

South Portland Municipal Pool Schedule November 18-December 31, 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	Lap Swim & Hydro Fitness 7-8am	Deep Water Aerobics & Lap Swim 7-8am		
8 AM	Shallow Water Aerobics 8-9am (no laps available)	Lap Swim* starting 11/26 & J.A.M. 8-9am	Shallow Water Aerobics 8-9am (no laps available)	Lap Swim & J.A.M. 8-9am	Shallow Water Aerobics 8-9am (no laps available)		
9 AM	Open Swim w/ laps 9-11am	Open Swim w/ laps 9-10am	Open Swim w/ laps 9-11am	Open Swim w/ laps 9-10am *starting 12/5	Open Swim w/ laps 9-10am	Open Swim w/ laps NO diving board 9-11am *starting 11/30	Open Swim w/ diving board & 2-3 lap lanes 10-1pm
10 AM		Scarborough Schools 10-11am		SPHS Swim Club & Open Swim (NO laps) 10-11am	SPHS Swim Club & Falmouth Schools		
11 AM	Senior Swim w/ 3 lap lanes 60+ 11-12pm	Senior Swim w/ 3 lap lanes 60+ 11-12pm	Senior Swim w/ 3 lap lanes 60+ 11-12pm	Senior Swim w/ 3 lap lanes 60+ 11-12pm	Senior Swim w/ 3 lap lanes 60+ 11-12pm	Open Swim w/diving board NO laps 11-1pm *starting 11/30	
12 pm	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-2:30pm (no diving board)	RENTAL 1-2pm	Open Swim w/ laps/NO diving board 1-3pm
1 PM						RENTAL 2-3pm	
2 PM							
3 PM	SPHS Swim & Dive Team 3-5pm	SPHS Swim & Dive Team 3-5pm	SPHS Swim & Dive Team 3-5pm	SPHS Swim & Dive Team 3-5pm	SPHS Swim & Dive Team 2:30-7pm	Lap Swim (All 6 lanes) 3-4:30	RENTAL 3-4pm
4 PM						Adult Only Open Swim 4-5pm	
5 PM	ABF Swim Team 5-6pm (Closed to public)	ABF Swim Team 5-6pm (Closed to public)	ABF Swim Team 5-6pm (Closed to public)	ABF Swim Team 5-6pm (Closed to public)		CLOSED	Lap Swim 5-5:50pm
6 PM	RipTide Swim Club 6-7pm	Open Swim w/ Diving Board + laps	Rip Tide Swim Club 6-7pm	Open Swim w/ Diving Board + laps *starting 12/5			CLOSED
7 PM	Deep Water Aero & RipTide PLUS 7-8pm	Shallow Water Aerobics + 2-3 laps 7-8pm	Deep Water Aero & RipTide PLUS 7-8pm	Shallow Water Aerobics + 2-3 laps 7-8pm	Maintenance 7-8pm Pool CLOSED		
8 PM	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	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 CLOSURES:

Thursday, 11/28 & Friday, 11/29-CLOSED for Thanksgiving Holidays

Saturday, 12/14 from 9-11am only-Lifeguard/Instructor Staff Meeting

Tuesday, 12/24-Christmas Eve CLOSING at NOON

Wednesday, 12/25 -CLOSED for Christmas

Tuesday, 12/31-New Year's Eve CLOSING at NOON

Wednesday, 1/1/25-CLOSED for New Year's Day

*****Please note that some of our swim times do NOT begin right away due to Fall lessons extending into this calendar!***

Planning Ahead...Winter Swim Lessons Information: Registration is 12/16 for residents and 12/19 for non-residents.

Youth Lessons will be offered, one lesson per week, starting in January. 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.

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

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

Buy a punch pass and make it easier on yourself to come and use the pool!!

Frequent User Pass (20 Swims)

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

Non-Resident: Adult \$80 ~ Youth/Senior \$70