

South Portland Municipal Pool Schedule Mon April 1- Thurs May 23, 2024

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

Please stop by and visit us at
21 Nelson Road 767-7650
Or check us out online at:
www.sopoparksrec.com

Daily Fees:

SP Residents:

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

Non-Residents:

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM	Adult Lap Swim ONLY	Adult Lap Swim ONLY	Adult Lap Swim ONLY	Adult Lap Swim ONLY	Adult Lap Swim ONLY	CLOSED	CLOSED
7 AM	Lap Swim & Deep Water Aerobics 7-8am	Lap Swim & Hydro Fitness 7-8am	Lap Swim & Deep Water Aerobics 7-8am	Lap Swim & Hydro Fitness 7-8am	Lap Swim & Deep Water Aerobics 7-8am		
8 AM	Shallow Water Aerobics 8-9am (NO laps available)	J.A.M & Stroke Refinement Clinic 8-8:45am	Shallow Water Aerobics 8-9am (NO laps available)	J.A.M. 8-8:45am & Lap Swim 8-9am	Shallow Water Aerobics 8-9am (NO laps available)		
9 AM	Open Swim w/ laps NO board 9-11am	Swim lessons + 3 lap lanes 9-10am	Swim lessons + 3 lap lanes 9-10am	Swim Lessons 9-10am (closed to public)	Open Swim w/ laps NO board 9-10am	Swim Lessons Only 9-12pm	Swim Lessons Only 10-12pm
10 AM		Scarborough Schools (closed to public)	Open Swim w/ laps NO board 10-11am	Open Swim & SPHS Swim Club (NO laps) 10-11am	Open Swim & SPHS Swim Club (NO laps) 10-11am		
11 AM	Senior Swim, 60+ 11-12pm	Senior Swim, 60+ 11-12pm	Senior Swim, 60+ 11-12pm	Senior Swim, 60+ 11-12pm	Senior Swim, 60+ 11-12pm	Open Swim w/ board (NO laps) 12-1pm RENTAL 1-2pm RENTAL 2-3pm Private Rental 3-4:30pm (closed to public)	Open Swim w/ board (NO laps) 12-1pm
12 pm	Open Swim w/ laps 12-4pm (no diving board)	Open Swim w/ laps 12-4pm (no diving board)	Open Swim w/ laps 12-4pm (no diving board)	Open Swim w/ laps 12-4pm (no diving board)	Open Swim w/ laps 12-4pm (no diving board)		Swim Lessons Only 1-3pm
1 PM							Open Swim w/ board (NO Laps) 3-4pm
2 PM							Adult Beginner Lessons + Adult Open Swim 4-5pm
3 PM							Stroke Refine Clinic +3 lap lanes 5-6pm
4 PM	ABF 4-6pm (Closed to public)	ABF 4-6pm (Closed to public)	ABF 4-6pm (Closed to public)	ABF 4-6pm (Closed to public)	ABF 4-6pm (Closed to public)	CLOSED	CLOSED
5 PM	RipTide Swim Club 6-7pm	Swim & Diving Lessons only 6-7pm	RipTide Swim Club 6-7pm	Swim Lessons only 6-7pm	Open Swim w/ board + 3 lap lanes 6-8pm		
6 PM	Deep Water Aero + RipTide PLUS 7-8pm	Shallow Water Aero + 3 lap lanes 7-8pm	Deep Water Aero + RipTide PLUS 7-8pm	Shallow Water Aero + 3 lap lanes 7-8pm	Maintenance 8-9pm	CLOSED	CLOSED
7 PM	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Stroke Refine. Clinic + 3 lap lanes (closing at 8:50pm)			
8 PM							

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

Pool Party Rentals:

Rentals for Saturday afternoons can be requested online. Check it out at www.sopoparksrec.com and contact the Customer Service Desk with any questions about this process. Rentals will end on Saturday, May 18th and will resume in September.

Holiday closures:

Monday, April 15th for Patriot's Day

Youth and Adult SPRING Swim Lessons start/end dates:

Tuesdays: 4/2-5/14 *Wednesdays: 4/5-5/15*
Thursdays: 4/4-5/16 *Saturdays: 4/6-5/18* *Sundays: 4/7-5/19*

Definition of Swims:

SENIOR ONLY SWIM: (ages 60+ only). There will 3 lap lanes AND a large open space for exercising. The ramp will be accessible.

LAP SWIM: When possible, all 6 lanes in the pool. Lanes will be designated for FAST, MODERATE, and SLOW swimming speeds for CIRCLING SWIMMING only. Lifeguards can assist you in finding an appropriate lane. (6am M-F is for 18+ adults only; no water jogging allowed)

OPEN SWIM: Patrons are allowed to use the pool and spa. Some swims will restrict use of the board or lap lanes, so please note on the schedule whether lap lanes or the diving board (or BOTH) will be open. Sundays 4-5pm is for Adults only, please!!