

# South Portland Municipal Pool Schedule **September 2024** (beginning 9/3/24)

Daily Fees:

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

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

<b>SP Residents:</b>	Adults \$5
	Children/ Seniors 60+ \$4
<b>Non-Residents:</b>	Adults \$6
	Children/ Seniors 60+ \$5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6 AM</b>	Adult Lap Swim (circle swim)	Adult Lap Swim (circle swim)	Adult Lap Swim (circle swim)	Adult Lap Swim (circle swim)	Adult Lap Swim (circle swim)	CLOSED	CLOSED
<b>7 AM</b>	Deep Water Aerobics & Lap Swim 7-8am	Hydro Fitness & Lap Swim 7-8am	Deep Water Aerobics & Lap Swim 7-8am	Hydro Fitness & Lap Swim 7-8am	Deep Water Aerobics & Lap Swim 7-8am		
<b>8 AM</b>	Shallow Water Aerobics (no laps available)	J.A.M. & Lap Swim 8-9am	Shallow Water Aerobics (no laps available)	J.A.M. & Lap Swim 8-9am	Shallow Water Aerobics (no laps available)		
<b>9 AM</b>	Open Swim w/ laps 9-11am	Open Swim w/ laps 9-10am	Open Swim w/ laps 9-11am	Open Swim w/ laps 9-11am	Open Swim w/ laps 9-10am	Open Swim w/ 2-3 lap lanes NO diving board 9-11am	Open Swim w/ 3 lap lanes NO diving board 10-12pm
<b>10 AM</b>		Scarborough Schools 10-11am			Falmouth Schools 10-11am		
<b>11 AM</b>	Senior Swim 60+ w/ 3 lap lanes 11-12pm	Senior Swim 60+ w/ 3 lap lanes 11-12pm	Senior Swim 60+ w/ 3 lap lanes 11-12pm	Senior Swim 60+ w/ 3 lap lanes 11-12pm	Senior Swim 60+ w/ 3 lap lanes 11-12pm	Open Swim WITH diving board (NO laps) 11-1pm	Open Swim w/ diving board (NO laps) 12-3pm
<b>12 pm</b>	Open Swim w/ laps 12-2:45pm (no diving board)	Open Swim w/ laps 12-4pm (no diving board)	Open Swim w/ laps 12-2:45pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-4pm (no diving board)	RENTAL 1-2pm	RENTAL 3-4pm
<b>1 PM</b>			Open Swim (NO laps) & HS Prep Team 2:45-4pm	Open Swim (NO laps) & HS Prep Team 2:45-4pm		Maintenance 3-4pm	
<b>2 PM</b>			ABF (Closed to public) 4-6pm	ABF (Closed to public) 4-6pm		ABF (Closed to public) 4-6pm	ABF (Closed to public) 4-6pm
<b>3 PM</b>	RipTide Swim Club 6-7pm	Open Swim w/ 2 laps & Diving Board 6-7pm			RipTide Swim Club 6-7pm		
<b>4 PM</b>			Deep Water Aero & RipTide PLUS 7-8pm	Shallow Water Aerobics (no laps) 7-8pm		Deep Water Aero & RipTide PLUS 7-8pm	Shallow Water Aerobics (no laps) 7-8pm
<b>5 PM</b>	Lap Swim-circle swim (closing at 8:50pm)	Lap Swim-circle swim (closing at 8:50pm)			Lap Swim-circle swim (closing at 8:50pm)		
<b>6 PM</b>			Lap Swim-circle swim (closing at 8:50pm)	Lap Swim-circle swim (closing at 8:50pm)		Lap Swim-circle swim (closing at 8:50pm)	Lap Swim-circle swim (closing at 8:50pm)
<b>7 PM</b>	CLOSED						
<b>8 PM</b>	CLOSED						

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

## Pool Party Rentals

Rental requests for Saturdays (at 1pm and 2pm) or Sundays (at 3pm) can be completed online. Check it out at [www.sopoparksrec.com](http://www.sopoparksrec.com) and contact the Customer Service Desk with any questions about this process.

## Fall Swim Lessons:

**Youth Lessons** will be offered, one lesson per week, starting in October. Our program will run for 7 weeks. Lessons will be offered during weekday mornings and evenings, as well as on Saturdays and Sundays. Check out the classes with specific dates/times/cost at [www.sopoparksrec.com](http://www.sopoparksrec.com).

The **Stroke Refinement Clinic** (ages 14+) will be offered on Tuesday mornings, Thursday evenings or Sunday early evenings starting in October. Adults must meet the pre-requisites to take this course.

**Adult Beginner lessons** (ages 14+) will be offered on Sundays at 4pm beginning in October. If you want to learn to swim, this is the course for you!

**Registration for all swimming lessons is... 9/9 for residents and 9/12 for non-residents.**

### **Frequent User Pass (20 Swims)**

**SoPo Resident:** Adult \$70 ~ Youth/Senior \$50

**Non-Resident:** Adult \$90 ~ Youth/Senior \$70