

South Portland Municipal Pool Schedule **October 1-November 17, 2024**

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

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

Daily Fees:

SP Residents:

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

Non-Residents:

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM	Adult Lap Swim (circle swim)	Adult Lap Swim (circle swim)	Adult Lap Swim (circle swim)	Adult Lap Swim (circle swim)	Adult Lap Swim (circle swim)	CLOSED	CLOSED
7 AM	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		
8 AM	Shallow Water Aerobics (no laps available)	J.A.M. & Stroke Clinic 8-9am	Shallow Water Aerobics (no laps available)	J.A.M. & Lap Swim 8-9am	Shallow Water Aerobics (no laps available)	Shallow Water Aero & 3 lap lanes 8-9am	CLOSED
9 AM	Open Swim w/ laps 9-11am	Mini Swimmers Lessons & 3 Lap Lanes 9-10am	Mini Swimmers Lessons & 3 Lap Lanes 9-10am	Mini Swimmers & Family Lessons ONLY 9-10am	Open Swim w/ laps 9-10am	Youth Swim Lessons ONLY 9-12pm	
10 AM		Scarborough Schools 10-11am	Open Swim w/ laps 10-11am	SPHS Swim Club & Open Swim (no laps) 10-11am	SPHS Swim Club & Falmouth Schools 10-11am		
11 AM	Open Senior Swim w/ 3 lap lanes 60+ 11-12pm	Open Senior Swim w/ 3 lap lanes 60+ 11-12pm	Open Senior Swim w/ 3 lap lanes 60+ 11-12pm	Open Senior Swim w/ 3 lap lanes 60+ 11-12pm	Open Senior Swim w/ 3 lap lanes 60+ 11-12pm	Youth Swim Lessons ONLY 10-1pm	
12 pm	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)		Open Swim (no laps) 12-1pm
1 PM						RENTAL 1-2pm	
2 PM	Open Swim (NO laps) & HS Prep Team 2:45-4pm		Open Swim (NO laps) & HS Prep Team 2:45-4pm	Maintenance 3-4pm (CLOSED)		RENTAL 2-3pm	
3 PM						RENTAL 3-4pm	
4 PM	ABF (Closed to public) 4-6pm	ABF (Closed to public) 4-6pm	ABF (Closed to public) 4-6pm	ABF (Closed to public) 4-6pm	ABF (Closed to public) 4-6pm	Lap Swim (all 6 lanes in) 3-4:30pm	Adult ONLY Open Swim & Beginner Adult Lessons
5 PM							Lap Swim & Stroke Clinic 5-5:50pm
6 PM	RipTide Swim Club 6-7pm	Mini Swimmers & Diving Lessons ONLY 6-7pm	RipTide Swim Club 6-7pm	Progressive Swim Lessons ONLY 6-7pm	Open Swim w/ Diving Board & 3 lap lanes 6-8pm	CLOSED @ 4:30pm	CLOSED @ 6pm
7 PM	Deep Water Aero & RipTide PLUS 7-8pm	Shallow Water Aerobics & 3 lap lanes 7-8pm	Deep Water Aero & RipTide PLUS 7-8pm	Shallow Water Aerobics & 3 lap lanes 7-8pm			
8 PM	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 & Stroke Clinic (closing at 8:50pm)	Lap Swim-circle swim (closing at 8:50pm)	CLOSED	

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Non-Residents:	Adults \$6 Children/ Seniors 60+ \$5

***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 and contact the Customer Service Desk with any questions about this process.

All Fall swim lessons (for youth and adults) begin the week of 10/1/24.

WATER AEROBICS CLASS DESCRIPTIONS:

All aerobics classes have a drop-in (daily) fee of RESIDENTS \$5 (adult) \$4 (senior) / 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.

Frequent User Pass (20 Swims)

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

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