9:30am – 12:00pm

Age: 6-12

Location: SPCC Casco Bay Room

Fee: \$125/\$135NR

Staff Coordinator: Breese Reagle



Young Chefs Camp 2023

SUMMER DANCE CAMP: PRINCESSES & PIRATES

Explore your favorite princess and pirate characters in dance camp: Elsa/Anna, Peter Pan, Cinderella, Sleeping Beauty, and Jake & the Neverland Pirates!

Dance Camp for Ages 3-8 incorporates creative movement, ballet, and jazz styles of dance. Camp includes dance instruction, arts & crafts, choreography, movement activities & games. Half Day Dance Camp has a snack break. Dancers are responsible for bringing a water bottle, and items for the snack break.

A short performance at the end of the week on Friday at 11:45 am. *Min 5/Max 18*

Instructor: Drouin Dance Center

Dates: June 24-28

Days: M-F

Time: 9:00am – 12:00pm

Age: 3-8

Location: SPCC Aerobic Room

Fee: \$85/\$95NR

Staff Coordinator: Breese Reagle

ROLL RIOT SOCCER CAMP

The Roll Riot Soccer Camp will happen from July 15 to 19 for boys and girls of South Portland. Learn skills from SPHS coaches and players. Please bring a snack each day. Camp includes a free t-shirt. *Min 12/Max 50*

Instructor: SPHS Coaches & Players

Dates: July 15-19

Days: M-F

Age 5-9: 8:00am– 10:00am

Age 10-14: 10:00am– 12:00pm

Location: Wainwright Sports Complex

Fee: \$75/\$85NR

Staff Coordinator: Breese Reagle

PADDLE SUMMER CAMP

Spend the week kayaking and Paddleboarding at Willard Beach in South Portland with Seaspray Kayaking! We will be playing games on the beach and in the water, and learning about the proper techniques and safety of paddling the Coast of Maine. Challenges and an expedition to one of the islands or Fort Williams will be part of the Adventure. All kayakers will receive a Paddling T-Shirt.

Instructor: Seaspray Kayaking

Dates: August 12-16th

Days: Monday-Friday

Location: Willard Beach

Fee: \$270/\$280 NR

Staff Coordinator: Breese Reagle

Camp	Ages	Time
Morning Session	8-18	9:00 am – Noon
Afternoon Session	8-18	1:00 pm – 4:00pm

MR REAGAN'S THEATER CAMP

Mr. Reagan's Theater Camp is a great way to develop and hone theater skills. Actors will learn a variety of skills such as: voice projection, improv and animation. Campers will build confidence and teamwork by creating skits, games and plays. Camp runs from August 5-9th from 9:00-12:30 at South Portland Community Center. A performance for family and friends will be on Friday at 12:00. *Min 10/Max 25*

Instructor: Patrick Reagan

Dates: August 5-9

Days: M-F

Time: 9:00am – 12:30pm

Age: 7-12

Location: SPCC Casco Bay Room

Fee: \$225/\$235NR

Staff Coordinator: Breese Reagle

YOUTH PROGRAMS CAMPS

STEAMWORKS FOR KIDS– STEM CAMP

These STEAM based camps offer fun hands on learning and activities that vary during each session. Visit the registration page for full details on each topic. *Min 6/Max 16*

Instructor: Steamworks for Kids

Days: M-F

Age: 6-11

Location: SPCC Activity Room

Fee: \$190/\$200NR per session, option to add supervised lunch time for additional fee

Staff Coordinator: Breese Reagle

Camp Session	Date	Time
Mega Cyborg Hand	6/24-28	9:00 am-noon
Slimescapades	6/24-28	1:00pm-4:00pm
Dino Dig & Fossil Hunt	7/8-7/12	9:00 am-noon
Arcade Electronics & Game-atorium	7/8-7/12	1:00pm-4:00pm
Volcano Tour	7/22-7/26	9:00 am-noon
Space Robot: Mission to Mars	7/22-7/26	1:00pm-4:00pm
Chemistry Creations	8/5-8/9	9:00 am-noon
Rube Goldberg Machine	8/5-8/9	1:00pm-4:00pm



ALL GIRLS SPORTS CAMP

Get ready for a week of sports led by the high school and middle school coaches of South Portland's girls' sports. In this action-packed week of sports, girls will be introduced to a new sport each day. On the agenda, we have tennis, volleyball, flag football, swimming, cross country, track, ice hockey, cheer, soccer, and more!

Come join the SPHS and SPMS coaches and players for a week full of fun in this judge-free zone! *Min 5/Max 18*

Instructor: SPHS & SPMS Coaches & players

Dates: July 29– August 2

Days: M-F

Time: 9:00am – 4:00pm

Grade: 3-6

Location: Various

Fee: \$85/\$95NR

Staff Coordinator: Breese Reagle

GRAND SLAM TENNIS CAMP

Summer tennis camps offered through the St. Peter's Grand Slam Tennis Programs are fun, yet challenging and instructional and cater to boys and girls ages 7-16 at all skill levels. Camps are taught by certified teaching pros and college tennis players. For the beginner, a progressive format is followed. Each session teaches basic tennis strokes and strategy in an enthusiastic but low pressure environment. For intermediate and advanced players, every session consists of intense drills to define strokes, conditioning exercises, strategy, and competitive match play. *Min 24/Max 36*

Instructor: St. Peter's Grand Slam Tennis

Dates: July 8-12

Days: M-F

Time: 9:00am-12:00pm

Age: 7-16

Location: SPHS Tennis Courts

Fee: \$190/\$200NR

Staff Coordinator: Breese Reagle

SCHOLARSHIPS ARE AVAILABLE FOR ALL YOUTH PROGRAMS!

Visit www.sopoparksrec.com for an application form.

Forms are available in:

- English
- French
- Portuguese
- Spanish



YOUTH PROGRAMS CAMPS

BIG RED BASKETBALL CAMP

This camp is for boys entering grades 2-9 in September, 2024. Be ready for a competitive week of basketball, combined with lots of fun! Learn skills from SPHS coaches and players. Please bring a lunch each day. **Camp includes a free t-shirt.** *Min 12/Max 50*

Instructor: Kevin Millington, SPHS Boys Basketball Coach & Players

Dates: June 17-21

Days: M-F

Time: 9:00am-3:00pm

Grade 2-5: Middle School Gym

Grades 6-9: SPHS Gym

Fee: \$150/\$160NR

Staff Coordinator: Breese Reagle



TRACK AND FIELD CAMP

This program is for boys and girls entering grades 2 – 9 in September 2024. This recreation-based summer track and field program will include an exploration of different race distances, specific track techniques, and instruction in different throwing and jumping events including hurdles. Participants will try as many or as few different events as they are interested in. *Min 10/Max 40*

Instructor: Matt Green

Dates: June 24-July 11 (*No program 7/4*)

Days: M-Th

Time: 9:00am-10:15am

Grade: 2-9

Location: SPHS Track

Fee: \$100/\$110NR

Staff Coordinator: Breese Reagle

CROSS COUNTRY RUNNING CAMP

This camp will be offered for boys and girls Entering grades 5 - 9 in September, 2024. Camp will meet each day at the SPHS Track. Each session will begin with stretches and warm up exercises. Runners will have an opportunity to work on his/her existing running techniques and get in shape for the upcoming season. You do not have to be participating in cross country this fall to attend this camp. This camp is designed to help any athlete get in shape for any sport this fall. *Min 10/Max 20*

Instructor: Matt Green

Session 1 Dates: August 12-16

Session 2 Dates: August 19-23

Days: M-F

Time: 9:00am-10:00am

Grade: 5-9

Location: SPHS Track

Fee: \$50/\$60NR

Staff Coordinator: Breese Reagle

NOTHING BUT NET SUMMER BASKETBALL CAMP

This basketball camp is for girls entering grades 2-9 in September, 2024. Come join the SPHS coaches and players for a week full of fun! There will be skill contests, skill work, and game play. This is a great chance to learn how to become a better basketball player and have fun while doing it! Please pack a snack, water, towel and swim suit, and lunch. *Min 12/Max 25*

Instructor: Lynne Hasson & Varsity Girls Basketball Team

Dates: June 17-21

Days: M-F

Time: 9:00am-3:00pm

Grade: 2-8

Location: SPCC Gym

Fee: \$120/\$130NR

Staff Coordinator: Breese Reagle



Nothing But Net Camp 2022

RIOT PRIDE MIDDLE SCHOOL FOOTBALL CAMP

The Riot Pride Camp is a summer primer leading into the official start of the 2024 football season. The camp will be run two days a week in a typical PRACTICE format as opposed to a CLINIC format. This will be a fun opportunity for BOTH returning players as well as new players who are planning on or even considering playing! Returners get a chance to sharpen their skills and knowledge they acquired last season while new players have the opportunity to learn the drills, skills, terminology, concepts, and overall practice routine in a slower paced environment so that they are confident and ready for the season. This is a minimal contact camp and the only equipment needed are cleats, mouthpiece and a water bottle. *Min 15/Max 50*

Instructor: Aaron Filieo, SPHS Football Coach with guest coaches & players

Dates: July 23-August 8

Days: Tuesdays & Thursdays

Time: 5:30pm– 7:00pm

Grades: 5-8

Location: SPHS Practice Field

Fee: \$75/\$85NR

Staff Coordinator: Breese Reagle

YOUTH PROGRAMS CAMPS

CHALLENGER SPORTS BRITISH SOCCER CAMP

With an innovative curriculum that develops skills, speed and confidence in players of all ages and abilities, Challenger British Soccer Camps provide boys and girls with the rare opportunity to receive high-level soccer coaching from a team of international expert's right in the heart of their own community. In addition to teaching new skills and improving game performance, each British Soccer Camp provides lessons in character development, cultural education and is the most fun your child can have learning the sport they love! Simply put, Challenger camps offer amazing coaches, awesome accents, innovative practices and a unique cultural twist that combine for a one-of-a-kind camp experience! **Camp includes a free ball and shirt.**

Instructor: Challenger Sports Staff

Session 1 Dates: August 5-9

Session 2 Dates: August 26-30

Days: Monday – Friday

Location: Wainwright Complex

Staff Coordinator: Breese Reagle

Camp	Ages	Time	Fee
Tiny Tykes	2-5	8:00am – 8:45am	\$125/\$135 NR
Half Day	6-14	9:00am – 12pm	\$145/\$155 NR
Full Day	6-14	9:00am – 3:00pm	\$230/\$240 NR

CHALLENGER

SPORTS™

CHALLENGER SPORTS: MULTI- SPORTS CAMPS

MightyTykes

"MightyTykes" is a natural progression of our hugely popular TinyTykes Program. We provide an environment intuitive to mental and physical growth which will leave our players with a solid technical soccer foundation as well as strong cognitive and social skills which can be applied on and off the field. As our children face numerous challenges to development with the growing dependency on technology, we will look to harness these tools to work with, not against, the development of such growth. Our practices include core foot skills, a technical topic, fun games, and scrimmages. Camp includes free ball and t-shirt.

Min 10/Max 25 per session

Half Day Multi-Sports

Motivate, activate and energize your child with Challenger Sports' Multi Sports Program. Challenger's team of International Staff will provide your boys and girls with a memorable week of non-stop action, fun, and competition- All with a British Twist!

Children will learn new British sports and develop new skills with team-building activities that include more than just running, jumping, catching, kicking and throwing! They will also learn about Respect, Responsibility, Integrity, Sportsmanship, and Leadership, while playing hard, having fun, and making new friends. Sports covered may include tag rugby, cricket, soccer, rounders, kickball, netball and handball. Camp includes free ball and t-shirt.

Min 10/Max 25 per session

Full Day Multi-Sports

Personal skill development, character development, and cultural education 6 hours per day. Monday to Friday inclusive sessions are typically split into 2 blocks. Supervised lunch around 12:00-12:45pm for rest and recovery (packed lunch required).

The full-day program builds on the Half Day experience on our camps. It has a perfect balance of those just for fun activities, larger-sided games for more tactical knowledge, and individual skill elements such as freestyle! More recreational style games such as capture the flag will be incorporated to build on teamwork in sports

Camp includes free ball and t-shirt. *Min 10/Max 25 per session*

Instructor: Challenger Sports Staff

Dates: August 12-16

Days: Monday – Friday

Location: Wainwright Complex

Staff Coordinator: Breese Reagle

Camp	Ages	Time	Fee
Mighty Tykes	3-6	8:00 am – 8:45am	\$90/\$100 NR
Half Day	6-14	9:00 am – Noon	\$145/\$155 NR
Full Day	6-14	9:00 am – 3:00 pm	\$215/\$225 NR

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. We have a 6 person HydroWorx Spa that is available for public use during public swims. 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.
- Non-swimmers (especially children) must be directly supervised by an 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 Bluefish 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 flotation 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.

Summer Swim Registration Dates

Residents: Monday, June 10

Non-Residents: Thursday, June 13

Online & In-person Registration begins at 7am.

You may register for one or both sessions this summer. If your child passes to a higher level after Session 1, the instructors will find placement for them in Session 2.

Our swim staff is happy to assist you with level placement for your children. We can answer most questions by phone. Please contact the Community Center and ask for the Aquatics Supervisor on duty. Questions answered BEFORE the registration date will make your registration go smoother, although we will be available to answer level placement questions during the actual registration timeframe.

RIPTIDE SWIM CLUB

SOUTH PORTLAND RIPTIDE SWIM CLUB

Riptide 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: 25 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.

2024 Summer Session:

Dates: June 24— August 14

Practice Days: Mondays and Wednesdays

Time: 6:00 – 7:00pm

Age: 8-14yo

Fee: \$100/\$110NR

SOUTH PORTLAND RIPTIDE PLUS SWIM CLUB

Riptide Plus 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 are interested in this program and have not done it in the past year, please contact Head Coach Mike Blanchard via email at mblanchard@southportland.org *Max: 15 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.

2024 Summer Session:

Dates: June 24— August 14

Practice Days: Mondays and Wednesdays

Time: 6:00 – 7:00pm

Grade: entering 6-8

Fee: \$100/\$110NR

Riptide & Riptide Plus Evaluation & Placement Session:
Wednesday, June 12 at 6pm

Online Registration:

Thursday, June 13 for residents starting at 7am

Friday, June 14 for non-residents starting at 7am

PROGRESSIVE SWIM LESSONS FOR KIDS 6-13

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

Session 1: Monday & Wednesday Morning Lessons

8 classes over 4 weeks. *Min 2/ Max 8*

Dates: June 24-July 17

Ages: 6-13

Location: SPCC Pool

Fee: \$70/\$80NR

Session 2: Monday & Wednesday Morning Lessons

8 classes over 4 weeks. *Min 2/ Max 8*

Dates: July 22-August 14

Ages: 6-13

Location: SPCC Pool

Fee: \$70/\$80NR

Thursday Evening Lessons

7 classes over 8 weeks. (**No class 7/4**) *Min 2/ Max 8*

Dates: Jun 27-August 15

Ages: 6-13

Location: SPCC Pool

Fee: \$60/\$70NR

	<u>Mon & Wed AM</u>	<u>Thursday PM</u>
Level 1	9:00-9:45am	6:00-6:45pm
Level 2	9:00-9:45am	6:00-6:45pm
	10:00-10:45am	
Level 3	9:00-9:45am	6:00-6:45pm
	10:00-10:45am	
Level 4	10:00-10:45am	6:00-6:45pm

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.

Although at the age of 3 children can enter into our Pre-Mini or Mini I class, we STRONGLY encourage parents to register their children for this Family class, if it is their first experience in swimming lessons. Please ask the swim staff should you have any questions about this recommendation. We can make exceptions for children who are older and need to be in this type of class. *Min 4/Max 15*

SUMMER 2024 SESSION

8 classes over 8 weeks

Dates: June 25– August 13

Location: SPCC Pool

Fee: \$70/\$80NR

Family Lessons	<u>Tuesday AM</u>
Babies (9 months-2 years)	10:00-10:30am
Toddlers (18 months– 3 years)	10:30-11:00am

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

Morning Lessons: Register for one OR both sessions. If your child passes to higher level at the end of the first session, the instructors will account for that in the next session.

Session 1: Tuesday & Thursday Morning Lessons

7 classes over 4 weeks. **(No class 7/4)** *Min 2/ Max 5*

Dates: June 25-July 18

Ages: 3-5

Location: SPCC Pool

Fee: \$60/\$70NR

Session 2: Tuesday & Thursday Morning Lessons

8 classes over 4 weeks. *Min 2/ Max 5*

Dates: July 23-August 15

Ages: 3-5

Location: SPCC Pool

Fee: \$70/\$80NR

Tuesday Evening Lessons

8 classes over 8 weeks. *Min 2/ Max 5*

Dates: Jun 24-July 17

Ages: 3-5

Location: SPCC Pool

Fee: \$70/\$80NR

	Tues & Thurs	Tuesday PM Only
Mini 1 (Ages 3+)	9:30-10:00am	6:30-7:00pm
	10:00-10:30am	
	10:30-11:00am	
Mini 2 (Ages 3+)	9:00-9:30am	6:00- 6:30pm
	10:00-10:30am	
Mini 3 (Ages 3+)	9:00-9:30am	6:00- 6:30pm

PLEASE NOTE: 3yo children may be in Family, Pre-Mini OR Mini 1 lessons. Please consult with Aquatic Supervisors, Lesley, Lia or Mike if you have any questions about which level to start with.

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.*

Session 1: Tuesday & Thursday Morning Lessons

7 classes over 4 weeks. **(No class 7/4)**

Dates: June 25-July 18

Time: 9:00-9:30am

Ages: 2.5-4

Location: SPCC Pool

Fee: \$60/\$70NR

Session 2: Tuesday & Thursday Morning Lessons

8 classes over 4 weeks.

Dates: July 23-August 15

Time: 9:00-9:30am

Ages: 2.5-4

Location: SPCC Pool

Fee: \$70/\$80NR



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 3/Max 9*

SUMMER 2024 (8 classes over 8 weeks)

Instructor: Adult Pool Staff

Dates: Wednesdays, June 26th – August 14th

Time: 7:00-7:45 PM

Age: 14+

Location: SPCC Pool

Fee: \$70/\$80NR

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.

Morning

Dates: Tuesdays, June 25 – August 13

Time: 8:00 – 8:45 AM

Age: 14+

Fee: \$70/\$80NR

Evening

Dates: Thursdays, June 27 – August 15 (no class 7/4)

Time: 8:00– 8:45 PM

Age: 14+

Fee: \$60/\$70NR

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, June 25 – August 13

Beginners: 6:00-6:55pm

Advanced: 7-7:55

(If minimum registration is not met, skill levels will be combined into one session at 6pm)

Grades: Entering 6-12 in Fall 2024 *(no exceptions will be made)*

Fee: \$70/\$80NR



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, June 1st 8am-6pm

Sunday, June 2nd 8am-12pm

Saturday, June 8th 8am-6pm

Sunday, June 9th 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: \$260/\$300NR

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

PARKS PROGRAMS

CONSERVATION VOLUNTEER TRAINING DAY

We are looking for volunteers who want to care for Hinckley Park. At this training day, volunteers will learn all about the invasive plants that threaten Hinckley's ecosystem. We will cover plant identification, target areas, and how to remove each plant. After completing the training, volunteers can borrow tools and work in Hinckley Park on their own schedule throughout the year. Any hours worked can be recorded for volunteer requirements for work, school, etc.

Dates: Sunday, May 19

Time: 10:00am-11:00am

Ages: adults, children 14+ welcome with adult supervision

Location: Hinckley Park

Fee: FREE (*please register*)

Staff Coordinator: Sydney Raftery



KICKOFF TO SUMMER FAMILY KAYAKING TRIP

We are celebrating the official start of summer by taking a trip to Sebago Trails Paddling Company! Participants will meet at the South Portland Community Center where they will hop on a bus to Raymond Maine for kayaking, paddle boarding, or canoeing. Vessel choice is on a first come, first serve basis, families with young kids will have priority for the multi-person vessels. Make sure to pack a lunch as we will have time built in for that before departure. **Preregister by June 8th**

Note: This is a self-guided activity. Children of all ages are welcome, but they must have an adult with them. Guardians can decide if they need to be in the same vessel or not, depending on ability.

Schedule

8:30am- depart from SPCC on bus

10:00am-2:00pm- borrowing equipment, safety demonstration, self-guided paddling and lunch

3:30pm- arrive back at SPCC

Dates: Saturday, June 22 (*Rain Date: June 29*)

Time: 8:30am-3:30pm

Ages: all ages, with adult chaperone

Location: Sebago Trails Paddling Co., Raymond ME

Fee: \$35/\$45NR per person

Staff Coordinator: Sydney Raftery

PERSEID METEOR SHOWER WATCH PARTY

The Perseids are one of the most plentiful meteor showers with about 50 to 100 meteors seen per hour. Grab a folding chair or a blanket and join us in Wainwright to learn about star identification, hear some constellation stories, and- of course- see some shooting stars! Sunset is at 7:45pm and stargazing goes until 10:00pm.

Schedule

7:45pm- sunset, arrive and set up your spots

8:15-9:15pm (roughly)- constellation stories and guided night sky viewing

9:15-10:00pm- people are free to watch the meteor shower

Date: Monday, August 12 (*Rain Date: Tuesday, August 13*)

Time: 7:45pm

Ages: all ages

Location: Wainwright Sports Complex

Fee: FREE

Staff Coordinator: Sydney Raftery

BOOK DISCUSSION: BRAIDING SWEETGRASS

Join us at Hinckley Park for an immersive conversation about Robin Wall Kimmerer's award winning book, *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants*. The program will start with a librarian-led discussion of the book and will be followed by a short ranger-led hike around Hinckley pond. Copies of the book can be checked out at the South Portland Public Library.

Dates: Monday, June 3 (*Rain date: Monday, June 10*)

Time: 1:00pm-2:00pm

Location: Hinckley Park

Fee: FREE

Staff Coordinator: Sydney Raftery

JUNIOR RANGER

Junior Ranger is back and this time we are traveling to the beach! Kids can join park rangers to explore the different plants and animals that live in our coastal ecosystem. They will complete activities to learn about tides, erosion, and habitats and will do their part to protect Willard Beach. At the end of the program, participants will be sworn in as Junior Rangers and earn their very own 2024 Junior Ranger badge!

Dates:

Saturday, May 25

Thursday, June 27

Sunday, July 28

Saturday, August 24

Time: 10:00am-12:00pm

Ages: 5-12 years

Location: Willard Beach

Fee: FREE (*Registration Required*)

Staff Coordinator: Sydney Raftery

FAMILY & SPECIAL EVENTS



5th ANNUAL SOUTH PORTLAND YOUTH TRIATHLON– In Honor of Nathan Savage

Join us in our 5th Annual Sopo Youth Triathlon. This event is in honor of South Portland's own, Nathan Savage, who was passionate about family exercise, promoting physical activity, and giving back to the community. The main goal of this event is to expose youth to the great sport of triathlons and to have fun! The aim is to encourage self-confidence and promote the importance of leading a healthy and active lifestyle.

This event will take place at the South Portland Community Center and South Portland High School campus and surrounding neighborhood. **Race will not be professionally timed nor will there be any overall age division winners as the goal is to promote physical fitness and doing your best!** Participants will receive a race shirt, medal, water bottle and other gifts. There will be a closing ceremony to celebrate the event, on the football field, when all of the racers have finished.

RACE PROCEEDS TO BENEFIT THE NATHAN SAVAGE YOUTH PROGRAMS SCHOLARSHIP FUND.

Course Details (one course!)

Swim - 75 meters at SPCC Pool (kickboards & pool noodles available if needed)

Bike - 1.2 miles

Run - .7 miles

Packet Pickup & Bike Drop Off

Date: Friday, June 21

Time: Between 5:00-6:30pm

Location: SPCC Lobby

Event Info

Date: Saturday, June 22

Time: Check-in will begin at 8:15am. Race begins at 9:00am

Ages: 7-14

Location: SPCC Pool & Surrounding Campus

Fee: \$15/\$30NR

RACE DAY VOLUNTEERS NEEDED – Contact Anthony Johnson at ajohnson@southportland.org

MILL CREEK CONCERT SERIES

Join us Wednesday evenings through the summer for music in Mill Creek.

Time: 6:00pm-7:30pm

Ages: All

Location: Mill Creek Park

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

June 26– Blue Steel Express

July 10– Alive in the Root

July 17– Skip Band

July 24– Jeezum Crow

July 31– The Totally Rad

RED BANK CONCERT & PICNIC SERIES

Join us on several evenings through the summer for music in Mill Creek.

Time: 6:00pm-7:30pm

Ages: All

Location: Redbank Pavilion

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

Dates: June 18

July 9

August 6

4TH OF JULY CELEBRATION AT BUG LIGHT

Join us at Bug Light Park to watch fireworks across the water. We'll have yard games set-up, live music playing, and food trucks on hand to purchase dinner.

Date: July 4, 2024

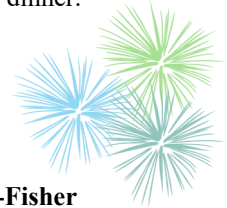
Time: 5:00pm-9:00pm

Ages: All

Location: Bug Light Park

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher



NATIONAL NIGHT OUT

This event is a partnership with the South Portland Police Department. Live music and activities will begin at 6pm before the movie viewing at 8pm.

Date: August 6, 2024

Time: 6pm-10pm

Ages: All

Location: Mill Creek Park

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

ART IN THE PARK

170 artists will display their work. Free activities will be available for kids from 10a-2p. Food trucks will be on site for lunch from 11a-3p.

Visit www.artintheparkmaine.com for more info.

Date: August 10, 2024

Time: 9am-4pm

Ages: All

Location: Mill Creek Park

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

SPECIAL EVENTS– Springfest

SPRINGFEST- The Rotary Club of South Portland - Cape Elizabeth is proud to bring SpringFest 2024 to South Portland once again! This event is supported by Bath Savings Bank, Hannaford, DiMillos on the Water, Port Harbor Marine, Bangor Savings Bank, Saco and Biddeford Savings, Broadway Bowl, IRA Motor Group and many more area businesses. **Visit www.SPspringfest.com for more info!**

Music, Magic, Movies, and more!

A diverse range of activities suitable for families and individuals, with live music, magic performances, ice cream, and a movie screening.

Date: Friday, May 17

Time: 6:00-10:00pm

Location: Redbank Pavillion & Community Center

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

Gnomes Galore: The Art of Expression

Activities are centered around all things “Gnome”, including interactive art exhibitions, workshops, live performances, cornhole tournament, food trucks, kid’s activities, and more!

Date: Saturday, May 18

Time: 11:00am-3:00pm

Location: Mill Creek Park

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

Springfest Skate Jam

Saturday, May 18
at the South Portland
Skate Park.

Stay tuned for more
details coming soon!



SOUTH PORTLAND GOLF COURSE

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

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

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

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

Tee times can be made by calling 775-0005. Tee times will be scheduled in 15-minute intervals. Walk-ups will be permitted and accommodated if possible.

For course updates, please follow **South Portland Parks & Recreation** on Facebook. We hope to see you on the course!



RATES

2024 Season Rates

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

*sign up at youthoncourse.com

2024 Membership

Resident	\$15.00
Non-Resident	\$25.00

* Members are entitled to \$1 off greens fees

* Seniors (55+) and Juniors (17&under) are entitled to \$2 off greens fees.

Play Passes

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

SOUTH PORTLAND GOLF COURSE

YOUTH ON THE COURSE

Youth On Course is a non-profit organization dedicated to opening doors, supporting dreams and transforming the lives of young people through opportunities on and off the golf course – has partnered with the Maine State Golf Association (MSGA) to deliver affordable and accessible golf and personal growth opportunities to the young people across the state of Maine for only a \$5.00 sign up fee.



The partnership opens the door for Maine's young golfers to access affordable rounds of golf at participating facilities, including Apple Valley Golf Course, JW Parks Golf Course, Barnes Brook Golf Course, Mars Hill Country Club, Turner Highlands Golf Course, Val Halla Golf Course, Riverside Golf Course, Bangor Municipal Golf Course, South Portland Municipal Golf Course, and Dutch Elm Golf Course where rounds will be offered for \$5 or less. Additional courses will be added in the coming months. Juniors in the state ages 6-18 can sign up for a Youth on Course membership here: www.youthoncourse.org/join. Golfers will also be registered for GHIN to establish or maintain their existing GHIN index number.



SCOTT MANN GOLF ACADEMY - JUNIOR GOLF CLINICS

This Program is designed for both boys and girls as an introduction to the wonderful game of golf. This will cater to beginners or as a continued development of fundamentals for the intermediate player. This program is fun and includes games while covering aspects of the game such as, history of the game, basic rules, respect & etiquette, short game fundamentals, full swing fundamentals, video analysis, on course play and course safety. This is a great program for all junior players under 12 to learn and improve at the game of golf. *Min 10/Max 20 per session.*

Instructor: Scott Mann

Dates: June 20 – July 25 (no program 7/4)

Day: Thursdays

Time: 9:00 – 10:15am

Ages: 6-13

Location: South Portland Municipal Golf Course

Fee: \$110/\$1120 NR

Staff Coordinator: Anthony Johnson



SCOTT MANN GOLF ACADEMY - LADIES GOLF CLINICS

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

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

Instructor: Scott Mann

Dates: Wednesdays, May 8-29

Time: 6:00PM – 7:00PM, last clinic will run 5:30PM-7:30PM

Location: South Portland Municipal Golf Course

Fee: \$125/\$135NR

Staff Coordinator: Anthony Johnson

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



STAFF SPOTLIGHT - Hannah Seigel

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

As the Teen Coordinator, I create programs and activities for 6th through 8th graders. I also do a lot of outreach to the South Portland and surrounding communities to help show the teenagers how many possibilities there are right outside our doors!

What do you like most about your job?

The best part of my job is being with the teenagers in the afternoons. I get to be active with them like play gym games or create amazing art. It is a true joy to see the growth of the kids from the beginning of the year to the end!

What is your favorite park in South Portland?

I would have to say my favorite park in South Portland has to be Willard Beach. This is because I am a swimmer and an ocean enthusiast!

What do you do for fun?

I love to live the “Maine Dream”! I go hiking and to the beach in the spring, summer, and fall. Then when winter comes I am skiing at the mountains!

What is your favorite restaurant?

My favorite restaurant is Vientiane Market. It is the best mom & pop shop around!

What is on your song list now?

Since the weather is getting warmer, I like to listen to a lot of upbeat music! I don’t have a favorite song, but I love live music!



COMMUNITY CONNECTIONS

South Portland Little League- Baseball and Softball

South Portland Little League registration for coach pitch baseball & softball and tee ball are currently still open! These seasons will start at the end of April and early May 2024 for players ages 8 and below.

Our Challenger division is also still open for those with physical or intellectual challenges. And our Juniors division for ages 13-15 is still open with the season beginning in June.

To register or for more information visit www.southportlandlittleleague.com.

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!



South Portland Strikers– Fall Soccer Registration is Open!

South Portland Strikers is a travel soccer program for the youth of South Portland. Strikers seeks to provide a positive and competitive youth soccer playing experience, with a focus on player development.

Don’t miss the early bird registration discount!

\$150 from March 24 - May 1

\$100 special price for U9 and U10

Registration closes May 15, 2024. Register on time!

Visit WWW.SOPOSTRIKERS.COM for more information.

[Financial aid](#) available as needed



THANK YOU SPONSORS!

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Jennifer Waite



**MASTER
SERVICES**



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

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

Jenna Martyn-Fisher at jfisher@southportland.org

THANK YOU VOLUNTEERS!

Chris Chapman
Linda Fearon

Linda Laverriere
Judy Simpson

Ray Glass
Paula Variello

Helen Walsh

Youth Volunteer Coaches

Eben Adams
Nick Aloes
Adam Baukus
Zach Beaumont
Megan Bedford
Bethany Blake
Ian Blake
Ben Bettez
Gerry Brown
Yoon Soo Byun

Bill Campbell
Leo Caouete
David Cekutis
Joe Chateaufneuf
Ryan Ciriello
Nate Duncklee
Matt Faunce
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Kris King
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Kirk Larkin
Matt Latham
Ryan Leddy
Nicole Lesavoy
Billy Maley
John McDonough
Katherine Pascale
Rachel Ranger
Cory Schnaible
Connor Schratz

Ethan Sencer
Adam Shepherd
Julie Shephard
Rebecca Snoonian
Adam Soule
Ashley Soule
Dan Soule
Peter Strong
Sarah Sturges

Teen Center Volunteers

Sopo Unite
Lee Anne Dodge
Tara Pelletier

SNAP-Ed
Sarah Somes
Frances Bray-Bateman

The Locker Project
Courtney Bowers

**Town & Country
Federal Credit Union**
Linda Halleran
Laurie Nielsen

Linda Halleran with Town & Country Federal Credit Union visited the Teen Center this year to talk about money management. As the Teen Center sponsor they also brought the Teens some new Teen Center swag!

