

Programs & Activity Guide

SOUTH PORTLAND

**PARKS, RECREATION, AND
WATERFRONT**

Fall 2024



www.sopoparksrec.com | 207-767-7650

Registration Dates

Recreation Programs

Residents: August 12, 2024

Non-Residents: August 15, 2024

Pool Programs

Residents: September 9, 2024

Non-Residents: September 12, 2024

Online & Walk-in Registration begins at 7:00am

INDEX

LOCATIONS & HOURS OF OPERATION.....	2
FACILITY RENTAL INFORMATION.....	2
GENERAL POLICIES & REGISTRATION INFORMATION	3
FREQUENT USER PASSES & ITEMS FOR SALE.....	4
INDOOR TRACK INFORMATION	4
SCHOLARSHIP INFORMATION	
Nathan Savage Youth Program Scholarship	4
Community Fund	4
STAFF SPOTLIGHT	
Judy Tourangeau	6
SENIOR PROGRAMS	
Senior Drop-in Center & Programs	6-9
Senior Trips	9-13
ADULT PROGRAMS	
Adult Open Gyms	14
Adult Sports Leagues	14
Adult Programs	15-18
OUT OF SCHOOL PROGRAMS	
No School Days	19
Vacation Camp	19
YOUTH PROGRAMS	
Redbank Teen Center.....	19
Youth Programs	20-23
Fall Soccer	24
Cheerleading	24
Basketball	25
Ski Programs.....	26
POOL PROGRAMS	
General Pool Information	27-28
Swim Lessons	29-34
PARKS PROGRAMS.....	35-36
FAMILY & SPECIAL EVENTS.....	37
GOLF COURSE	38
THANK YOU SPONSORS	Back Cover
THANK YOU VOLUNTEERS.....	Back Cover

STAFF DIRECTORY

Karl Coughlin, Director
kcoughlin@southportland.org

Anthony Johnson, Deputy Director
ajohnson@southportland.org

Vacant, Parks Operations Manager

Barbara Romano, Office Administrator
bromano@southportland.org

Carrie Morneau, Administrative Assistant
cmorneau@southportland.org

Kari Filieo, Recreation Manager - Out of School Programs, kfilieo@southportland.org

Rick Perruzzi, Recreation Manager - Athletic Fields & Golf Course, eperruzzi@southportland.org

Whitney Dorsett, Recreation Manager - Youth, Adult & Senior Programs, wdorsett@southportland.org

Breese Reagle, Youth Programs Coordinator
jreagle@southportland.org

Karla Doyon, Senior Programs Coordinator
kdoyon@southportland.org

Hannah Seigel, Teen Center Coordinator
hseigel@southportland.org

Jenna Martyn-Fisher, Special Events & Marketing Coordinator, jfisher@southportland.org

Patrick McArdle, Recreation Manager - Aquatics & Waterfront, pmcardle@southportland.org

Lesley Hurley, Aquatics Supervisor
lhurley@southportland.org

Michael Blanchard, Aquatics Supervisor
mblanchard@southportland.org

Lia Langeveld, Aquatics Supervisor
llangeveld@southportland.org

Kristina Ertzner, Conservation Manager
kertzner@southportland.org

Sydney Raftery, Park Ranger
sraftery@southportland.org

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 Beginning September 3

Monday – Friday: 6:00am – 9:00pm

Saturdays: 8:00am – 5:00pm

Sundays: 10:00am – 6:00pm

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”

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

ONLINE: www.sopoparksrec.com

PARKS DEPARTMENT

Address: 929 Highland Ave

Telephone: 207-767-7670

Hours of Operation:

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



@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 from 1-2pm or 2-3pm & Sundays from 3-4pm.

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

September 2 (Labor Day)
October 14 (Indigenous People's Day)
November 11 (Veteran's Day)
November 28 (Thanksgiving)
November 29 (Day after Thanksgiving)
December 25 (Christmas)

SPCC CLOSED

August 17-September 2 (Annual Cleaning)

REDBANK CLOSED

August 10-18 (Annual Cleaning)

2024 FALL BROCHURE REGISTRATION DATES

Rec Programs: Residents

August 12

Rec Programs: Non-Residents

August 15

Fall Pool Programs: Residents

September 9

Fall Pool Programs: Non-Residents

September 12

***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.



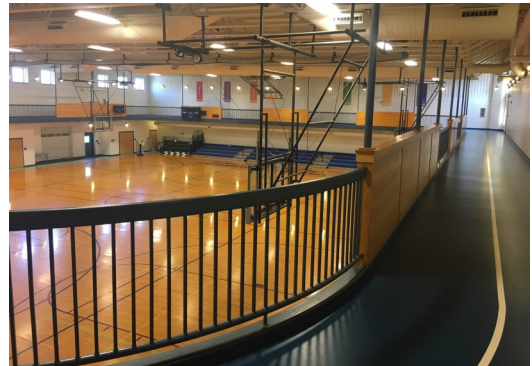
Item	Fee
Lap Counter for track walkers	\$5
Bathing Cap	\$13
Aquatic Belt	\$35
Goggles	\$13
Padlock for locker	\$4

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. 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

Question? Please contact Anthony Johnson at ajohnson@southportland.org.



DONATE TO THE SOUTH PORTLAND COMMUNITY SCHOLARSHIP FUND

We have created this fund to allow the public the ability the 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.

STAFF SPOTLIGHT - Judy Tourangeau

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

As the Senior Program Assistant I welcome the seniors and make sure they all feel welcome and are enjoying their day. I also set-up activities and snacks, and interview artists for the Artist of the Month.

What do you like most about your job?

I love meeting and talking to all the people!

What is your favorite park in South Portland?

Bug Light is my favorite!

What do you do for fun?

I love the beach and enjoy reading and playing with my grandson, Theo!

What is your favorite restaurant?

Bandaloop in Arundel

What is on your song list now?

Still like the old music on my two favorite albums– Abbey Road from the Beatles and Daja Vu from Crosby, Stills, Nash & Young!



SENIOR DROP-IN CENTER

The Senior Drop-In Center is available every Monday-Friday for you to choose your own activities as long as room is available. Scheduled weekly activities are also offered and listed below.

Days & Hours of Operation

Monday — Thursday 9:00am - 3:00pm

Friday 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:

Cards & Hand & Foot: 12:00-3:00pm

TUESDAYS:

Monthly Birthday Celebrations – 2nd Tuesday each month: 10:00-11:00am (*Registration Required*)

Mah Jongg: 12:00-3:00pm

Tea & Talk: 2:00-2:45pm

WEDNESDAYS:

Mexican Train Dominos: 9:00-10:30am

THURSDAYS:

Create & Chat: 9:00-11:00am

Cards & Hand & Foot 12:00-3:00p.m

FRIDAYS:

Mah Jongg 9:00am-12:00pm

Laughter Yoga: 12:00-1:00pm— Last Fridays of the month

There are some things added to the schedule monthly such as presentations or classes. Monthly schedules are available and can be picked up in the Drop-in Center or online at www.sopoparksrec.com. If space is not available, you are encouraged to join in the scheduled activities.

SENIOR PROGRAMS

AGE FRIENDLY RESOURCE FAIR

At this fair, you will find lots of useful information and resources. Come check out a wide variety of more than 40 vendors and service providers that focus on healthy aging, wellness & activity, home safety, mobility and balance. Free balance assessments, raffles and giveaways. Additionally, you will be able to try out some of the free and inexpensive activities that the SPCC Senior Program offers and tour the Senior Drop-in Center. *Min 10/Max 300*

Date: Friday, September 13

Time: 9:00am-12:00pm

Location: SPCC Gym, Casco Bay Room & Senior Drop-in Center

Fee: FREE (*Please register*)

Staff Coordinator: Karla Doyon in coordination w/ Age Friendly South Portland

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 Judy Tourangeau at the Senior Drop-In Center, or by email: jtourangeau@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: Judy Tourangeau, Senior Program Assistant

PROGRESSIVE STRENGTH TRAINING PRESENTATION

We will explore the positive impacts progressive strength training can have on the physical and mental well-being of older adults. We will discuss the benefits, practices, and activities you can do as part of a healthy and active aging journey. We will focus on the physiologic, anatomical, and psychosocial benefits of progressive loading, as well as discuss proper form for some of the more common exercises adults can do to participate in a healthy strength-training regimen. *Min 10/Max 24*

Presenter: Michael Gallagher, PT, DPT Reform Physical Therapy

Date: Wednesday, October 16

Time: 10:00-11:00am

Location: SPCC Senior Drop-in Center

Fee: Free (*Registration required*)

Staff Coordinator: Karla Doyon

EMERGENCY PREPAREDNESS: GET SOPO READY!

Members of the South Portland Fire Department and Age Friendly South Portland committee will explain how to prepare for disaster and emergency situations in our community. Learn how to stay informed, when and how to seek shelter, and to prepare your own emergency plan and evacuation kit. Materials to get started will be provided. You must register for this program.

Min 10/Max 24

Date: Wednesday, September 4

Time: 1:00-2:30pm

Location: SPCC Senior Drop-in Center

Fee: Free (*Registration required*)

Staff Coordinator: Karla Doyon

BRAIN HEALTH FOR NOW AND LATER

Knowledge is power! "Brain Health for Now and Later" is a 3 part series designed to empower you and give you tools to maintain and improve your brain health at any stage of life. This vast subject is broken down into 3 topics: Diet & Nutrition, Detox & Stress Reduction, Movement & Learning. Delivered through lively discussion, visuals and handouts. *Min 10/Max 24*

Instructor: Abby Johnston, Functional Medicine

Certified Health Coach Founder of the wellness space, Wild Chi Studio, in Westbrook, Abby Johnston is a certified Functional Medicine Health Coach. She provides a client-centered approach to wellness that is inspired by plant medicine. Besides growing plants for joy, food, and medicine, Abby can be found exploring the state by foot, boat, and bike.

Dates: Thursdays, November 7, 14 & 21

Time: 9:30-10:30 am

Location: SPCC Senior Drop-in Center

Fee: \$10/class OR \$28/ 3 classes

Staff Coordinator: Karla Doyon

INTRO TO BIOFIELD TUNING

Have you heard the term "energy work" but don't know what it means? Are you curious about how energy work can support your body, mind and spirit? If so, come join this free introduction to and demonstration about energy work. We will explore Biofield Tuning and tuning forks more specifically. Bring your curiosity and an open mind. All are welcome. Registration is required – please do not just show up. You may only attend one session. *Min 10/Max 24*

Instructor: Abby Johnston, Functional Medicine Certified Health Coach

Date: Thursday, October 3 from 9:30-10:30am OR

October 24 from 3:00-4:00pm

Location: Senior Drop-in Center

Fee: Free (*Registration required*)

Staff Coordinator: Karla Doyon

SENIOR PROGRAMS



Park Ranger Sydney presents, October 2023

NATURE THEMED PRESENTATIONS

Join one of our seasonal Park Rangers, for these themed presentations and dive deeper into these interesting nature topics. Snacks provided. *Min 5/Max 24*

Presenter: Park Ranger Sydney Raftery

Time: 9:30-10:30am

Location: SPCC Senior Drop-in Center

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

Staff Coordinator: Karla Doyon

Dates & Topics:

Sept 9: Geology of Willard Beach

Sept 23: Wild Germs

Oct 21: Maine's Myths & Legends

Nov 18: Maine's Unique Biodiversity Hotspots

Dec 16: Festive Flora & Fauna

MAH JONGG LESSONS FOR BEGINNERS

Join one of our very own Mah Jongg players in a **very informal** setting as she teaches you the **basics** of playing Mah Jongg. This activity is limited to four people and you must attend all four classes. **Please only sign up for one session.** Fee includes your 2024 card and fee is non-refundable. *Min 4/Max 4*

Instructor: Volunteer & Experienced Mah Jongg player Judy Simpson

Dates: Session 1: Sept. 16, 18, 23 & 25

Session 2: Oct. 28, 30 & Nov. 4 & 5

Time: 9:00am.-12:00pm for all dates

Location: Senior Drop-in Center

Fee: \$15 – (*Includes 2024 card and is **NON-REFUNDABLE***)

Staff Coordinator: Karla Doyon

BRIDGE LESSONS

Introduction to Bridge. Starting with the basics. Learn a great fun game! Limited to ten people. *Min 4/Max 10*

Instructor: Volunteer John Roediger

Dates: Tuesdays, September 10th through October 29th

Times: 10:00am-12:00pm

Location: SPCC Senior Drop-in Center

Fee: Free (*Registration required*)

Staff Coordinator: Karla Doyon

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:

Sept. 25: Offbeat or Quirky

Oct. 30: Thrillers and Suspense

Nov. 27: Humor

Dec. 18: Inspirational

PICKLEBALL INJURY PREVENTION PRESENTATION

Pickleball is the fastest growing sport in the United States. Along with its meteoric rise in popularity comes a slew of new injuries. We will discuss the most common injuries associated with pickleball, including risk factors for them, and techniques to prevent them. We will review warm-ups and cool-downs, exercises for strength, flexibility, and agility, proper equipment use, and the importance of rest and recovery to help you play safely for years to come. *Min 10/Max 24*

Presenter: Michael Gallagher, PT, DPT Reform Physical Therapy

Date: Wednesday, October 9

Time: 11:15am-12:15pm

Location: SPCC Senior Drop-in Center

Fee: Free (*Registration required*)

Staff Coordinator: Karla Doyon

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. Snacks provided. *Min 6/Max 16*

Trivia Game Leader: Doug Rader

Dates: Wednesdays, Nov. 6, 13, 20 & 27

Time: 1:00pm-2:30pm

Location: SPCC Senior Drop-in Center

Fee: FREE (*Registration Required*)

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!

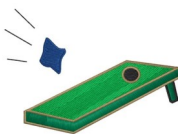
Dates: Fridays, Sept. 6, 20 & 27, Oct. 4, 18 & 25, Nov. 1, 8 15 & 22, Dec. 6, 13 & 20

Time: 1:45pm-3:15pm

Location: SPCC GYM

Fee: FREE

Staff Coordinator: Karla Doyon



Laughter Yoga, 2023

LAUGHTER YOGA

Laughter Yoga works with the breath 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, Sept. 27, Oct. 25, Nov. 22, Dec. 27

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:

September 10 & 24

October 8 & 22

November 5 & 19

December 3 & 17

Time: 1:00-2:00pm

Location: SPCC Aerobic Room

Fee: \$14/\$24NR per month, \$8.00 Drop-in

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!

Min 4/Max 20

Instructor: Lynn Steward

Days: Thursdays

Time: 11:15am - 12:00pm

Location: SPCC Multi-Purpose Room

Staff Coordinator: Karla Doyon

CORE STABILITY

A resistance based Pilates inspired class. Focused on improving overall strength and mobility through core based movement. Suitable for all but will have mat floor work involved. *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
September	19, 26	\$14/\$24NR
October	3, 17, 24	\$21/\$31NR
November	7, 21	\$14/\$24NR
December	5, 12, 19	\$21/\$31NR
*Drop-In Fee is \$8.00 per class		

Session	Dates	Fee
September	19, 26	\$14/\$24NR
October	3, 17, 24	\$21/\$31NR
November	7, 21	\$14/\$24NR
December	5, 12, 19	\$21/\$31NR
*Drop-In Fee is \$8.00 per class		

SENIOR PROGRAMS

SPOOKTACULAR HALLOWEEN EVENT

Join us in the Senior Drop-in Center for a pizza party, Halloween Bingo and festivities with ghoulish shenanigans. Food, fun, games & prizes. Come in costume if you dare! *Min 10/Max 30*

Date: Thursday, October 31

Time: 11:00am-2:00pm

Location: Senior Drop-in Center

Fee: \$13.00

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, Sept 10, Oct 8, Nov 12, Dec 10

Time: 10:00-11:00am

Location: SPCC Senior Drop-in Center

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

Staff Coordinator: Karla Doyon



A DAY OF THANKS

Come to the Senior Drop-in Center so we can thank you for supporting our center and programs by having a day of thanks. Breakfast treats, holiday movies, afternoon lunch, ice cream and more! You must register for headcount and food count purposes – NO DROP-INS. Thank you! *Min 20/Max 50*

Date: Tuesday, November 19

Time: 9:00am-2:00pm

Location: SPCC Senior Drop-in Center

Fee: Free (Registration required)

Staff Coordinator: Karla Doyon

HOLIDAY AFTERNOON POTLUCK PIE SOCIAL

Let us celebrate the season by having a potluck pie social where we will eat pies and enjoy treats. A few pies will be provided as well as tea, coffee, cider, eggnog, hot chocolate and whipped cream. A cheese, crackers, meat & fruit charcuterie board is also included. Please sign up in the senior center for the pie you would like to share. Ugly sweaters and hats encouraged! Prizes for best pies and more! *Min 10/Max 30*

Date: Wednesday, December 18

Time: 12:30pm-2:30pm

Location: SPCC Senior Drop-in Center

Fee: \$8.00

Staff Coordinator: Karla Doyon

SENIOR TRIPS

ACTIVITY LEVEL KEY

NEW Look for a number paired with each trip description indicating the activity level of each trip!

1 LEVEL 1 – Requires minimal extra walking, sitting or standing for long periods of time.

Typically involves door-to-door service. You should be able to climb at least one flight of stairs. Example trips include restaurants, some theaters, and short self-guided tours.

2 LEVEL 2 – Involves walking at least 60 minutes on uneven terrain that may include stairs and/or uneven ground. There will be opportunities for breaks and places to sit. Example of activities include guided tours, boat rides, theater visits, shopping trips and visits to fairs.

3 LEVEL 3 – Requires confident, unassisted mobility, extensive walking or standing for at least 60-90 minutes, may involve several flights of stairs and you need some strength to be on your feet for an hour or more. For example, this may include longer guided walking tours, hikes and outdoor adventures.

MYSTERY TRIP

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! This is a close to home adventure. Standing tour and physical activity. Please bring water and be OK to stand on your feet for a sufficient amount of time. Must be able to lift 1.5lbs. to participate in activity. This mystery will be exciting for ALL! *Min 10/Max 13*

Date: Friday, November 1

Time: Departs SPCC 1:30pm /Approx. return 5:30pm
(Includes transportation, tour & activity fee)

Fee: \$45/\$55NR

Location: It is a mystery!

Staff Coordinator: Karla Doyon

SEASHORE TROLLEY MUSEUM PRELUDE TROLLEY RIDE

Get in the holiday spirit as we head out to the Seashore Trolley Museum for a special winter treat! Ride in heated trolleys decked out in live holiday greens as we carol our way along the tracks on our private heritage railroad, shop in the Museum Store, and enjoy delicious hot chocolate! *Min 10/Max 13*

Date: Friday, December 13

Time: Departs SPCC 8:30am/Approx. return 12:00pm

Location: Kennebunkport

Fee: \$18/\$28NR (Transportation, trolley, & holiday treats!)

Staff Coordinator: Karla Doyon

SENIOR TRIPS

1 PIG ROAST

Aloha! Enjoy a Hawaiian-style pig roast overlooking Casco Bay Harbor catered by The Pig Kahuna. Using their custom-made, one-of-a-kind rotisserie pit called the “Oinkmaster”, this open air rotisserie-style roaster allows you to see the pig cooking while its spinning. Festivities include Welcome lei, games, ukulele-led sing-along, and more. *Min 10/Max 13*

Menu: Fresh fruit, cheese and crackers, roasted pig, pacific-rim slaw, garlic rice, stir fried vegetables, and non-alcoholic beverages.

Date: Thursday, September 26

Time: Departs SPCC 2:30p.m (Pig Roast 3:00-6:00pm)

Approx. return 6:30pm

Location: Cape Elizabeth

Fee: \$52/\$62NR

Staff Coordinator: Karla Doyon

2 MAINE MUSEUM OF INNOVATION, LEARNING AND LABOR (MAINE MILL)

Maine Museum of Innovation, Learning and Labor (Maine MILL) is a history and culture museum that celebrates extraordinary stories of work and industrial ingenuity. Through their collection, and exhibits we will explore how life, labor, and culture shape the present and influence the future. Docent led one-hour tour, which will include the exhibit “Unseen Hands” The Hidden Elements of Labor” and the October 25th Memorial and Archive room from the tragedy last October. Lunch out. *Min 10/Max 13*

Date: Tuesday, September 17

Time: Departs SPCC 8:45am/Approx. return 3:00pm

Location: Lewiston

Fee: \$12.00 (Transportation & tour cost only. Bring money for lunch.)

Staff Coordinator: Karla Doyon



2 MORSES SAURKRAUT AND MUSCONGAS BAY

We begin this journey at Morse’s Sauerkraut gourmet grocery store, followed by a leisurely drive with breathtaking scenery along Muscongus Bay. We will make a few stops in the charming, tiny towns of Waldoboro, Bremen & New Harbor. Be sure to bring a cooler, as we will stop to pick up some fresh seafood along with other cold purchases. Be prepared to make numerous stops, shop, eat and walk. Journey ends at a lighthouse! *Min 10/Max 13*

Date: Wednesday, September 18

Time: Departs SPCC 8:30am /Approx. return 4:00pm

Location: Waldoboro, Bremen & New Harbor

Fee: \$9 (Transportation only. Bring money for purchases & ice cream. Pack picnic lunch.)

Staff Coordinator: Karla Doyon

3 ALL THINGS NAVY

We are headed to the Kittery Naval Museum for a quick peek at the museum. After a nautical lunch we are headed to the USS Albacore, PSNY own submarine, where we will explore the visitor center, Albacore Park and the Submarine Memorial Garden. We will also have self-guided tours of the submarine. In order to tour the submarine you must be able to lift your leg over 17 inches. Bring money for lunch. *Min 10/Max 13*

SAFETY REGULATIONS: Due to the restrictive nature of this submarine experience, those with the following restraints may not be able to board: *Those who use canes, crutches, walkers, or wheelchairs.* You must duck your head and climb 3 steps up and 3 steps down in and out of the submarine.

Date: Thursday, October 17

Time: Departs SPCC 9:00am /Approx. return 2:30pm

Location: Kittery & Portsmouth, NH

Fee: \$17/\$27NR

Staff Coordinator: Karla Doyon

2 FRYEBURG FAIR

Tuesday is Senior Day at the Fryeburg Fair! Please join us for our annual trip to the fair. Come enjoy live entertainment, games, rides & the delicious food! Come discover ALL the Fryeburg Fair has to offer. Let us do the driving & parking so you can relax and enjoy the fair. We will depart the fair by 3:00pm. Must be able to navigate the fair independently. Lots of walking on uneven ground. Bring water!!! *Min 10 /Max 13*

Date: Tuesday, October 1

Time: Departs SPCC 8:30am/Approx. return 4:30pm

Location: Fryeburg

Fee: \$15.00 (Transportation only, bring money for purchases & lunch)

Staff Coordinator: Karla Doyon

SENIOR TRIPS

BEAU CHEMIN PRESERVATION FARM TOUR, PYO, WALK & PICNIC LUNCH 3

This 180-acre farm is home to some of the rarest breeds of animals on earth. For two decades, the farm has been dedicated to ensure the endangered animals are around for future generations. Tour emphasizes heirloom vegetables, flowers, wool from heritage sheep breeds; pick your own berries and an opportunity to learn about their farming and felting practices, 210-year old house, 180-year old barn, and antique spinning wheels and loom. 1-mile walk following tour.

PYO grapes, berries and pelargoniums will be available at **your cost (weather dependent). GROUND IS UNEVEN; LOTS OF WALKING INVOLVED AND NO CREDIT CARDS ACCEPTED.** Please bring cash or check for PYO flowers, berries, grapes and farm store purchases.

Min 10/Max 13

Date: Tuesday, September 24

Time: Departs SPCC 8:45am /Approx. return 4:00pm

Fee: \$15.00 (*Transportation, tour, 1 water & 1 snack.*

Please bring your picnic lunch & CASH for PYO & farm purchases).

Location: Waldoboro

Staff Coordinator: Karla Doyon



BUTTERNUT FARM TOUR & PICNIC LUNCH 3

Butternut Farm is a 30-acre pick your own fruit farm nestled in the hills of NH. They take great pride in being a family-owned farm, where their sprawling orchards, berry patches, and Cider House come together to offer you an unforgettable farm visit experience. 1-hour farm tour about the history of the farm; apple picking 1/4-peck and 2 3oz cider-tasting samples included. Bring picnic lunch and money for more cider samples and farm purchases. *Min 10/Max 13*

Date: Thursday, October 10

Time: Departs SPCC 9:00am /Approx. return 3:30pm

Location: Farmington, NH

Fee: \$15.00 (*Includes transportation, tour, 1/4-peck PYO apples and 2 3oz. cider samples. Please bring money to purchase more cider samples and to purchase other farm items. Do not forget your picnic lunch.*)

Staff Coordinator: Karla Doyon

WENTWORTH'S GREENHOUSE, ROGER'S & RED'S SHOE BARN 1

Wentworth Greenhouse in Rollinsford during the holidays is always a festive place to visit for their displays and to enjoy beautiful flowers and plants during the colder months. Window shop or holiday shop as we inch closer to Christmas. Afterwards, we head to Roger's in Dover famous for its delicious pizza and large menu of food options. Lunch on your own. After lunch, we are off to Red's Shoe Barn, in business since 1958!

Min 10/Max 13

Date: Tuesday, November 26

Time: Departs SPCC 9:00am /Approx. return 2:30pm

Location: Rollinsford & Dover

Fee: \$13 (*Transportation only. Bring money for Greenhouse, shoe store purchases & lunch*)

Staff Coordinator: Karla Doyon

WILD FEW HERB FARM TOUR & TEA 3

You will find Wild Few Herb Farm nestled on a 1/2 acre in a quiet neighborhood. They grow over 25 varieties of medicinal herbs with the intention to provide the highest quality plants for herbalists and herbal-curious people to make medicine. To them, making medicine can be as simple as brewing a cup of tea. They use no-till practices and are passionate about building soil, creating a more resilient ecosystem and community. Tour/talk and tea included! *Min 10/Max 13*

Date: Tuesday, October 15

Time: Departs SPCC 9:15am /Approx. return 12:00pm

Location: Arundel

Fee: \$18/\$28NR

Staff Coordinator: Karla Doyon



Wild Few Herb Farm

SENIOR TRIPS

THE SECRET OF CELL BLOCK 7 @ CAROUSEL THEATER

In this immersive murder mystery experience find yourself in jail, booked by a singing Marcia Clark impersonator. Inside your holding cell, you will meet four quirky women waiting for their murder trial. As the plot unfolds, discover each of their possible motives. Who killed Roger Mills? Lunch, tax, and gratuity included. *Min 13/Max 13*

Date: Wednesday, September 11
Time: Departs SPCC 9:45am /Approx. return 4:00pm
Location: Boothbay
Fee: \$66/\$76NR (*Transportation, show, lunch, tax & gratuity included*).
Staff Coordinator: Karla Doyon

MY BEST FRIEND'S WEDDING @ THE OGUNQUIT PLAYHOUSE

Fiery food critic Julianne Potter has always turned her nose up at romance, which is why she broke up with her longtime boyfriend Michael. All that changes when he announces his engagement and Julianne vows to win him back. But with his perfectly lovely fiancée Kimmy in the way, it's not as easy as she thought. Can Julianne possibly bring herself to derail her best friend's wedding? *Min 13/Max 13*

Date: Wednesday, October 2
Time: Departs SPCC 12:15pm /Approx. return 5:30pm
Location: Ogunquit
Fee: \$84/\$94NR
Staff Coordinator: Karla Doyon

LITERATURE OF LIFE: THE GREAT GATSBY @ THE MUSIC HALL

Literature of Life takes on F. Scott Fitzgerald's classic work as their newest title in their Signature Performance series. Set in the Jazz Age of the roaring 20s, this story about dreams, love, and American idealism follows Nick Carraway and his interactions with mysterious millionaire neighbor Jay Gatsby and his former lover, Daisy Buchanan. Lunch out (cost on your own). *Min 13/Max 13*

Date: Wednesday, October 23
Time: Departs SPCC 8:00am /Approx. return 1:30pm
Location: Portsmouth
Fee: \$16/\$26NR (*Transportation & ticket only. Bring money for lunch*).
Staff Coordinator: Karla Doyon

1 TITANIC THE MUSICAL @ NORTH SHORE MUSIC THEATRE

Titanic the musical is a stirring and unforgettable account of the first and last days of the "ship of dreams." This epic musical features the real stories of people aboard the most legendary ship in the world - from the Third-Class immigrants dreaming of a better tomorrow to the First-Class passengers living a life of privilege. This majestic musical treat cruises onto the North Shore Music Theatre stage for the theatrical event of the year! *Min 13/Max 13*

Date: Wednesday, November 6
Time: Departs SPCC 11:30am /Approx. return 6:00pm
Location: Beverly, MA
Fee: \$85/\$95NR
Staff Coordinator: Karla Doyon

FROZEN THE MUSICAL @ THE PORTSMOUTH MUSIC HALL

Experience the pure wonder of Broadway with *Frozen*, the Tony®-nominated Best Musical. This extraordinary production promises an unforgettable theatrical journey. Prepare to be captivated by a thrilling and genuinely moving performance that The New Yorker describes as "simply magical!" With sensational special effects, stunning sets, costumes, and powerhouse performances, Frozen delivers a truly sensational, awe-inspiring experience. Do not miss this opportunity to be swept away by the sheer joy of Broadway at its finest. *Min 13/Max 13*

Date: Wednesday, December 11
Time: Departs SPCC 11:45am /Approx. return 5:00pm
Location: Portsmouth, NH
Fee: \$75/\$85NR
Staff Coordinator: Karla Doyon

1 GIANNI SCHICCI (OPERA) @ USM THEATRE

Zealous painter Cavaradossi and passionate singer Tosca are deeply in love. When Cavaradossi hides escaped political prisoner Angelotti from the villainous chief of police Scarpia, a tragic conflict unfurls. Caught between loyalty to her rebel lover and Scarpia's web of deceit, Tosca must take matters into her own hands—but no one is guaranteed to get out alive. *Min 13/Max 13*

Date: Friday, November 22
Time: Departs SPCC 9:15am /Approx. return 12:30pm
Location: Gorham
Fee: \$15/\$25NR (*Transportation & ticket only*)
Staff Coordinator: Karla Doyon

SENIOR TRIPS



Granite State Scenic Railway

GRANITE STATE SCENIC RAILWAY EXCURSION

All Aboard! Enjoy this two-hour scenic excursion from Meredith Station along the western shore of Lake Winnepesaukee through Weirs Beach and Paugus Bay towards Lakeport, NH on a restored vintage coach. During the trip, you will enjoy a catered lunch from Hart's Turkey Farm. NO REFUNDS after September 27. This trip is in coordination w/ surrounding recreation departments. *Min 13/Max 13*

Date: Friday, October 11

Time: Departs SPCC 9:30am/Approx. return 5:00pm

Location: Meredith, NH

Fee: \$70/\$80NR (*Includes transportation, train excursion and lunch*)

Staff Coordinator: Karla Doyon

WALKING FIELD TRIPS

Join us on our 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:

- Thursday, Sept. 5 – Hope Cemetery & Woods
- Friday, Sept. 6 – Timber Point Trail

Time: Departs SPCC @ 8:45am/Approx. return 12:30pm

Locations: Biddeford & Kennebunk

Fee: \$7.00 per trip (*Transportation only*)

Staff Coordinator: Karla Doyon

BUNDLE UP FOR BATH

During the holidays, Bath's historic downtown becomes a host of twinkling lights, & decorations looking like it is right out of a Hallmark movie. Spend the afternoon walking and shopping downtown Bath. Discover the charm and allure of mid-coast Maine in this picturesque town. Experience the rich history while you meander through the many shops, and galleries, which line downtown Bath's quaint streets. Dress warm! Walking on uneven surfaces and may be slippery ground. *Min 10/Max 13*

Date: Friday, December 6

Time: Departs SPCC 1:30pm /Approx. return 6:00pm

Location: Bath

Fee: \$10.00 (*Transportation only*)

Staff Coordinator: Karla Doyon

STONE MOUNTAIN ARTS CENTER

Back by popular demand! Nestled in the foothills of the White Mountains in Brownfield, Maine, the Stone Mountain Arts Center is a beautiful timber frame music hall hosting national acts up close and personal in an equally beautiful setting. However, for just one day, it will be our very own performance venue where we will enjoy the generous portions of a home-style chicken luncheon served with love while we listen to Carol Noonan perform traditional holiday music. *Min 13/Max 13*

NO REFUNDS AFTER NOV. 14

Date: Thursday, December 5

Time: Departs SPCC 10:00am /Approx. return 3:00pm

Location: Brownfield

Fee: \$65/\$75NR (*Includes transportation, meal & concert*)

Staff Coordinator: Karla Doyon

PORT CANVAS FACTORY TOUR

Port Canvas crafts timeless totes that are rooted in tradition and now reimagined for the modern age. Their journey began in 1968 when sailcloth scraps were transformed into tote bags, laying the foundation for Port Canvas. During the tour, we will visit the maker's studio, watching a demonstration of the making of a tote. You will have time to shop available stock w/ a 15% discount Walking/standing tour. Shoes must be closed toed. Lunch out following tour. *Min 10/Max 13*

Date: Thursday, November 14

Time: Departs SPCC 10:15am /Approx. return 2:00pm

Location: Arundel/Kennebunkport

Fee: \$15.00 (*Includes transportation and tour*)

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	Oct 1– Dec 17*	11:30am - 1:30pm	SPCC Gym
Wednesday (lunch time)	Oct 2– Dec 18	11:30am - 1:30pm	SPCC Gym
Wednesday (evening)	Oct 2– Dec 18	7:00pm - 9:00pm	Redbank Gym
Fridays	Oct 4– Dec 27	11:30am - 1:30pm	SPCC Gym
Sundays (over 30)	Oct 6– Dec 29	2:00pm - 3:45pm	SPCC Gym
Sundays (over 40)	Oct 6– Dec 29	8:00am-9:30am	Redbank Gym
*No program 11/5			

Adult Volleyball	Dates	Time	Location
Sundays	Oct 6– Dec 29	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	Sept 30– Dec 20*	7:30 - 11:00am	SPCC Gym (Max 40)
Mon & Wed (True Beginners Only)	Nov 13– Dec 18*	8:00 - 11:00am	Redbank Gym (Max 24)
Tues & Thurs	Sept 3– Dec 12*	6:30-8:30pm	Redbank Gym (Max 24)
*No Adult Pickleball: 10/14, 11/5, 11/6, 11/11, 11/28, 11/29			

ADULT BASKETBALL LEAGUE

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 - Fall

Dates: September 9 – November 25 (no games 10/14, 11/4, 11/11)

Monday League - Winter

Dates: December 2 – February 3 (no games 1/20)

Thursday League – Fall

Dates: September 12 – November 14 (no games 10/31)

Thursday League – Winter

Dates: November 30 – February 13

League registration closes 1 week before each session starts.

ADULT PROGRAMS

MainelyNP Wellness Series: Nurturing Health Through Knowledge

Join presenter Amy Brown for a free series of informative presentations on a variety of health topics.

Instructor: Amy Brown is a seasoned Nurse Practitioner with 15 years of experience. Amy holds a Masters in Nursing from USM and is board-certified by the American Academy of Nurse Practitioners. With expertise in primary care and lifestyle medicine, she provides comprehensive, patient-centered care and emphasizes preventive and health promotion strategies to improve overall well-being. Her passion lies in empowering individuals to make informed health choices for a holistic and thriving lifestyle.

Time: 3:00 – 4:00pm

Day: Thursdays

Location: SPCC Casco Bay Room

Fee: FREE

Staff Coordinator: Whitney Dorsett

Sept 19: Unlocking the Secrets of Quality Sleep

Join us for an engaging and informative community health talk on the often underestimated yet vital topic of quality sleep. In this session we will dive into the science behind sleep, addressing common challenges, and offering simple yet effective tips for better sleep. Learn how prioritizing rest impacts overall well-being. Don't miss the opportunity to ask your own burning questions!

Oct 17: Nurturing Radiant Skin for a Lifetime

Uncover the secrets to radiant skin with Amy Brown, FNP-C. This will be an insightful session on the importance of routine skincare, tips for treating common skin conditions, and skin cancer prevention. Gain valuable tips on treating acne and preventing premature aging. Do not miss this opportunity to enhance your skin health and embrace a glowing, youthful complexion. Open to all – let us prioritize skin wellness together!

Nov 21: Calm in the Chaos: Mastering Stress!

Navigate the stress landscape with Nurse Practitioner Amy Brown. Understand the importance of stress management on your physical and mental health. We will unravel the science behind stress, identify common stressors, and provide you with actionable tips to find calm amidst chaos. Join us for a journey towards a balanced life with less daily stress—because you deserve tranquility!

Dec 19: Simplifying Nutrition for a Vibrant You!

Join us for an enlightening health talk focused on making nutrition simple and sustainable. This session is designed to explore the importance of good nutrition and understand the science behind a balanced diet on your health. We will address common nutrition pitfalls and empower you with easy, delicious, and practical habits that will transform your approach to eating for lifelong wellness!

BEGINNER LINE DANCING

Join our beginner line dancing classes! Learn the basics step-by-step in a fun, supportive atmosphere. No partner needed. Get ready to groove to different music styles and feel confident hitting the dance floor! *Min 4/ Max 12*

Instructor: Linda Peters

Days: Wednesdays

Time: 10:45 – 11:45am

Location: SPCC Multi-purpose Room

Fee: \$36/\$46NR, \$5 Drop-in (*No senior discount*)

Staff Coordinator: Whitney Dorsett

Beginner Line Dancing Fall 1

Dates: September 4 – October 30

Beginner Line Dancing Fall 2

Dates: November 6– December 18

ADULT PROGRAMS

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: Saturdays

Location: SPCC Casco Bay Room

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

Staff Coordinator: Whitney Dorsett

Sept 14– Oct 12: The Sky

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

Oct 19– Nov 16: Birds

This five class series will teach beginner pastelists how to create realistic and interesting bird portraits using soft pastel, graphite, and charcoal. We trace printed photos of birds, which eliminates the need of drawing skills in the class.

Nov 30– Dec 28: The Winter in Soft Pastels

This five class series will teach beginner pastelists how to draw and paint winter landscapes.

STAINED GLASS ORNAMENTS AND SUN CATCHERS

Here is a little handmade holiday treat! Students will go home with an ornament or sun catcher. Learn the surprisingly easy copper foil technique. All materials provided. No senior discount will apply to this program. *Min 4/Max 8*

Instructor: Rachel Mills

Date: Mondays, Nov 25, Dec 2, 9, 16

Time: 5:30 – 8:30pm

Location: SPCC Activity Room

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

Staff Coordinator:
Whitney Dorsett



DRAWING

Drawing is the logical first step to painting. If you are planning to paint in oils, acrylics, or watercolors, start at the beginning. Become comfortable making your own mark. This course introduces the fundamental elements of this all-important skill. We will look deeper at Line - Form - Value - Perspective. *Min 4/ Max 15*

Instructor: Pauline Cook

Dates: Fridays, September 13– October 4

Time: 9:30 – 10:30am

Location: SPCC Casco Bay Room

Fee: \$60/\$70NR

Staff Coordinator: Whitney Dorsett



WATERCOLOR WORKSHOPS

Intro to Watercolors: The objectives of this class are to develop, at an introductory level, skill in watercolor painting. Students will acquire proficiency utilizing the tools and terms of this lovely and ancient medium. We will experiment in dry, damp and wet surfaces, as we explore possible outcomes. Glazing, layering and a full complement of fun techniques will be included. Bring your spirit of adventure. Materials list available online.

Watercolors Part 2: Building on our beginners course, we will explore a host of new and traditional techniques. Each class will present and resolve problems in rendering skies, water, rocks and figures. Materials List Available Online. *Min 4/ Max 15*

Instructor: Pauline Cook

Day: Fridays

Time: 9:30-10:30am

Location: SPCC Casco Bay Room

Fee: \$80/\$90NR

Staff Coordinator: Whitney Dorsett

Introduction to Watercolors

Dates: October 11– November 8

Watercolors Part 2

Dates: November 15-December 20

ADULT HAND BUILT CERAMICS

Working with kiln-fired clay, we will explore the variety of forms and techniques used in basic hand built ceramics. Break out your creative self. Hint: The possibilities are endless! Projects will be fired and glazed. This class does not use a pottery wheel. Dress for a little bit of mess. *Min 4/ Max 10*

Instructor: Rachel Mills

Dates: Mondays, September 23– October 28
(no class 10/14)

Time: 6-8pm

Location: SPCC Activity Room

Fee: \$65/\$75NR

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: 8:00-8:50am OR 9:00-9:50am

Location: SPCC MP Room

Staff Coordinator: Whitney Dorsett

Session Dates	Fee*
September 5-30	\$72/\$82 NR
October 3 - 28 (no class 10/14)	\$63/\$73 NR
November 4 - 25 (no class 11/11)	\$54/\$64 NR
December 2 - 19	\$54/\$64 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: Tuesday & Thursday

Time: 5:00- 5:50pm

Location: SPCC MP Room

Staff Coordinator: Whitney Dorsett

Session Dates	Fee*
September 3 - 26	\$64/\$74 NR
October 1 - 29	\$72/\$82 NR
November 5 - 26	\$56/\$66 NR
December 3 - 19	\$48/\$58 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*
Fall 1	September 4 – October 30	9:00-10:15am	\$101.25/\$112.50 NR
Fall 2	November 6 – December 18	9:00-10:15am	\$78.75/\$88.75 NR
*Drop in rate \$15 per class			

YOGA: MINDFUL MOVEMENT

Let's get strong, calm and connected! Liz Merci Yoga is a blend of meditation, deep breathing, gentle/restorative, vinyasa and hatha yoga expertly woven together to create a joyful journey on the yoga mat for all level of practitioners! Liz is known for her fun, creative, inspiring sequences that will guide you to connect to the body and make space for self-compassion. This class will help you build muscle, practice balance, and explore range of motion in major joints — all to a great playlist! This class is adaptable and accessible to all adults. *Min 5/Max 20*

Instructor: Liz Merci *Liz is born and raised in Maine! She's been practicing yoga for over 15 years and teaching since 2018. She has studied vinyasa yoga, trauma informed yoga, awakening yoga, meditation, Ayurveda, restorative yoga, mobility and functional movement. She loves to walk the green belt while listening to a podcast. She has her bachelor's degree in public health from UMass Amherst and served in the Peace Corps!*

Days: Thursdays

Location: SPCC MP Room

Staff Coordinator: Whitney Dorsett

Session	Dates	Times	Fee*
Fall 1	Oct. 3 – 31	6:30-7:30pm	\$50/\$60 NR
Fall 2	Nov. 7 – Dec. 19**	6:30-7:30pm	\$60/\$70 NR
*Drop in rate \$15 per class		**no class Nov. 28	

ADULT PROGRAMS

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 intermediate 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: 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

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

Session	Dates
September	4, 11, 18, 25
October	2, 9, 16, 23
November	6, 13, 20, 27
December	4, 11, 18 (\$52.50/\$62.50NR)

Sundays | 10:00-11:00am | SPCC Gym

Session	Dates
September	8, 15, 22, 29
October	6, 13, 20, 27
November	3, 10, 17, 24
December	1, 8, 15, 22

Fridays | 8:00-9:00pm | Redbank Gym

Session	Dates
September	6, 13, 20, 27
October	4, 11, 18, 25
November	1, 8, 15, 22
December	6, 13, 20, 27

PICKLEBALL IMPROVERS LESSONS

Work on your Pickleball skills with Coach David! 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. This class is designed for USAPA rated 2.5-3.0 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: 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

Wednesdays | 7:30-8:30pm | SPCC Gym

Session	Dates
September	4, 11, 18, 25
October	2, 9, 16, 23
November	6, 13, 20, 27
December	4, 11, 18 (\$52.50/\$62.50NR)

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

Session	Dates
September	8, 15, 22, 29
October	6, 13, 20, 27
November	3, 10, 17, 24
December	1, 8, 15, 22

Fridays | 9:00-10:00pm | Redbank Gym

Session	Dates
September	6, 13, 20, 27
October	4, 11, 18, 25
November	1, 8, 15, 22
December	6, 13, 20, 27

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 a 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*

Dates: Thursdays, September 5– December 19
(no program 11/28)
Time: 10:00am – 12:00pm
Age: 18+
Location: Redbank Community Center
Fee: FREE
Staff Coordinator: Whitney Dorsett



REDBANK TEEN CENTER

Our Objective: To Provide Middle School and High School aged students with a fun and safe place to spend their time after school in an environment that is free of violence and intimidation. This space encourages the development of social and emotional growth amongst the Teen Center Members.

The Teen Center is located in the Redbank Community Center. It is open to any student in grades 6th through 12th that resides in South Portland. Teens have access to a full sized gym, a kitchen and an activity room filled with art supplies, foosball, video games and other games. During the first few hours of Teen Center, there is space and staff there to help with homework and overall school work. The Teen Center is a free drop-in program. All participants are required to register each school year. Parents and Teens are to sign and agree to the Teen Center Code of Conduct policy. These forms are available online in Spanish, French, Portuguese and English. The forms are also available at the South Portland Community Center and Redbank Community Center. We thank you for looking into the Teen Center program and hope to see your teen join for the fun and inviting environment where they can thrive.

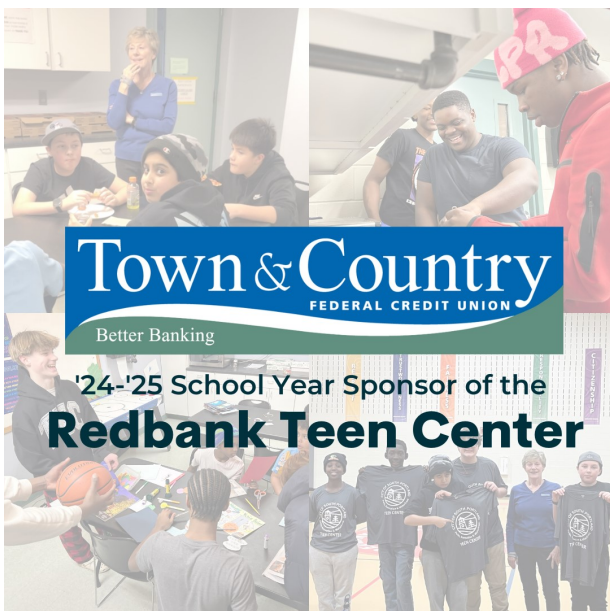
Hours of Operation (School Year):

Date: Sept 3rd, 2024 – June 13th, 2025

Days: Monday – Friday

Time: 2:15pm – 6:00pm (Schedule is subject to change at any time. Stay in touch with the latest updates, schedules and special events by looking at our Monthly News Letter and liking “South Portland Parks and Recreation on Facebook”.)

Address: 95 MacArthur Circle West, South Portland
Teen Center Number: (207) 347 - 4145



OUT OF SCHOOL PROGRAMS

NO SCHOOL DAYS

We offer programs on some No School Days for children in grades K-5 who are South Portland residents. Children will enjoy field trips, special events, inside and outside play and arts and crafts. There are no sibling discounts for this program. *Min 15/Max 40*

Dates:

Friday, October 11

Wednesday, November 27

Time: 8:00 am – 5:00 pm

Grades: K – 5

Location: SPCC

Fee: \$60.00 per day

Staff Coordinator: Kari Filieo

VACATION CAMPS

School Vacation Camps are for children in grades K-5 who are residents of South Portland. Children will enjoy field trips, special events, inside and outside play and arts and crafts. There are no sibling discounts for this program. December vacation Camp is priced by the day due to the way the dates fall this year. *Min 15/Max 40*

Dates: December 23, 26, 27 & 30

Time: 8:00 am – 5:00 pm

Grade: K – 5

Location: SPCC

Fee: \$50.00 per day

Staff Coordinator: Kari Filieo



19 Vacation Camp Crafts, February 2024

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

Dates: October 7 – 24 (**no class 10/14**)

Days: Mon-Thurs (week of Oct 14, Tues – Fri)

Time: 2:30-5:00pm

Ages: 15+

Location: SPCC Conference Room

Fee: \$645/student

Staff Coordinator: Anthony Johnson

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: Session 1: September 6-October 11

Session 2: November 1-December 20

Day: Fridays

Time: 4:00– 5:00pm

Ages: 5-12

Location: SPCC Multipurpose Room

Fee: \$65/\$75 NR

Staff Coordinator: Breese Reagle



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: Drouin Dance Center

Dates: Session 1: September 9-October 21

Session 2: October 28-December 9

(**no class 10/14, 11/11**)

Days: Mondays

Time: 4:30– 5:15pm

Ages: 5-9

Location: SPCC Aerobic 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 6 and up, for boys and girls of all levels! *Min 4/Max 14*

Instructor: Drouin Dance Center

Dates: Session 1: September 9-October 21

Session 2: October 28-December 9

(**no class 10/14, 11/11**)

Days: Mondays

Time: 5:30– 6:15pm

Ages: 6-10

Location: SPCC Aerobic Room

Fee: \$75/\$85 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 4/Max 10

Instructor: Asya Vinokur

Time: 4:30-5:45pm

Age: 4-10

Location: SPCC Multi-Purpose Room

Staff Coordinator: Breese Reagle

September

Session	Dates	Cost
Mondays	September 9-23	\$90/\$100NR
Wednesdays	September 4-25	\$120/\$130NR

October

Session	Dates	Cost
Mondays	September 30– October 28*	\$120/\$130NR
Wednesdays	October 2-23	\$120/\$130NR

*(no class 10/14)

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.

Dates: Tuesdays, Oct. 1 – May 27th

Time: 9:00am – 11:00am

Age: 5 years of age and under accompanied by an adult

Location: Redbank Community Center

Fee: \$4/\$5NR per family per day

Staff Coordinator: Breese Reagle

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. This program is on the soccer quad at Wainwright.*October 20th the program will be held at Redbank Field. *Min 7/Max 20*

Instructor: Challenger Sports

Dates: September 15– October 20

Day: Sundays

Location: Wainwright Complex

Fee: \$120/ \$130NR

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

FIELD HOCKEY MAGIC

This is an opportunity to learn the skills of field hockey in a fun and informal setting. Children in grades K – 2 will be introduced to field hockey skills and get their hands on the equipment used to play this fast paced and exciting game. Participants will get to hold a stick and learn the basics of passing, shooting, and defense as well as participate in some fun skill development games. Participants will receive a program t-shirt. Players must have their own stick. Goggles, shin guards and mouth guards are encouraged. *Min 10/Max 20*

Instructor: Kaylee Whitten

Dates: September 7– October 12

Day: Saturdays

Time: 10:30-11:30am

Location: Wainwright Complex

Fee: \$70/ \$80NR

Staff Coordinator: Breese Reagle

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.

You may leave the POP program to attend storytime.

Dates: Tuesdays, October 1 – May 27

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: Bob Boucher

Day: Saturdays

Time: 9:00-9:45am

Ages: 3- 5

Location: Redbank Gym

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

Staff Coordinator: Breese Reagle



Session	Dates
Football	September 14– October 19
Soccer	November 2– December 7
Basketball	January 4– February 8

RED RIOT DRIBBLERS

This basketball ball-handling program is for girls and boys in K-1st grade. Dribbling and ball-handling skills will be learned. By the end of the program, players will have learned many dribbling moves which will be performed at halftime of a local basketball game. Wear gym sneakers and comfortable clothes. Participants will receive a t-shirt. ***Volunteer coaches needed** *Min 8/Max 30*

Dates: October 27– December 1

Days: Sundays

Time: 10:00– 10:45am

Grade: K-1

Location: Redbank Community Center

Fee: \$55/\$65NR

Staff Coordinator: Breese Reagle

YOUTH PROGRAMS

MESSY ART

In this 4 week program, we will create different messy art projects such as collages, slime, finger painting, and more. Please wear old clothes as we get messy! We will provide aprons. *Min 5/Max 15*

Instructor: Lindsay Larsen

Dates: September 7-28

Day: Saturdays

Time: 9:00 –10:00am

Grade: K-5

Location: SPCC Activity Room

Fee: \$40/\$50 NR

Staff Coordinator: Breese Reagle



STEAMWORKS FOR KIDS– STEM Workshops

These STEAM based workshops offer fun hands on learning and activities that vary during each session. Visit the registration page for full details on each topic. *Min 7/Max 18*

Instructor: Steamworks for Kids

Time: 9:00am-3:30pm

Age: 6-11

Location: SPCC Aerobic Room

Fee: \$95/\$105NR per session

Staff Coordinator: Breese Reagle

Camp Session	Date
STEAM Samplers	October 11
Creative Constructions	November 27

FUN CHEFS BAKING

Come spend your Monday afternoons baking up some delicious treats. Each week we will learn about what it takes to be a great baker. We will learn how to measure, the science of baking, working with various types of doughs and batters, plus decorating tips and tricks. We will also bake some holiday favorites. All materials are included in the fee. If your child has anaphylactic food allergies, we recommend not signing up as we cannot guarantee the recipes are completely free of certain ingredients. *Min 10/Max 24.*

Instructor: Fun Chefs

Dates: November 18– December 16

Days: Mondays

Time: 4:30-5:30 pm

Ages: 7-13

Location: SPCC Casco Bay Room

Fee: \$125/\$135NR

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
Fall 1	September 8– October 6
Fall 2	October 20– November 17



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, September 14- October 12

Time: 9:00– 9:45am

Grade: K-2

Location: SPHS Track

Fee: \$55/\$65NR

Staff Coordinator: Breese Reagle



FALL CROSS COUNTRY RUNNING

This program will be offered for boys and girls grades 4-8. Program will meet each Saturday at the SPHS Track. Grades 6-8 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 4-5 will complete a 1 mile course.

Min 10/ Max 50

Instructor: Matt Green

Dates: Saturdays, September 14- October 12

Time: 11:00am-12:00pm

Grade: 4-8

Location: SPHS Track

Fee: \$55/\$65 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, September 14- October 12

Elementary: 10:00-11:00am

Grade: 2-5

Location: SPHS Track

Fee: \$55/\$65NR

Staff Coordinator: Breese Reagle

FALL FIELD HOCKEY

The purpose of this program is to promote field hockey skill development in an environment which will enhance the physical, social, and emotional growth of the child as she learns to become part of a team and work with others. The program will focus on the fundamentals of the game through skill work, fun games, and drills. There will be 2 practices during the week and play days against another town on the weekends. Date and location TBD, **travel may be required for the play days**. A game schedule will be available early-September. Participants will receive a program t-shirt. Girls must have their own gear including mouth guard, stick, shin guards and goggles.

Dates: August 28– October 17

Practices: Wednesday & Thursday | Games: Weekends

Time: To be announced

Grades: 3-6

Location: Wainwright Complex

Fee: \$85/\$95NR

Staff Coordinator: Breese Reagle

MIDDLE SCHOOL VOLLEYBALL CLINICS (INCLUDING 5TH GRADE)

We are pleased to have Coach Emily Savage back to offer middle schoolers a chance to come 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 12/ Max 20

Instructor: Emily Savage

Dates: November 6-January 18 (no program 12/25, 1/1)

Days: Wednesdays

Time: 6:30 – 8:00pm

Grades: 5-8

Location: Redbank Community Center

Fee: \$85/\$95 NR

Staff Coordinator: Breese Reagle

MIDDLE SCHOOL VOLLEYBALL LEAGUE

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 7/ Max 20

Instructor: Emily Savage

Dates: September 10- October 18

Days: Tuesdays & Fridays

Time: 6:30 – 8:00pm

Grades: 6-8

Location: SPCC Gym

Fee: \$85/\$95 NR

Staff Coordinator: Breese Reagle



YOUTH PROGRAMS

Coaches Needed for all soccer grades! Please contact Breese Reagle at jreagle@southportland.org.
Soccer registration after August 16 will only be as space allows.

FALL SOCCER GRADES 1-4

South Portland Parks and Recreation offers a Youth Soccer League for boys and girls in grades 1 through 4. The purpose of this program is to promote soccer skill development in an environment which will enhance the physical, social and emotional growth of the child as he/she learns to become part of a team and work with others. Sportsmanship will be stressed on all teams, with the ultimate goal of having FUN! Girls and boys will play on separate teams. Teams will practice 1 time during the week in the evening and play 1 game each Saturday in South Portland. Includes team shirt. We do not allow Kindergarteners to play in this league, no exceptions will be made.

Dates: September 14– October 26

Days: 1 weekday practice, Saturday morning games

Grade: 1/2 & 3/4

Location: Wainwright Fields

Fee: \$75/\$85NR

Staff Coordinator: Breese Reagle



FALL SOCCER GRADES 5&6

This is a recreational league, but games will be played in area towns, so travel is required. Teams have 1-2 practices per week in the evening at the Wainwright complex and play one game per weekend on Saturday mornings/early afternoons. A game schedule will be available in late August. Includes team shirt. If you have a specific day or time that you CANNOT practice, please indicate this upon registration. In an effort to create equally balanced teams, unfortunately, we cannot honor all specific team/coach requests.

Dates: September 14– October 26

Days: 1-2 weekday practices, Saturday morning games

Grade: 5/6

Location: Wainwright Fields

Fee: \$75/\$85NR

Staff Coordinator: Breese Reagle

SOUTH PORTLAND FIRE – COMPETITIVE CHEERLEADING

South Portland Fire is a competitive youth cheer program open to all children who live in or attend school in South Portland. We welcome athletes with all abilities on our teams with no skill requirements and are offering a Unified team this year which will be our only team open to residents of other towns! Athletes will receive instruction and training in dance, jumps, stunting, tumbling, teamwork, and leadership. This is a competitive team-based sport. When athletes register, the expectation is they attend all practices and all competitions. For more information, please email Tracy Bissonnette at tracy.bissonnette@gmail.com. *Min 5/Max20*

Dates: November 2024– March 2025

Session	Grades	Day	Time	Location	Cost
Twinkling Stars	Age 3-4	Tuesdays	5:00-5:30pm	SPCC Aerobic Room	\$165
Rising Stars	K-2	Wednesdays	5:30-7pm	SPCC MPR	\$165
Shooting Stars	3-4	Mon/Wed	M: 5:30-7pm, W:7-8pm	SPCC MPR	\$215
Shining Stars	5-6	Tues/Thurs	5:30-6:45pm	SPHS Cafeteria	\$265
Super Stars	7-8	Tues/Thurs	6:30-8pm	SPHS Cafeteria	\$265
Shimmering*	4-8	Tuesdays	6:00-6:30pm	SPCC Aerobic Room	\$165

*Shimmering stars is a new Unified program open to athletes from any town.

Athletes in grades 2, 4, and 6 may be asked to move up on teams based on tumbling skills

YOUTH CHEER CLINICS

The South Portland High School varsity cheer coach and team will be holding cheer clinics this summer into fall! Come get ready for the winter cheer season with SPHS Varsity cheer team! This clinic is focused on Gameday cheerleading which consists of stunting technique, motion technique, sideline cheers, and a sideline dance. All skill levels welcome. Any participant that attends at least 4 out of the 6 sessions will be invited by the High School Varsity Cheerleaders to cheer for the High School football game on the sidelines on Friday, September 27th. Please wear comfortable gym clothes, sneakers, and bring a water. *Min 20/ Max 50*

Date: Thursdays, August 22-September 26

Time: 4:30pm-6:00pm

Grades: K-8

Location: Redbank Athletic Field

Fee: \$125/ \$135 NR

Staff Coordinator: Breese Reagle



YOUTH PROGRAMS– Rec Basketball

Coaches Needed for all grades!

Please contact Breese Reagle at
jreagle@southportland.org.

BASKETBALL (GRADES 1-2)

Through practice, clinics and games, this in-house league will provide a safe and fun recreational experience, emphasizing skill development and teamwork in a non-competitive atmosphere. During games, one coach from each team will join players on the floor to coach and help referee. The score will not be kept. Teams will practice 1 time a week in the evening at our elementary schools (day/time TBA once teams are formed) and have one game on Saturday mornings at the Community Center. Practices will begin the week of November 11. A game schedule will be provided at your team's first practice. Teams will be separated by gender and grade if numbers allow. Fee includes team shirt.

Dates: November 30– February 1
Days: Saturday games, 1 Weekday practice
Grades: 1-2
Location: SPCC Gym
Fee: \$80/\$90NR
Staff Coordinator: Breese Reagle

**Registration
deadline:
October 29**

BASKETBALL (GRADES 3-4)

The focus of this recreational basketball league will be to continue to develop basketball skills with a concentration on fundamentals, teamwork, sportsmanship and having fun. Score will be kept but not emphasized. Coaches are not permitted on the court during games. Teams will practice 1-2 times per week (space dependent) at local schools or SPCC. Practices will begin the week of November 11. Teams will be separated by gender and grade if numbers allow. Games will be played on Saturday mornings, a game schedule will be provided at the first practice.

Dates: November 30– February 1
Days: Saturday games, 1-2 Weekday practice
Grades: 3-4
Location: SPCC Gym
Fee: \$80/\$90NR
Staff Coordinator: Breese Reagle

**Registration
deadline:
October 29**

Mandatory coaches meetings will be held for all leagues on the following days:

Grades 1-2: 5:30pm, November 5 at SPCC
Grades 3-4: 5:30pm, November 4 at SPCC
Grades 5-6: 5:30pm, November 6 at SPCC
Grades 7-8: 5:30pm, December 13 at SPCC
High School: 5:30pm, December 12 at SPCC

BASKETBALL (GRADES 5-6)

The focus of this recreational basketball league will be to continue to develop basketball skills with a concentration on fundamentals, teamwork, sportsmanship and having fun. The score will be kept but not emphasized. Coaches are not permitted on the court during games. Teams will practice 1-2 times per week (space dependent) at local schools or SPCC and Redbank. Practices will begin the week of November 11. Teams will be separated by gender and grade if numbers allow. Games will be played on Saturday mornings and afternoons, a game schedule will be provided at the first practice.

Dates: November 30– January 25
Days: Saturday games, 1-2 Weekday practice
Grades: 5-6
Location: Practice South Portland,
Games in Portland
Fee: \$80/\$90NR
Staff Coordinator: Breese Reagle

**Registration
deadline:
October 20**

BASKETBALL (GRADES 7-8)

This informal program is designed to give middle school players an opportunity stay active this winter through games and scrimmages. South Portland plans to invite Gorham, Cape and other neighboring towns to schedule games against. The season will begin the second week of January and run through February.

Dates: January 8 —February 26
Days: Weekday practice & games
Grades: 7-8
Location: SPCC Gym
Fee: \$80/\$90NR
Staff Coordinator: Breese Reagle

**Registration
deadline:
December 5**

HIGH SCHOOL BASKETBALL LEAGUE

This league provides an opportunity for any boy or girl in grades 9-12 not playing on their school team to play basketball this winter. HS players can make their own teams however each team must have a qualified coach. Coaches must be 21, complete a volunteer coach's application and are subject to a criminal background check. The coach will submit the roster to Breese Reagle jreagle@southportland.org. Each player on the roster must be registered through the rec. All games and practices are weeknights (schedule TBD). All players and coaches must complete a Code of Conduct Form to participate in this league.

Dates: January 7 – March 11
Days: Tuesday Games
Grades: 9-12
Location: SPCC Gym
Fee: \$80/\$90NR
Staff Coordinator: Breese Reagle

**Registration
deadline:
December 5**

YOUTH PROGRAMS– SKI & RIDE

LOST VALLEY SUNDAY SKI/RIDE PROGRAM - 2025

Join us for another fun season of skiing and riding at Lost Valley this winter! The program will be held on the following Sundays: January 12, 19, 26, February 2, 9, 16 (makeup date February 23). Participants must sign up for all six weeks – no individual trip rates. Unfortunately, no refunds or vouchers can be issued for missed or cancelled trips. The program will depart SPCC each week via school bus at 9:00 am and return by 4:00 pm.

Helmets are required and included with rentals. All participants are strongly encouraged to enroll in lessons. Lessons will run from 10:30 am – noon each Sunday. Participants will meet for lunch in the lodge from 12:00 – 12:30pm, then are free to ski/ride with friends and chaperones until departure at 3:00 pm.

Program Details

Dates: Sundays, January 12 – February 16 (makeup date February 23)

Time: Depart SPCC at 9:00 am, Return at approx.

4:00 pm

Age: 7-12

Staff Coordinator: Sydney Raftery

**LOST
VALLEY**

**REGISTRATION DEADLINE –
JANUARY 3, 2025**
Registrations will only be accepted beyond
this date if there is space available.

Option	Fee
Transportation Only	\$85.00
All options below include transportation	
Lift Only	\$185.00
Lift & Rental	\$280.00
Lift & Lesson	\$305.00
Lift, Lesson & Rental	\$395.00
*Rentals include helmet	

Chaperones Needed!

Must commit to all trips and ski/ride with our group at all times. All chaperones must complete a volunteer application are subject to a criminal background check. If interested please contact Anthony Johnson at ajohnson@southportland.org.

2024 Lost Valley Ski Program



NEW PLEASANT MOUNTAIN SKI/RIDE PROGRAM - 2025

We're excited to bring a fun season of skiing and riding to students in 7th-12th grades. This program will transport students to Pleasant Mountain this winter for 5 weeks of night skiing! The program is anticipated to be held on the following Mondays: January 6, 13, 27, February 3, 10 (makeup date February 24). Participants must sign up for all five weeks – no individual trip rates. The program will pick up kids from SPMS (leaves at 2:30pm) and SPHS (leaves at 3:00pm) each week via school bus and return everyone to SPCC by 10:00pm. Please stay tuned for more details on pricing and registration this fall!

Staff Coordinator: Sydney Raftery



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 or Sundays at 3pm. 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 floatation 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

Swimming lesson sessions run for a total 7 weeks. In the event of a facility closure due to weather or a pool related issue, we will extend one week longer to make up for the missed class. We will not allow for individuals to make up a missed class due to safety standards we must maintain for class sizes, instructor ratios and pool spacing.

Please note the following...

- If you are unable to get your child into the class date/time you prefer, please call the Customer Service Desk and asked to be placed on a waiting list. If your child is placed on the waiting list, you will receive a call from our pool staff **IF** we are able to accommodate your request with instructions on when and how to register.
- Registrations will be accepted for our swim lessons through the end of the first week of class **OR when classes are full.**
- Adults may register for adult swim classes online or at the desk starting on the above dates as well.

Fall Swim Registration Dates

Residents: Monday, September 9

Non-Residents: Thursday, September 12

Online & In-person Registration begins at 7am.

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.

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: 44 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 Fall Session:

Dates: September 9– November 20

(No program Oct 14 & Nov 11)

Practice Days: Mondays and Wednesdays

Time: 6:00 – 6:55pm

Age: 8-14yo

Fee: \$120/\$130NR

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: 25 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 Fall Session:

Dates: September 9– November 20

(No program Oct 14 & Nov 11)

Practice Days: Mondays and Wednesdays

Time: 7:00 – 7:55pm

Grade: entering 6-8

Fee: \$120/\$130NR

Riptide & Riptide Plus Evaluation & Placement Session:

Wednesday, September 4 at 6pm

Online Registration:

Thursday, September 5 for residents starting at 7am

Friday, September 6 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

Youth Progressive Lessons

Instructors: Pool Staff

Age: 6-13years

Fee: \$70/\$80NR

Fall 2024 Session:

Thursdays, October 3 – November 14

Saturdays, October 5 – November 16

Sundays, October 6 – November 17

	<u>Thursday PM</u>	<u>Saturday AM</u>	<u>Sunday AM</u>
Level 1	6:00-6:45pm	10:00-10:45am	11:00-11:45am
Level 2	6:00-6:45pm	11:00-11:45am	10:00-10:45am
			12:00-12:45pm
Level 3	6:00-6:45pm	10:00-10:45am	10:00-10:45am
Level 4	6:00-6:45pm	9:00-9:45am	12:00-12:45pm

SWIM LESSONS FOR FAMILIES (ADULT WITH ONE CHILD)

FAMILY LESSONS FOR BABIES AND TODDLERS

These classes are for one adult and one child, 9 months to 3 year old (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. **Babies must be able to sit up on their own and hold their head up easily to gain the most benefit from this class.**

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.

We **STRONGLY** encourage parents to register their children for one of these class, if it is their first experience in swimming lessons. Please ask the swim staff should you have any questions about this recommendation.

Min 4/Max 15

FALL 2024 SESSION

Thursdays: October 3 – November 14

Saturdays: October 5 – November 16

Sundays: October 6 – November 17

Location: SPCC Pool

Fee: \$70/\$80NR



Family Lessons	<u>Thursday AM</u>	<u>Saturday AM</u>	<u>Sunday AM</u>
Babies* (9 months-2 years) <small>*Must be able to sit up on their own and easily hold their head up</small>	9:00-9:30am	9:00-9:30am	10:00-10:30am
Toddlers (18 months– 3 years)	9:30-10:00am	9:30-10:00am	10:30-11:00am

MINI SWIMMERS LEVELS FOR KIDS AGE 3-5

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

Mini Swimmers

Min 2/ Max 5

Tuesdays: October 1 – November 12

Wednesdays: October 2 – November 13

Thursdays: October 3 – November 14

Saturdays: October 5 – November 16

Sundays: October 6 – November 17

Ages: 3-5

Location: SPCC Pool

Fee: \$70/\$80NR

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.

	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Saturdays</u>	<u>Sundays</u>
Mini 1 (Ages 3+)	9:00-9:30am	9:00-9:30am	9:00-9:30am	9:00-9:30am	11:30-12:00pm
				10:00-10:30am	12:00-12:30pm
	6:30-7:00pm			11:00-11:30am	
Mini 2 (Ages 3+)	9:30-10:00am		9:30-10:00am	9:30-10:00am	12:30-1:00pm
	6:00– 6:30pm				
Mini 3 (Ages 3+)	6:00– 6:30pm			10:30-11:00am	

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. One adult needs to accompany each child. 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 barbell) 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 one adult.*

Fall Session

Instructors: Pool Staff

Fee: \$70/\$80NR

Age: 2.5-4yo

Tuesdays October 1 – November 12

Time: 6:00-6:30pm

Wednesdays October 2 – November 13

Time: 9:30-10:00am

Saturdays October 5 – November 16

Time: 11:30am-12pm

Sundays October 6 – November 17

Time: 11:00-11:30am



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 12*

FALL 2024

Instructor: Pool Staff

Dates: Sundays, October 6 – November 17

Time: 4:00- 4:30 PM (Group 1)

Time: 4:30-5:00 PM (Group 2)

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.

Age: 14+

Location: SPCC Pool

Fee: \$70/\$80NR

Tuesday Morning

Instructors: Lesley & Hildi

Dates: October 1 – November 12

Time: 8:00 – 8:45 AM

Thursday Evening

Instructors: Mike

Dates: Thursdays, October 3 – November 14

Time: 8:00– 8:45 PM

Sunday Evening

Instructors: Lia

Dates: October 6 – November 17

Time: 5:00– 5:45 PM

HIGH SCHOOL SWIM TEAM PREP

We are once again pleased to offer a High School Prep program. This program is designed for high school swimmers (those not actively swimming on a club team) who are looking to amplify their accomplishments during their high school season by getting a jump start on conditioning. This group will spend about 80% of their time conditioning and 20% of the time will be taking advantage of the low swimmer-to-coach ratio working on technique. *Min 4/Max 18*

Instructor: Mike Blanchard

Dates: Mondays & Wednesdays September 9 –

November 13 (**No practice Oct 14, Nov 11**)

Time: 2:45-4:00pm

Grades: 9-12

Fee: \$160/\$170NR

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, October 1 –November 12

Time: 6:00-7:00pm

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

Fee: \$70/\$80NR

AMERICAN RED CROSS LIFEGUARDING CLASS

An American Red Cross Lifeguard Course teaches 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, September 7th 8am-6pm

Sunday, September 8th 8am-12pm

Saturday, September 14th 8am-6pm

Sunday, September 15st 8am-12pm

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

FALL CONSERVATION VOLUNTEER TRAINING

At this training day, volunteers will learn all about the invasive plants that threaten South Portland's ecosystems. 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 or Trout Brook on their own schedule throughout the year. Any hours worked can be recorded for volunteer requirements for work, school, etc.

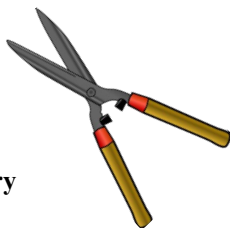
Dates: Thursday, September 26

Time: 9:00am-10:00am

Location: Hinckley Park

Fee: FREE (*please pre-register*)

Staff Coordinator: Sydney Raftery



NATURE STORY TIME

Park Rangers will be partnering with the South Portland Public Library to bring nature stories to you again this fall and winter! Join us at the library for a nature-themed story time, followed by related activities and crafts based on that topic.

Time: Ages 0-5 at 10:30am

Ages 6-12 at 3:30pm

Location: South Portland Public Library

Fee: FREE

Staff Coordinator: Sydney Raftery

September 13– Deer
October 11– Ravens and Crows
November 8– Turkeys
December 13– Constellations

ECOLOGY LECTURE SERIES

The ecology lecture series will be returning to the library this fall, where we will dive into even more nature topics related to South Portland. During these lectures, we will look at different topics through the lens of folklore, natural history, ecology, and conservation.

Dates: 3rd Thursday each month October-March

Time: 6:30pm-7:30pm

Location: South Portland Public Library

Fee: FREE

Staff Coordinator: Sydney Raftery

Topics:

October 17- Myths and Legends of Maine

November 21- From Moths to Monarchs: a look at the Lepidoptera family

December 19- Flora, Fauna, and Festivities

January 16- The Wonderful World of Insects

February 20- A History of Parks and Environmentalism

March 20- Maine's Amphibians and Reptiles

DEMENTIA-FRIENDLY NATURE WALK

Studies have shown that exposure to nature can help reduce stress, anxiety, and agitation while promoting relaxation and a sense of calm for individuals with dementia. People living with dementia and their caretakers are invited to join us at Wainwright Sports Complex for a leisurely nature walk and talk along the Greenbelt, with rest stops included. Stay after the walk for snacks and to meet other people living with dementia and their caretakers. This is a collaboration between the city parks and Age-Friendly South Portland.

Dates: Thursday, September 19

Time: 10:00am-12:00pm

Location: Wainwright Sports Complex

Fee: FREE

Staff Coordinator: Sydney Raftery

MULTILINGUAL HIKE

Are you new to Maine and want to learn about our natural areas, but don't know where to start? Join us on this trip from Redbank to Clark's Pond trail for a guided nature hike with park rangers and French and Portuguese interpreters. Afterwards, stay for snacks and socializing in the park! This program is a collaboration between the parks department, Sopo Unite, and the Human Rights Commission.

Date: Sunday, September 15

Time: 1:00pm-3:00pm

Location: meet at Redbank bus stop

Fee: FREE

Staff Coordinator: Sydney Raftery

(RE)DISCOVER HINCKLEY PARK: HIKING THROUGH A SPECIALIST'S EYES

One wonderful thing about nature is that you can walk the same path many times and never run out of things to learn. This fall, we are going to do just that. The South Portland Land Trust is teaming up with our Parks department to take you on a hike around Hinckley Park four times, each through a different expert's eyes. Once a month we will take a path that so many of us know already, but try to look at it in a new light and notice things that we otherwise wouldn't have. Participants are encouraged to attend as many of the hikes as they can. This is a free program, but you are welcome to make a donation to the organization of each hike-leader.

Topics for each walk will be announced at the end of summer.

Dates: September 8, October 13, November 10, December 8

Time: 1pm-3pm

Location: Hinckley Park

Fee: FREE

Staff Coordinator: Sydney Raftery

PARKS PROGRAMS

SCARECROW PATCH

The Scarecrow Patch will be returning to Hinckley park in October and we have two ways for you to contribute a scarecrow to the patch this year: you can join us for an in-person scarecrow building day on September 28th OR you can request a scarecrow making kit be dropped off to your group/ organization for you to build on your own time. Participants will receive all the basic materials needed to build and decorate a scarecrow (straw, pants, shirt, burlap sack head, markers & paint). Scarecrows will be up all of October for the community to visit!

Scarecrow Building Day:

Dates: Saturday, September 28

Time: 10:00am-12:00pm

Location: Hinckley Park

Fee: \$35R/\$45NR

Staff Coordinator: Sydney Raftery

Scarecrow Building Kit:

Dates: Sign up by September 6

Material drop off September 13

Scarecrow pick-up September 26-27

Fee: \$45 Residents only

Staff Coordinator: Sydney Raftery



2023 Scarecrow Patch



NATURE JOURNALING SERIES

This year, the library will be teaming up with us to host a series of talks that will act as an introduction to Nature Journaling. Each date will feature a guest speaker covering a unique topic, including birds, trees, drawing for beginners and the natural world. We will meet on the second Thursday of each month from October to April and attendees will receive a journal and writing implements. The first topic is an introduction to nature journaling with our park ranger, Sydney.

Dates: October 10, November 14, January 9, February 13, March 13, April 10

Time: 2:00pm-3:00pm

Location: South Portland Public Library

Fee: FREE

Staff Coordinator: Sydney Raftery

POLLINATOR BIOBLITZ

Bioblitz is back for our third year of celebrating pollinators in South Portland. Join us at Hinckley Park to create pollinator art, help contribute to citizen science, and learn all about the importance of the amazing creatures who work so hard for South Portland's ecosystems. Special guests from the South Portland Land Trust, South Portland Library, The Honey Exchange, and Maine Audubon will have tables set up with information and activities.

Dates: Saturday, September 21st

Time: 10:00am-12:00pm

Location: Hinckley Park

Fee: FREE

Staff Coordinator: Sydney Raftery

THE MONGREL MASH

The only ones who love South Portland Parks more than our residents are their pups! This year we are hosting a Howl-o-ween party of epic proportions to celebrate all of the South Portland dogs. The event will include a dog Halloween costume contest, a pup parade, local dog-themed vendors, and adoption information. So start planning out a costume for you and your 4-legged friend!

Note: all dogs must be on a leash for the entirety of the event.

Date: Saturday, October 19

Time: 10:00am-12:00pm

Location: Mill Creek Park

Fee: FREE

Staff Coordinator: Sydney Raftery



FAMILY & SPECIAL EVENTS

BUG LIGHT CAR SHOW

This event brings over 200 vehicles to Bug Light Park. Bring your vintage, restored, or unique vehicles down to share or just come down to view them. Food trucks will be available on site to enjoy your dinner while the sun sets!

Dates: Wednesday, September 4
(Rain date: September 11)
Time: 4pm-Sunset
Location: Bug Light Park
Fee: FREE



Staff Coordinator: Jenna Martyn-Fisher

TRUNK OR TREAT

Let's see your Halloween costumes! Join us along with the South Portland Police Department and many other non-profits and service providers for an afternoon of touch-a-truck, games, and treats.

Date: Saturday, October 26
Time: 11:00am-3:00pm
Location: SPCC Parking Lot
Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

LIGHTING OF THE TREES CEREMONY

Celebrate the holiday season with hot cocoa, baked goods, and more holiday fun as we flip the switch to light up Mill Creek Park!

Date: Friday, December 6
Time: 4:30-6:30pm
Location: Mill Creek Park
Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

NORTH POLE CALLING

"NORTH POLE CALLING" is a special holiday program for children in pre-school (ages 4 & 5), kindergarten, first, and second grade. **The South Portland Parks, Recreation and Waterfront Department** has been offering this program **since 1983!** We've become great friends with Santa in this time and he's agreed to once again call children who live in South Portland before the holidays. This opportunity is free, but we do ask that you register and answer a few questions about your child to help Santa out. The deadline to sign-up is December 9th, 2022.

Dates: December 9, 11, 12
Time: 5:00-7:00pm
Grade: PK-2

Location: Your own home!
Fee: FREE (*resident only*)

Staff Coordinator: Jenna Martyn-Fisher

POOL PUMPKIN SPLASH

Join us at the South Portland Pool for the third annual Floating Pumpkin Patch! We will have the pool filled with real pumpkins, and each participant will get a half-hour to swim, splash, and pick a pumpkin of their choice. After making a splash in the "pumpkin patch", join us in decorating your pumpkin with paint and stickers (no carving) and enjoy some light refreshments in the Senior Wing of the Community Center.

Parents need to register if they plan to participate in the swimming portion or to receive a pumpkin. Any child who cannot swim independently must have a parent/guardian in the water with them. Lifeguards will be on duty, but please plan to stick close to your child, if they cannot swim independently.

Dates: Friday, October 11
Location: SPCC
Fee: \$7/\$12NR
Staff Coordinator:
Jenna Martyn-Fisher

Time	Ages
10-11am	0-5
6-7pm	All ages
7-8pm	All ages

ZOMBIE DASH

Run for your lives through a course plagued with the living dead! We'll have two sessions starting with a "mildly scary" dash before dark, followed by a "thrill seekers" dash after sunset. If you survive the dash, you'll be entered to win some great raffle prizes! You can also sign-up to volunteer as a zombie (bring your own outfit and make-up).

Date: October 18
Time: Session 1: 5:30pm-6:30pm
Session 2: 6:30pm-7:30pm
Location: Hinckley Park
Fee: \$10/\$20NR (*Being a zombie is free*)
Staff Coordinator: Jenna Martyn-Fisher

BREAKFAST WITH SANTA

Come one come all! Enjoy breakfast in our senior wing, with a visit from the Jolly ol' Elf himself! Children will have an opportunity to visit Santa and have their pictures taken, so bring your camera! Breakfast will consist of pancakes, sausage, and beverages. The proceeds from this program will be donated to the South Portland Police Department VIPS Program.

Participants must pre-register. Registration is required for all who attend. Children under 4 are FREE!

Date: Saturday, December 7
Time: 8:00-10:00am
Location: SPCC Casco Bay Room
Fee: \$14 (*kids under 4 free*)

Staff Coordinator: Jenna Martyn-Fisher



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

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 4:30 – 6:30 pm, with the first hour instruction and the second hour on the course.

Instructor: Scott Mann

Dates: Wednesdays, September 11 – October 2

Time: 5:30PM – 6:30PM, last clinic will run 4:30PM-6:30PM

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.



THANK YOU SPONSORS!



Art in the Park Event Sponsors



Martin's Point
HEALTH CARE



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!

Eben Adams
Ben Bettez
Chris Chapman

Linda Fearon
Erick Giles
Andrew Moore

Doug Radar
Julie Shephard
Judy Simpson

Dan Soule
Ray Glass
Helen Walsh

Teen Center Volunteers

Sopo Unite
Lee Anne Dodge
Tara Pelletier

The Locker Project
Courtney Bowers

Town & Country Federal Credit Union
Linda Halleran
Laurie Nielsen