



Newsletter | October 2024

SOUTH PORTLAND

PARKS, RECREATION, AND WATERFRONT

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The Mongrel Mash

October | 10a-12p
Mill Creek Park
FREE!

[**View the Details**](#)



Trunk or Treat

Celebrate Halloween with trick or treating from area service providers. Free kids winter coats available while supplies last!

[**View the Details**](#)

CONNECT WITH US

South Portland Community Center

21 Nelson Rd, South Portland, ME 04106
Hours: M-F 6a-9p, Sat 8a-5p, Sun 10a-6p
207-767-7650

www.sopoparksrec.com

@SoPoParksRec



Community Calendars

The South Portland Community Center and Redbank Community Center offer scheduled programs, open use, and drop-in programs. View the calendars to learn more about when these spaces are available for use.

Adult Open Gym

Start October 1!
Days and hours vary by sport and location.

[Calendar](#)

Pool

Hours:

Monday-Friday
6am-9pm
Saturday 8am-5pm
Sunday 10am-6pm

[Calendar](#)

Teen Center

Hours:

Monday-Friday
2:30pm-6:00pm

[More Info](#)

Senior Drop-in Center

Hours:

Monday-Thursday
9am-3pm
Friday
9am-12pm.

[Event Calendar](#)

Announcements

Closures

Community Centers are closed on the following day:

October 14 (Indigenous Peoples' Day)

The South Portland Community Center is closed on the following days:

October 18 (Karate Tournament)
October 22 until 9:30am (Staff Event)

We're Hiring

Our SoPo Kids Club is looking for a few more counselors to work a couple days after school at our Kaler and Small school sites. Hours are 3:00-6:00pm.

Before & After Care Counselors- Contact Kari Filieo to apply
kfilieo@southportland.org

Youth Programs

Teen Center

Mission Statement

To provide Middle School and High School aged students with a fun, safe place to spend their after school hours in an environment that is free of violence and intimidation, encouraging the development of social and emotional growth among its teen members.

Open to any student Grades 6-12 that resides in South Portland

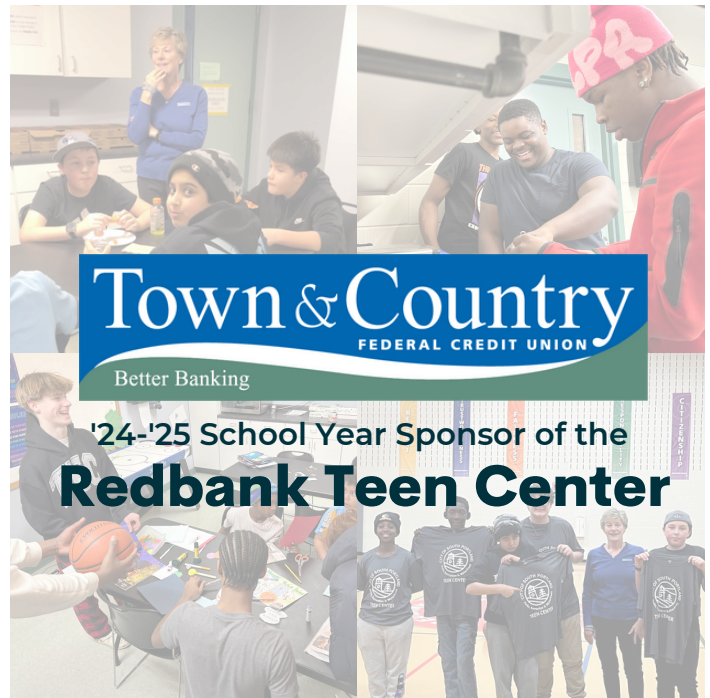
Days: Mon-Fri, 2:15-6:00p*

Location: Redbank Community Center

*Schedule is subject to change at anytime

Program Cost
FREE

[More Info](#)



Dance

Intro to Dance

Dates: Oct 28- Dec 9
Time: M 4:30-5:15p
Ages: 5-9
Location: SPCC Aerobic Room

Program Cost

Residents: \$75
Non-Residents: \$85

[Register](#)

Drivers Ed

Drivers Ed

Dates: Oct 7-24
Times: M-F, 2:30-5p
Ages: 15+
Location: SPCC Conference Room

Program Cost

Residents: \$645
Non-Residents: \$655

[Register](#)

Basketball

Red Riot Dribblers

Dates: Oct 27- Dec 1
Time: Sundays, 10-10:45a
Grades: K-1
Location: Redbank Gym

Program Cost

Residents: \$55
Non-Residents: \$65

[Register](#)



Unified

Special Olympic Young Athletes

Dates: Oct 1- Nov 26
Times: Tuesdays, 4-5p
Ages: 2-7
Location: SPCC Gym

Program Cost
FREE!

[Register](#)



Skateboard

Skateboard Lessons

Dates: Oct 20- Nov 17
Time: Sundays
Improver: 9:45-10:15am
Location: South Portland Skatepark

Improver Cost
Residents: \$150
Non-Residents: \$160

[Register](#)



Gymnastics

Rhythmic Gymnastics

Dates: Sept 30- Oct 28
Times:
Mondays: 4:30-5:45p OR
Wednesdays: 4:30-5:45p
Age: 4-10
Location: SPCC Multipurpose Room

Program Cost
Residents: \$120
Non-Residents: \$130NR

[Register](#)



Ski & Snowboard

Lost Valley Ski Program

Dates: Jan 12-Feb 16
Time: Sundays, 9a-4p
Ages: 7-12
Location: Lost Valley, Auburn

Program Cost
Residents: \$85-395
Non-Residents: \$95-405
Rates vary based on packages with options for rentals & lessons.

[Register](#)

Pleasant Mountain Ski Program

Dates: Jan 6-Feb 10
Times: Mondays, 2-10p
Grades: 7-12
Location: Pleasant Mountain, Bridgton

Program Cost
Residents: \$70-485
Non-Residents: \$80-495
Rates vary based on packages with options for rentals & lessons.

[Register](#)



STEAM

STEAMworks for Kids

STEAM Sampler

Dates: Oct 11 (no school day)
Times: Friday, 9a-3:30p
Ages: 6-11
Location: SPCC Aerobic Room

Program Cost
Residents: \$95
Non-Residents: \$105

[Register](#)

Register

Grades 1-2



Grades 3-4



Grades 5-6



Grades 7-8



High School



2024-2025

BASKETBALL LEAGUES



Grades 1-4

Dates: November 30-February 1

Games: South Portland Community Center

Cost: Resident \$80 | Non-resident \$90

Grades 5-6

Dates: November 30-January 25

Games: South Portland

Cost: Resident \$80 | Non-resident \$90

Grades 7-8

Dates: January 8-February 26

Games: South Portland Community Center

Cost: Resident \$80 | Non-resident \$90

High School Rec League

Dates: December 31-March 11

Games: Tuesdays, South Portland

Cost: Resident \$80 | Non-resident \$90

Registration Deadline Oct 26

Registration Deadline Dec 5



Adult Programs



Dance

Beginner Line Dancing

Dates: Sept 4- Oct 30
Time: Wednesdays, 10:45-11:45a
Location: SPCC Multipurpose Room

Program Cost
Drop-in: \$5

[Register](#)



Wellness

MainelyNP Wellness Series

Nurturing Radiant Skin for a Lifetime

Dates: October 17
Time: Thursday, 3-4p
Location: SPCC Casco Bay Room

Program Cost
FREE!

[Register](#)



Yoga

Sunrise Yoga

Date: October 4-25
Time: Fridays, 6:15-7a
Location: SPCC Multi-purpose Room

Program Cost
Residents: \$40
Non-resident: \$50
Drop-in: \$10

[Register](#)

Mindful Movement

Date: October 3-31
Time: Thursdays, 6:30-7:30p
Location: SPCC Multi-purpose Room

Program Cost
Residents: \$50
Non-resident: \$60
Drop-in: \$12

[Register](#)



Art

Beginner Soft Pastels

Birds

Dates: Oct 19- Nov 16

Time: Saturdays,
10:30a-12p

Location: SPCC Casco Bay Room

Program Cost

Residents: \$65

Non-Residents: \$75

[Register](#)

Introduction to Watercolor

Dates: Oct 11- Nov 8

Time: Fridays,
9:30a-10:30a

Location: SPCC Casco Bay Room

Program Cost

Residents: \$80

Non-Residents: \$90

[Register](#)



Unified

Unified Sports

Date: Sept 5- Dec 19

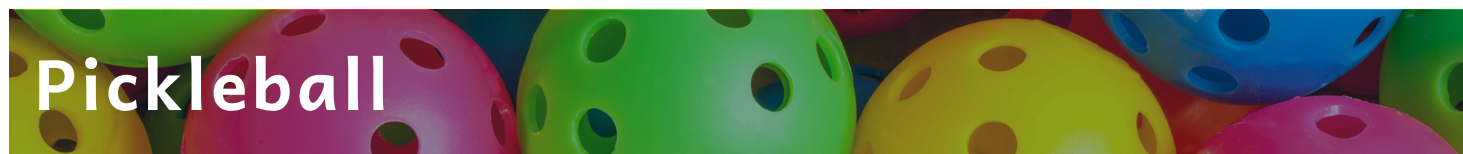
Time: 10a-12p

Location: Redbank Gym

Program Cost

FREE

[More Info](#)



Pickleball

Beginner Pickleball Lessons

Wednesday

Dates: October 2-23

Time: 6:30-7:30p

Location: SPCC Gym

Sunday

Dates: October 6-27

Time: 10-11a

Location: SPCC Gym

Friday

Dates: October 4-25

Time: 8-9a

Location: Redbank Gym

Program Cost

Residents:\$70

Non-resident: \$80

[Register](#)

Improver Pickleball Lessons

Wednesday

Dates: October 2-23

Time: 7:30-8:30p

Location: SPCC Gym

Sunday

Dates: October 6-27

Time: 11a-12p

Location: SPCC Gym

Friday

Dates: October 4-25

Time: 8-9a

Location: Redbank Gym

Program Cost

Residents:\$70

Non-resident: \$80

[Register](#)

Senior Programs

SEPTEMBER HIGHLIGHTS



Park Ranger David present the geology of Willard Beach.



September Birthdays!



Age Friendly Resource Fair



Wild Few Herb Farm Tour & Tea

Date: October 15
Times: Departs at 9:15a
Location: Meet at SPCC

Program Cost

Residents: \$18
Non-Residents: \$28



[Register](#)



Monthly Birthday Celebrations

Date: October 8
Times: 10-11a
Location: SPCC Senior Drop-in Center

Program Cost

FREE (Registration is required to get your birthday bag)

[Register](#)

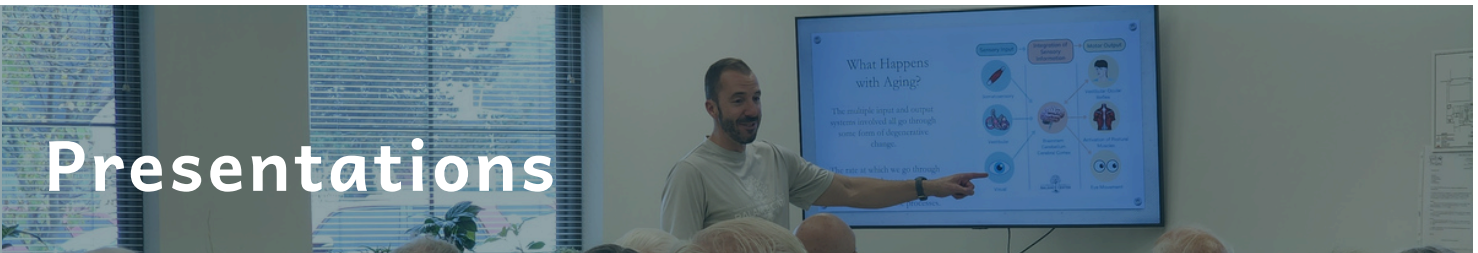
Spooktacular Halloween

Date: October 31
Times: 11a-2p
Location: SPCC Senior Drop-in Center

Program Cost

\$13

[Register](#)



Presentations

Medicare Talk

Date: October 28
Times: 10-11a
Location: SPCC Senior Drop-in Center

Program Cost

FREE

[More Info](#)

Pickleball Injury Prevention

Date: October 9
Times: 11:15a-12:15p
Location: SPCC Senior Drop-in Center

Program Cost

FREE (Must register, space is limited. Only 2 spots left!)

[Register](#)

Intro to Biofield Tuning

Date: Oct 3 at 9:30-10:30a
OR Oct 24 at 3-4p
Location: SPCC Senior Drop-in Center

Program Cost

FREE (must register)

[Register](#)



Laughter Yoga | January 2023

Fitness

Core Stability

Dates: October 3, 17, & 24
Times: Thursdays, 10:30-11:15pm
Location: SPCC Multi-purpose Room

Program Cost

Residents: \$14
Non-Residents: \$24
Drop-in: \$8

[Register](#)

Chair Fitness

Dates: October 3, 17, & 24
Time: Thursdays, 11:15-12:00p
Location: SPCC Multi-purpose Room

Program Cost

Residents: \$14
Non-Residents: \$24
Drop-in: \$8

[Register](#)

Vitality T'ai Chi

Date: October 8 & 22
Time: Tuesdays, 1-2p
Location: SPCC Aerobic Room

Program Cost

Residents: \$14
Non-resident: \$24
Drop-in: \$8

[Register](#)

Laughter Yoga

Date: October 25
Time: Friday, 12-1p
Location: SPCC Senior Drop-in Center

Program Cost

FREE (must register)

[Register](#)

Aquatics Programs

Daily Fees:

Residents: Adults \$5 | Youth/Seniors \$4

Non-Residents: Adult \$6 | Youth/Seniors \$5

Frequent User Passes:

Residents: Adults \$70 | Youth/Seniors \$50

Non-Residents: Adult \$90 | Youth/Seniors \$70

[View Pool Calendar
\(October\)](#)



Pool Pumpkin Splash 2022. [View details for the 2024 event!](#)

Golf

South Portland Municipal Golf Course

Call 775-0005 for tee times.
Tee times are recommended, as walk-ins may not always be able to be accommodated on busy days.

Greens Fees (18 holes per day):
Monday-Friday: \$15
Saturday, Sunday & Holiday: \$17

Play Passes:
10 Play Pass: \$140
5 Play Pass: \$70

Conservation and Parks

SEPTEMBER HIGHLIGHTS



Learn & Explore

Gardening at the Middle School

Date: October 7
Time: 3-3:45p
Ages: Middle School Families
Location: South Portland Middle School

Program Cost: FREE

Introduction to Nature Journaling

Date: October 10
Time: 2-3p
Ages: Geared towards adults
Location: South Portland Public Library

Program Cost: FREE

[Register](#)

(Re)Discover Hinckley Park

Nature Photography

Date: October 13
Time: 1-3p
Location: Hinckley Park

Program Cost: FREE

[Learn More](#)

Nature Story Time

Deer

Date: October 11
Time:
Ages 0-5: 10:30a
Ages 6-12: 3:30p
Location: Hinckley Park

Program Cost: FREE

[Learn More](#)

Ecology Lecture Series

Myths and Legends of Maine

Date: October 17
Time: 6:30-7:30p
Ages: Geared towards adults
Location: South Portland Public Library

Program Cost: FREE

[More Info](#)



Visit the
**SCARECROW
PATCH**
through October in
Hinckley Park

Special Events



Fall Festivities



Pool Pumpkin Splash!

Date: October 11

Time:

Age 0-5: 10-11am

All Ages Session 1: 6-7pm

All Ages Session 2: 7-8pm

Location: SPCC Pool & Casco Bay Room

Program Cost:

Residents: \$7

Non-residents: \$12

[Register](#)

Zombie Dash

Zombie Dash

Run for your lives through the trails at Hinckley Park which have been 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!

Date: October 18

Times: Friday,

Mild Session: 5:30-6:30p

Thrill Seekers: 6:30-7:30p

Location: Hinckley Park

Program Cost

Residents: \$10

Non-Residents: \$20

Zombie Volunteer: FREE!

[Register](#)



A HALLOWEEN DOG PARTY

THE MONGREL MASH

October 19, 10a-12p, Mill Creek Park

ADOPTION INFO, DOG VENDORS, COSTUME CONTEST AND MORE!

PARTY SCHEDULE:

- **10-10:30a: The Party Starts!**
 - visit vendors and last minute costume registration (if space allows)
- **10:30-11:30a: Costume Contest**
- **11:30a-11:45a: Pup Parade**
 - attendees without pets & participating vendors are encouraged to hand out treats
- **11:45a-12p: Winners Announced**

Info & Registration:



Costume Categories:

- Funny
- Spooky
- Most Creative
- Best Dog and Owner Duo
- Online costumes

ENTER THE COSTUME CONTEST

1. Sign up online and come in costume the day of. Day-of registration will only be available if space allows.

OR

2. Enter our online competition by sending a picture of your dog in costume to jfisher@southportland.org

HALLOWEEN TRUNK OR TREAT

October 26

11am - 3pm
Free!

Join us for:

-  Touch-a-truck
-  Trick or Treating
with local service providers
-  FREE new coats
-  Donating coats (*gently used*)
-  Games



CITY OF
**SOUTH
PORTLAND**
Parks, Recreation
& Waterfront



Cop a Free Coat!

South Portland
Police will be
handing out
FREE COATS
while supplies &
sizes last!

Sharing warmth one coat
at a time

