

# South Portland Municipal Pool Schedule June 24<sup>th</sup> – August 16, 2024

Please review other side of this calendar for important information regarding this calendar!

Please stop by and visit us at:  
21 Nelson Road 207-767-7650  
Or check us out online at:  
[www.sopoparksrec.com](http://www.sopoparksrec.com)

Swim/Class Fee:	
SP Residents:	Adults \$5
	Children/ Seniors 60+ \$4
Non-Residents:	Adults \$6
	Children/ Seniors 60+ \$5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>6 AM</b>	Adult Lap Swim (circle swim)	Adult Lap Swim (circle swim)	Adult Lap Swim (circle swim)	Adult Lap Swim (circle swim)	Adult Lap Swim (circle swim)	<b>SPCC CLOSED</b>	<b>SPCC CLOSED</b>	
<b>7 AM</b>	Deep Water Aero & Lap Swim	Hydro Fitness & Lap Swim	Deep Water Aero & Lap Swim	Hydro Fitness & Lap Swim	Deep Water Aero & Lap Swim			
<b>8 AM</b>	Shallow Water Aerobics (no laps)	J.A.M. & Stroke Refinement Clinic	Shallow Water Aerobics (no laps)	J.A.M. & 3 lap lanes	Shallow Water Aerobics (no laps)			
<b>9 AM</b>	Progressive Swim Lessons Levels 1-4 only	Mini Swim Lessons only	Progressive Swim Lessons Levels 1-4 only	Mini Swim Lessons only	Open Swim w/ 2-3 lap lanes NO diving board			
<b>10 AM</b>								
<b>11 AM</b>	SENIOR Swim 60+	SENIOR Swim 60+	SENIOR Swim 60+	SENIOR Swim 60+	SENIOR Swim 60+			
<b>12 pm</b>	Open Swim w/ 3 lap lanes/NO board	Open Swim w/ 3 lap lanes/NO board	Open Swim w/ 3 lap lanes/NO board	Open Swim w/ 3 lap lanes & NO diving board 12-2pm	Open Swim w/ 2-3 lap lanes/NO board			
<b>1 PM</b>	SP Rec Camp-Mega MS (closed to public) 1-2pm	SP Rec Camp-Mini K/1 (closed to public) 1-3pm	SP Rec Camp-Big 4/5 (closed to public) 1-3pm		Open Swim Diving board open/NO laps 2-4pm			SP Rec Camp-Little 2/3 (closed to public) 1-4pm
<b>2 PM</b>	Open Swim 2-4pm Diving board open/NO laps							
<b>3 PM</b>		Open Swim 3-4pm Diving board open/NO laps	Open Swim 3-4pm Diving board open/NO laps					
<b>4 PM</b>	ABF Swim Practice 4-6pm	ABF Swim Practice 4-6pm	ABF Swim Practice 4-6pm	ABF Swim Practice 4-6pm	Maintenance 4-5pm			
<b>5 PM</b>								
<b>6 PM</b>	RipTide & RT+ swim practice	Mini Swim Lessons & Beginner Dive Lessons	RipTide & RT+ swim practice	Progressive Swim Lessons Levels 1-4	<b>SPCC CLOSED</b>			
<b>7 PM</b>	Deep Water Aero & 2-3 lap lanes	Shallow Water Aero & 2-3 lap lanes	Deep Water Aero & Adult Beginner Lessons	Shallow Water Aero & 2-3 lap lanes				
<b>8 PM</b>	Lap Swim <b>*close at 8:50pm</b>	Lap Swim <b>*close at 8:50pm</b>	Lap Swim <b>*close at 8:50pm</b>	Lap Swim & Stroke Refinement Clinic <b>*close at 8:50pm</b>				

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## SUMMER HOURS:

The pool will be open 6am-8:50pm M-Th and 6am-4pm on Fridays.  
SP Community Center is closed on the weekends from Memorial Day through Labor Day.  
The pool and Community Center close for annual shutdown maintenance from 8/19-9/2.

## Holiday Closure:

Thursday, July 4<sup>th</sup>

## Definition of Swims/Classes:

**Hydro Fitness**- This 7-7:55am (T/Th) 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.

**J.A.M.** - This 8-8:45am (T/Th) class will consist of 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. This class uses both the shallow and deep ends of the pool during the 45 minute workout.

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

**LAP SWIM:** all 6 lanes in the pool. Lanes will be designated for FAST, MODERATE, SLOW and SOCIAL swimming speeds. Lifeguards can assist you in finding an appropriate lane. (6am is for 18+ adults only). There is NO water jogging allowed during these swim times.

**OPEN SWIM:** Children must be 10yo to swim without an adult (16+). Exceptions can be made by the Aquatic Supervisor on duty. Please note on the schedule whether lap lanes or the diving board (or BOTH) will be open. Some swims will restrict use of the board or lap lanes.

## 20 use Punch Passes Available for Purchase at the desk:

**SoPo RESIDENT Adult: \$70**

**SoPo RESIDENT Sr/Child: \$50**

**NON-Resident Adult: \$90**

**NON-Resident Sr/Child: \$70**

**WILLARD BEACH is OPEN! Guarded: 9a-5p daily Restrooms: 9a-5p daily**