

Programs & Activity Guide

SOUTH PORTLAND

PARKS, RECREATION, AND
WATERFRONT

2025 Winter Spring



www.sopoparksrec.com | 207-767-7650

Registration Dates

Recreation & Winter Pool Programs

Residents: December 16, 2024

Non-Residents: December 19, 2024

Spring Pool Programs

Residents: March 10, 2025

Non-Residents: March 13, 2025

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

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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:

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**

January 1 (New Year's Day)
January 20 (Martin Luther King Day)
February 17 (Presidents' Day)
April 21 (Patriots' Day)

SPCC CLOSED

December 24 at noon
January 31 at noon
April 20 (Easter)

**2025 WINTER/SPRING
BROCHURE REGISTRATION DATES**

Rec & Winter Pool Programs: Residents
December 16

Rec & Winter Pool Programs: Non-Residents
December 19

Spring Pool Programs: Residents
March 10

Spring Pool Programs: Non-Residents
March 13

***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.

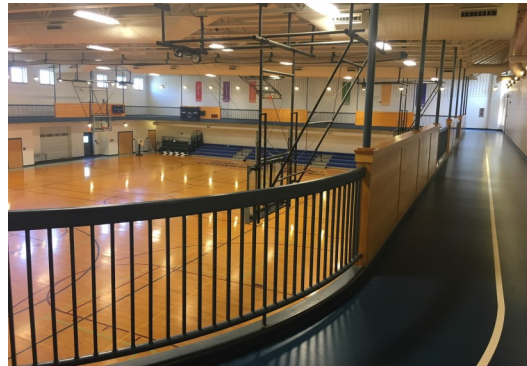
To assist with your community center needs, we have several items available for purchase at our front desk.



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.

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



SCHEDULED SENIOR DROP-IN CENTER ACTIVITIES

MONDAYS:

Monthly Birthday Celebrations – 1st Monday each month: 10:00-11:00am (*Registration Required*)
Cards & Hand & Foot: 12:00-3:00pm

TUESDAYS:

Mah Jongg: 12:00-3:00pm

WEDNESDAYS:

Bridge: 9:30-11:30am
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 Friday 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

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: One month display time
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

WELCOME TO WINTER BINGO

Winter is not a season it is a celebration! Join us for hot chocolate, winter treats and Bingo to celebrate and welcome back winter! We will play some Bingo games with winter themes as we sip hot cocoa and enjoy a morning of fun with friends! *Min 10/Max 25*

Date: Thursday, January 2
Time: 9:30– 11:30pm
Location: SPCC Casco Bay Room
Fee: \$5.00
Staff Coordinator: Karla Doyon

SENIOR PROGRAMS

PERSONALIZED NUTRITION WITH REGISTERED DIETITIAN HILLARY PRIDE

Join Hillary Pride, registered dietitian with Hannaford Supermarkets, for an informative and engaging nutrition workshop. Participants will learn strategies to incorporate important nutrients like fiber and calcium into their diets and have a chance to build their own meal plans.

Min 5/Max 24

Presenter: Hillary Pride, Registered Dietitian Hannaford

Date: Wednesday, February 19

Time: 1:00- 2:00pm

Location: SPCC Senior Drop-in Center

Fee: Free (*Registration required*)

Staff Coordinator: Karla Doyon

FCP LIVE-IN PRESENTATIONS

Janine Fifield, Care Coordinator from FCP Live-In will share her expertise on respite care and the live-in caregiver model. FCP Live-In has provided the ultimate solution for assisted live-in home care since 1997, committed to providing a unique and customized in-home caregiver approach to senior care, providing clients with safety and independence and families with peace of mind. Learn more about how FCP Live-In can greatly support you or your loved ones. *Min 5/Max 24*

Presenter: Janine Fifield, Care Coordinator

Dates/Times: January 28 – 10:00-11:00am

February 4 – 1:00-2:00pm

Location: SPCC Senior Drop-in Center

Fee: Free (*Registration required*)

Staff Coordinator: Karla Doyon

ALL ABOUT BALANCE - EDUCATIONAL WORKSHOP & EXERCISE CLASS SERIES

Join us for "All About Balance", a free class series hosted by the balance experts from the Maine Strong Balance Center. Week 1 is a lecture style workshop where participants will learn about the anatomy and physiology of their balance systems, how these systems change with aging and evidenced based interventions to improve the function of these balance systems. Weeks 2-4 are exercise classes focused on improving the functioning of the major balance systems in the body. All levels and balance abilities are welcome. **YOU MUST REGISTER!** *Min 10/Max 24*

Instructor: Jason Adour, PT, DPT, Physical Therapist, President, Owner Maine Strong Balance Center

Date: Thursdays, March 6, 13, 20 & 27

Time: 9:30-10:30am

Location: Senior Drop-in Center

Fee: FREE (*Registration required*)

Staff Coordinator: Karla Doyon

STAY SAFE! AGE FRIENDLY ADAPTATIONS TO MAKE IN YOUR HOME

It may be time to think about adapting your home so you can stay there longer, safer and independently. Modifying your home may be easier than you think. Senior center volunteer Kathy Adams will go through the aspects of how to assess your home and present many options for modifications. She will share resources to help you and show many types of adaptive devices that can be useful in your home. *Min 5/Max 24*

Date: Wednesday, January 22

Time: 9:30-10:30am

Location: SPCC Senior Drop-in Center

Fee: Free (*Registration required*)

Staff Coordinator: Karla Doyon

HEALTHY HEARTS, HAPPY LIVES!

Join Rachel Boutin from Northern Light as she reviews risk factors for heart related issues and ways that we can modify our lifestyles to promote healthy hearts. Education provided on what evidence says about what types of exercises are most effective to keep our hearts healthy. *Min 5/Max 24*

Presenter: Rachel Boutin, PT DPT, GCS Board Certified Specialist in Geriatric PT, Lead PT and Site Coordinator of Clinical Education, Northern Light

Date: Friday, February 7

Time: 11:30am-12:30pm

Location: SPCC Senior Drop in Center

Fee: Free (*Registration Required*)

Staff Coordinator: Karla Doyon

MANAGING ATHRITIS

Join Rachel Boutin from Northern Lights as she provides education on the different types of arthritis and risk factors. Reviews how to manage arthritis in the short-term and long-term through lifestyle choices and medical interventions. *Min 5/Max 24*

Presenter: Rachel Boutin, PT DPT, GCS Board Certified Specialist in Geriatric PT, Lead PT and Site Coordinator of Clinical Education, Northern Light

Dates: Wednesday, April 9

Time: 1:00-2:00pm

Location: Senior Drop-in Center

Fee: Free (*Registration required*)

Staff Coordinator: Karla Doyon

SENIOR PROGRAMS

NATURE THEMED PRESENTATIONS

Join one of our 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:

January 14: Technology in Nature

February 11: The Nature of Love

March 11: Resilience of Maine's Wildlife

April 1: Wild and Wacky

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 (*Registration required*)

Staff Coordinator: Karla Doyon



Dates:

January 29: Poetry

February 26: Drama

March 26: Classic

April 30: Western

EVCU SENIOR FINANCIAL WELLNESS WORKSHOP SERIES

Join us for an engaging, informative workshop series tailored to seniors focused on enhancing financial wellness and safety. Program covers essential topics including managing senior finances, organizing and preparing important personal records, and recognizing and avoiding scams targeted at older adults. Each session provides practical insights and tools to help seniors make informed financial decisions. To keep things fun and interactive, participants can enjoy money-themed games designed to sharpen shopping savvy and strengthen budgeting skills. *Min 10/Max 24*

Presenters: Evergreen C.U. Financial Wellness Team with Brenda Pollock

Dates: Tuesdays, April 8 & 22

Time: 11:30– 1:00pm

Location: SPCC Senior Drop-in Center

Fee: Free (*Registration required, helpful resources, lunch, & prizes!*)

Staff Coordinator: Karla Doyon

COFFEE WITH A COP

Coffee with a cop is designed to improve trust, breakdown barriers and build relationships, one cup of coffee at a time. This provides an opportunity for community members and South Portland Police Officers to come together and discuss issues, ask questions and learn more about one another. Join Officer Erin Curry and other South Portland Police Officers from the South Portland Police Department for coffee and conversation. *Min 5/Max 15*

Dates/Times: Wednesday, January 15 – 1:00-2:00pm

Monday, March 10 from 10:00-11:00am

Location: SPCC Senior Drop-in Center

Fee: Free (*Registration required*)

Staff Coordinator: Karla Doyon

NATIONAL PUZZLE DAY PARTY

Let's have a puzzle party! Today is National Puzzle Day! Come to the Senior Drop in Center to partake in an afternoon of puzzle making fun and enjoy a puzzle exchange! Bring a puzzle or two to exchange with others. Small puzzles will be available for puzzle making and puzzle themed snacks included! *Min 5/Max 25*

Dates: Wednesday, January 29

Times: 12:30-2:30pm

Location: SPCC Senior Drop-in Center

Fee: \$5.00

Staff Coordinator: Karla Doyon

BATTLE BETWEEN TOWNS TRIVIA SERIES

Join us as we welcome our surrounding recreation friends for a Battle of the Towns Trivia Series! For 3 weeks (check dates monthly), we will test your knowledge, battle it out and see which town will hold the trivia battle title! Snacks and drinks included. *Min 10/Max 25*

Dates: January 23, March 13, April 17

Time: 10:00am-11:30am

Location: SPCC Casco Bay Room

Fee: \$5.00

Staff Coordinator: Karla Doyon

SENIOR PROGRAMS

SPRING TO LIFE

Let's get ready for Spring! The flowers, plants and trees are not the only things starting to grow in South Portland. So is the Senior Drop in Center! Come join the staff and volunteers from the Senior Drop in Center for a day of celebration. We will have music, games, raffles, door prizes, finger foods, snacks and non-alcoholic beverages. There will also be a special guest. We will laugh, learn, share, connect and explore all the Senior Drop-in Center has to offer. *Min 10/Max 50*

Date: Monday, March 24

Time: 10:00am-2:00pm

Location: Senior Drop-in Center

Fee: \$6.00

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: Mondays, Jan. 6, Feb. 3, Mar. 3 & Apr. 7

Time: 10:00-11:00am

Location: SPCC Senior Drop-in Center

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

Staff Coordinator: Karla Doyon



VALENTINE'S THEMED SWEET TREATS EVENT

Do you love sweet treats? Grab your gal pals or partner and come indulge with us, as we welcome our friends from surrounding recreation departments to join us for a sweet treats event! There will be lots of savory, rich, decadent, crispy and fruity sweet treats as well as some healthy options. Coffee and tea included! *Min 10/Max 25*

Date: Wednesday, February 12

Time: 1:00-2:30pm

Location: SPCC Casco Bay Room

Fee: \$12.00

Staff Coordinator: Karla Doyon

VOLUNTEER APPRECIATION LUNCH

Join us for special luncheon where we will thank all of our wonderful senior center and program volunteers. April is Volunteer Month and we want them to know how much we appreciate all they do! No games, prizes or fanfare just a great-catered lunch! *Min 10/Max 25*

Date: Friday, April 4

Time: 12:30pm-2:30pm

Location: SPCC Senior Drop-in Center

Fee: \$14.00

Staff Coordinator: Karla Doyon

ARMCHAIR TRAVEL – CITIZEN SCIENCE IN BAJA DE LOS ANGELES & THE SEA OF CORTEZ

It's Earth week and we are headed out with Sydney on an adventure in our neighboring country of Mexico. On this 10-day journey, you will get to see two entirely different ecosystems- the Baja California desert and the Sea of Cortez. While there, you will participate in valuable citizen science projects, which focus on the amazing flora and fauna of the region. In addition, did we mention the delicious Mexican food you will have along the way? *Min 5/Max 24*

Presenter: Park Ranger, Sydney Raftery

Date: Thursday, April 24

Time: 9:30-10:30am

Location: SPCC Senior Drop-in Center

Fee: Free (*Registration Required*)

Staff Coordinator: Karla Doyon

ARMCHAIR TRAVEL – RAFTING THE COLORADO RIVER THROUGH THE GRAND CANYON FOR 8 DAYS

Join Volunteer Diann Wood as she shares her journey rafting the Colorado River through the Grand Canyon. Experience the excitement, serenity, joy and enchanting beauty of the river as it transforms this divine chasm and those who venture down it. This trip was 226 miles over 8 days and Diann has done it twice! *Min 5/Max 10 each session*

Dates/Times:

Monday, February 10 from 10:00am-12:00pm or

Wednesday, March 12 from 12:30-2:30pm

Location: SPCC Senior Drop-in Center

Fee: Free (*Registration Required*) **Please make an effort to show up if you register, as there is a lot of work put into these presentations.**

Staff Coordinator: Karla Doyon

ARMCHAIR TRAVEL – A SUMMERTIME TRIP TO NEW ZEALAND

Join Sydney on the trip of a lifetime to the gorgeous country of New Zealand. You'll experience breathtaking hikes, visit famous movie locations, catch an All Blacks game, and learn all about the Maori people. You might even get a chance to see some of the unique wildlife that call the islands home. This trip will span both the north and south islands and will include all of the highlights from Sydney's time studying abroad. *Min 5/Max 24*

Presenter: Park Ranger, Sydney Raftery

Date: Thursday, January 23

Time: 9:30-10:30am

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!

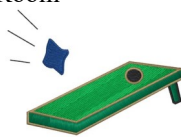
Dates: Fridays, January-April (No program 2/21, 4/18, 4/25)

Time: 1:45pm-3:15pm

Location: SPCC Gym or Multi-purpose Room

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, Jan 31, Feb 28, March 28, April 25

Time: 12:00-1:00pm

Location: Senior Drop-in Center

Fee: FREE

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:

January 7 & 21

February 4 & 18

March 4 & 18

April 8 & 22

Time: 1:00-2:00pm

Location: SPCC Aerobic Room

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

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 - 11:15am

Location: SPCC Multi-Purpose Room

Staff Coordinator: Karla Doyon

Session	Dates	Fee
January	9, 16, 23, 30	\$28/\$38NR
February	6, 13, 27	\$21/\$31NR
March	6, 13, 20, 27	\$28/\$38NR
April	10, 17	\$14/\$24NR
*Drop-In Fee is \$8.00 per class		

Session	Dates	Fee
January	9, 16, 23, 30	\$28/\$38NR
February	6, 13, 27	\$21/\$31NR
March	6, 13, 20, 27	\$28/\$38NR
April	10, 17	\$14/\$24NR
*Drop-In Fee is \$8.00 per class		

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.

WMTW TOUR **2**

Tour of the Channel 8 WMTW news station. The tour consists of a look at the news set and the technology that runs it, a look at the control room and the equipment needed to execute a newscast as well as a description of how everything gets put together to create a newscast. *Min 10/Max 13*

Date: Thursday, March 6

Time: Departs SPCC 9:00am/Approx. return 11:00am

Location: Westbrook

Fee: \$6.00 (*Transportation Only*)

Staff Coordinator: Karla Doyon

OXFORD CASINO **1**

We are off to the slots! Join us for this fun trip up to the Oxford Casino! The Oxford Grill offers an extensive menu while the Oxford Express has quicker options, i.e., sandwiches, pizza and hot dogs. You will be on your own for lunch while we are there. Please play responsibly! *Min 10/Max 13*

Date: Wednesday, April 2

Time: Departs SPCC 9:30am/Approx. return 4:00pm

Location: Oxford

Fee: \$12.00 (*Transportation Only*)

Staff Coordinator: Karla Doyon

ECO MAINE TOUR **3**

Tour of the Eco Maine waste to energy and recycling facility. The Eco Maine waste to energy facility is where trash is processed and burned to create electricity. The recycling facility is where all recycling is sorted and bailed to be shipped off and turned into new material. **PLEASE NOTE:** These are industrial operations with steep stairs, elevated walkways, and open grate flooring. Hard hats and safety glasses provided. You must wear closed toe shoes.

Min 10/Max 13

Date: Wednesday, February 5 (snow date: Feb 6)

Time: Departs SPCC 1:00pm /Approx. return 4:00pm

Fee: \$5.00

Location: Portland

Staff Coordinator: Karla Doyon

MYSTERY TRIP **2**

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! Please bring water, a snack and whatever else you think you might need for the day. This mystery will be a visual and creative experience! Lunch out (cost of lunch is on your own). *Min 10/Max 13*

Date: Wednesday, April 30

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

(*Includes transportation, lowest cost of activity fee, can upgrade at your own cost*)

Fee: \$27/\$37NR

Location: It is a mystery!

Staff Coordinator: Karla Doyon

QUIRKY THINGS **1**

Grab your coffee and donuts (provided) as we head out today to visit the closest to home quirky things we can find! We will find a pinecone made from shovels, a life sized chocolate moose, the world's largest rotating globe and we will see an 800 pound 8 foot big foot! What else is there to do in this cold month of January? Bring cash for sweet purchases. *Min 10/Max 13*

Date: Thursday, January 16

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

Location: Portland, Yarmouth, Scarborough

Fee: \$12.00 (*Includes transportation and museum fee*)

Staff Coordinator: Karla Doyon

SENIOR TRIPS

MADELEINE'S @ PORTLAND STAGE 1

Some family secrets are hard to swallow! This heartfelt play by Bess Welden tells the story of Debra and Jennifer, two sisters processing the death of their mother, a professional baker. When a secret hidden among their mother's recipes is discovered, the siblings fracture, and their understanding of family is put to the test. A play about sweets, familial rivalry, and learning to let go, Welden's work asks us to examine how, and what, we forgive. *Min 13/Max 13*

Date: Thursday, March 20

Time: Departs SPCC 1:15pm /Approx. return 5:00pm

Location: Portland

Fee: \$42/\$52NR

Staff Coordinator: Karla Doyon

MURDER ON THE LINKS @ PORTLAND STAGE 1

This hilarious adaptation of Agatha Christie's murder mystery takes audiences on an exciting romp through Merlinville-Sur-Mer, France, to find the killer of a rich businessman. Follow famous detective Hercule Poirot as he puts the puzzle pieces together in this classic whodunnit! *Min 13/Max 13*

Date: Thursday, February 13

Time: Departs SPCC 1:15pm /Approx. return 5:00pm

Location: Portland

Fee: \$45/\$55NR

Staff Coordinator: Karla Doyon

BOSTON ADVENTURE – TITANIC THE EXHIBITION 3

Join our Cape Elizabeth and Scarborough neighbors for a comfortable trip to Boston aboard a luxury motor coach. Experience an interactive tour of the Titanic, where you can learn about the real stories of the passengers and crew through their items recovered from the "Unsinkable Ship." After the Titanic: The Artifacts Exhibition, we will have two hours of free time to enjoy a bite to eat and a little shopping at the Boston Public Market, an indoor marketplace featuring over 30 New England artisans and food producers. **No refunds after December 31.** *Min 13/Max 13*

Date: Thursday, January 30

Time: Departs SPCC 7:30am /Approx. return 4:30pm

(Includes transportation and exhibit)

Fee: \$96/\$106NR

Location: Boston

Staff Coordinator: Karla Doyon

THE BIRDS AT USM THEATRE 1

Daphne du Maurier's short story, also the basis for Alfred Hitchcock's classic film, is boldly adapted by Conor McPherson—a gripping, unsettling, and moving look at human relationships in the face of societal collapse. In an isolated house, strangers Nat and Diane take shelter from relentless masses of attacking birds. They find relative sanctuary but not comfort or peace; there is no electricity, little food, and a nearby neighbor may still be alive and watching them. Another refugee, the young and attractive Julia, arrives with some news of the outside world, but her presence also brings discord. Their survival becomes even more doubtful when paranoia takes hold of the makeshift fortress—an internal threat to match that of the birds outside. *Min 13/Max 13*

Date: Wednesday, February 26

Time: Departs SPCC 9:15am /Approx. return 12:30pm

Location: Gorham

Fee: \$15.00

Staff Coordinator: Karla Doyon

WITH A LITTLE HELP FROM MY FRIENDS: A 1960'S MUSICAL TRIBUTE 1

Celebrate life and music of the 1960's as we transform the Footlights Theatre into a hippie haven. You'll dig this jukebox score of classic hit 60's songs sung by an explosive cast of singers! We will bring the sights, sounds, and experiences of the far out, but turbulent 1960's to our stage. So, join us for this groovy love-in that will transport all you flower children back to the Summer of Love! *Min 10/Max 13*

Date: Thursday, April 24

Time: Departs SPCC 6:15pm /Approx. return 9:00pm

Location: Falmouth

Fee: \$25/\$35NR

Staff Coordinator: Karla Doyon

EP ROCK COVERS THE BEATLES! 1

Don Boudreau does it again, you may have seen him as Elvis in years past but this time he is coming to us in 2025 with the Beatles! It is a one-man show; however, he will most certainly dress the part. We are fortunate to join our friends from surrounding recreation departments at the Merrill Auditorium for this performance just one day after the 60th Anniversary of when the Beatles did the Ed Sullivan Show! *Min 13/Max 13*

Date: Monday, February 10

Time: Departs SPCC 1:15pm /Approx. return 4:30pm

Location: Portland

Fee: \$25/\$35 NR

Staff Coordinator: Karla Doyon

SENIOR TRIPS

1 LUNCH AT THE GREEN LADLE CULINARY ARTS SCHOOL

Part of the Lewiston Regional Technical Center, the ladle offers the opportunity for students to get real hands-on work in the positions of head chef, cook, waiter/waitress and hosting. March menu is “brunch” and April menu is “BBQ”. If the Italian Bakery is open, we will make a quick stop after lunch. **Please note that the TIP is not included. Please bring cash for the hard-working students for tips.** *Min 10/Max 13*

Date: Friday, March 28 or Thursday, April 10
Time: Departs SPCC 9:30am, Approx. return 1:30pm
Location: Lewiston
Fee: \$30/\$40NR (*Lunch only, bring money for tip*)
Staff Coordinator: Karla Doyon

1 LET’S MAKE PRETTY THINGS!

We are off to The Creative Soul Open Studio. The studio is a hub of activity, where creativity thrives, and people of all ages can find their inner artist. You pick your own project: pottery, canvas, sea glass art, painting on wine glasses and more! Prices range from \$5 to \$25 or a little more. You pick the project and price range of your choice (cost on your own)! Seasoned artist or total novice encouraged! Lunch out. *Min 13/Max 13*

Date: Wednesday, April 16
Time: Departs SPCC 9:00am/Approx. return 2:30pm
Location: Kennebunk
Fee: \$13.00 (*Transportation & studio fee only. Pick your project and cost is on your own. Bring money for lunch.*)
Staff Coordinator: Karla Doyon

3 DUNN FAMILY MAPLE TOUR

Dunn Family Maple is home to five generations of Maple Sugaring traditions. You might think the owner has maple syrup in his blood. The Dunn family works tirelessly to make some of the finest Maple Syrup. They also offer several other maple treats like Maple Whoopie Pies, Maple Candy, and more. You must be physically able to walk in the woods possibly over uneven terrain to the maple trees to sign up for this trip. *Min 10/Max 13*

Date: Wednesday, March 19
Time: Departs SPCC 10:00am/Approx. return 12:30pm
Location: Buxton
Fee: \$8.00 (*Transportation only. Bring money for purchases.*)
Staff Coordinator: Karla Doyon

2 LUNCH AND BO-MAR ANTIQUES

We are off to lunch in Wells. After lunch, we will walk off our food as we shop at Bo-Mar Hall Antiques and Collectibles. This shop has 8000 square feet of antique, vintage and eclectic merchandise...and much more, but all on one floor with more than 100 vendors! All booths are filled with great finds...many at flea market prices...some starting at \$1.00. Wear comfortable shoes for walking. *Min 10/Max 13*

Date: Wednesday, March 5
Time: Departs SPCC 10:30am /Approx. return 3:00pm
Location: Wells
Fee: \$8.00 (*Bring money for lunch & purchases.*)
Staff Coordinator: Karla Doyon

1 TEA AT THE LADY MARY INN AT HURD MANOR

Delicately prepared tea sandwiches, sweets and scones served in an intimate setting in the manor. Surrounded by Victorian elegance and charm, this experience and culinary offering are steeped in both flavor and history. The Lady Mary Inn is the quintessential setting for afternoon tea. *Min 13/Max 13*

Date: January 10 & February 27
Time: Departs SPCC 11:15am /Approx. return 2:30pm
Location: North Berwick
Fee: \$50/\$60NR (*Transportation & tea luncheon*)
Staff Coordinator: Karla Doyon

2 WESTON’S FARM & MARKET & BROWNFIELD COUNTRY MARKET

Located at the picturesque farm in a 225 year old barn Weston’s Farm & Market in Fryeburg offers all of the farms fresh produce, meats, cheeses, craft beer, wine, baked goods, gifts from the New England Region and State of Maine Souvenirs. Brownfield Country Market is a quaint local market nestled in the heart of Brownfield. Offering a variety of fresh produce, groceries, and household essentials, this Amish owned market is worth a visit. *Min 10/Max 13*

Date: Wednesday, January 8
Time: Departs SPCC 8:00am/Approx. return 12:30pm
Location: Fryeburg & Brownfield
Fee: \$10.00 (*Transportation only, bring money for purchases*)
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	Jan 7– April 29	11:30am - 1:30pm	SPCC Gym
Wednesday (lunch time)	Jan 8– April 30	11:30am - 1:30pm	SPCC Gym
Wednesday (evening)	Jan 8– April 30	7:00pm - 9:00pm	Redbank Gym
Fridays	Jan 3– April 25	11:30am - 1:30pm	SPCC Gym
Sundays (over 30)	Jan 5– April 27*	2:00pm - 3:45pm	SPCC Gym
Sundays (over 40)	Jan 5– April 27*	8:00am-9:30am	Redbank Gym

***No programs 4/20**

Adult Volleyball	Dates	Time	Location
Sundays	Jan 5– April 27*	4:00pm - 6:00pm	SPCC Gym

***No programs 4/20**

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	Jan 6– April 30*	7:30 - 11:00am	SPCC Gym (Max 40)
Mon & Wed (True Beginners Only)	Jan 6– April 20*	8:00 - 11:00am	Redbank Gym (Max 24)
Tues & Thurs	March 4– April 29*	6:30-8:30pm	Redbank Gym (Max 24)

***No Adult Pickleball: 1/20, 2/17, 4/21**

ADULT PROGRAMS

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, January 2– April 24

Time: 10:00am – 12:00pm

Age: 18+

Location: SPCC Gym

Fee: FREE

Staff Coordinator: Whitney Dorsett

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 20*

Instructor: Linda Peters

Days: Wednesdays

Time: 10:45 – 11:45am

Location: SPCC Multi-purpose Room

Fee: \$32/\$42NR, \$5 Drop-in (*No senior discount*)

Staff Coordinator: Whitney Dorsett

Beginner Line Dancing Winter 1

Dates: January 8– February 26

Beginner Line Dancing Winter 2

Dates: March 5– April 23

ADULT PROGRAMS

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. Supply list will be available prior to first class. *Min 4/ Max 15*

Instructor: Pauline Cook

Dates: Fridays, January 10-31

Time: 10:00 – 11:30am

Location: SPCC Casco Bay Room

Fee: \$70/\$80NR

Staff Coordinator: Whitney Dorsett



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

Jan 4– Feb 1: Streams and Rivers

This five class series will teach beginner pastelists how to draw and paint marshes, streams, and rivers with a focus on fun!

Feb 8– March 8: Animals

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

March 15– April 12: Roadways in Landscape

This five class series will teach beginner pastelists how to draw and paint paths and roads in landscapes.

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: 10:00-11:30am

Location: SPCC Casco Bay Room

Fee: \$80/\$90NR

Staff Coordinator: Whitney Dorsett

Introduction to Watercolors

Dates: February 14– March 14

Watercolors Part 2

Dates: March 28– April 25



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, 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

Jan 16: SMART Goal Setting for Health and Wellness

Struggling to make lasting changes in your health journey? Join us for an interactive session on SMART goal setting, a proven approach to setting and achieving your wellness goals. We'll explore how to break down big goals into manageable steps, stay motivated, and celebrate small wins along the way. Whether you're looking to improve fitness, nutrition, sleep, or stress management, this class will provide the tools you need to set yourself up for success.

April 17: Preventative Health Screenings and Why They Matter

When it comes to health, prevention is key. This informative session will guide you through the most common preventative health screenings—what they are, when they're recommended, and why they're so important for long-term health. From cholesterol and blood pressure checks to cancer screenings and bone density tests, you'll gain a clear understanding of which screenings may apply to you and how they can detect issues early. With the right screenings, you can be proactive about your health and make informed choices to stay well.

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*
January 2-30 (no class 1/20)	\$72/\$82 NR
February 3-27 (no class 2/10, 2/17)	\$54/\$64 NR
March 3-31	\$81/\$91 NR
April 3-28 (no class 4/21)	\$63/\$73 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*
January 2-30	\$72/\$82 NR
February 4-27	\$64/\$74 NR
March 4-27	\$64/\$74 NR
April 1-29	\$72/\$82 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*
Winter 1	Jan 8– Feb 26	9:00-10:15am	\$90/\$100 NR
Winter 2	March 5– April 30	9:00-10:15am	\$101.25/\$112.50 NR
*Drop in fee \$15 per class			

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

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

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

Session	Dates
January	5, 12, 19, 26
February	2, 9, 16, 23
March	2, 9, 16, 23
April	7, 14, 27 (\$52.50/\$62.50NR)

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

Session	Dates
January	5, 12, 19, 26
February	2, 9, 16, 23
March	2, 9, 16, 23
April	7, 14, 27 (\$52.50/\$62.50NR)

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

Session	Dates
January	10, 17, 24, 31
February	7, 14, 21, 28
March	7, 14, 21, 28
April	4, 11, 18, 25

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

Session	Dates
January	10, 17, 24, 31
February	7, 14, 21, 28
March	7, 14, 21, 28
April	4, 11, 18, 25



ADULT PROGRAMS– Sports 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.

Cost: \$75/\$85 NR (no senior discount)

Location: SPCC Gym

Staff Coordinator: Whitney Dorsett

Thursday League - Winter 2

Dates: February 6– March 27

Game times: Between 6:30-9:30pm

Monday League - Spring

Dates: March 3– May 12 (No games 4/21)

Game times: Between 6:00-9:00pm

Thursday League – Spring

Dates: April 3– May 29

Game times: Between 6:00-9:00pm

League registration closes 1 week before each session starts.



ADULT SOFTBALL LEAGUES

Join the South Portland Adult Leagues for the Co-ed Softball Spring and Summer Leagues! Whether you are a seasoned player or new to the sport, this is the perfect opportunity to get active, meet new people, and enjoy some friendly competition. We are excited to bring together individuals who share a passion for recreational sports and a love for the great outdoors.

These leagues will feature team formation, preseason practice sessions, and a chance to socialize with fellow softball enthusiasts. Do not miss the opportunity to be part of a fun and inclusive community that values sportsmanship and camaraderie. Let us swing into action, make this spring, and summer a memorable one on the softball field!

SP Rec will not provide bats or gloves.

Captains please email wdorsett@southportland.org with your team name, shirt size and a tentative roster after registering. *Individuals/free agents* will be contacted at least 1 week prior to the league start date.

Game and League Format

- 8 games for regular season top 10 teams make playoffs
- 10 v 10 format, a minimum of 4 female and 4 male on the field
- 7 innings, no new innings after 60 minutes from scheduled start time.
- Champion teams wins - Adult League Championship items

Monday Softball League

Dates: Mondays, May 5 – July (No games 5/26)

Game Times: 5:30pm – 8:30pm

Tuesday Softball League

Dates: Tuesdays, May 6 – July

Game Times: 5:30pm – 8:30pm

Team Fee: \$700/\$710 NR

Free Agent Fee: \$75/\$85 NR

Location: South Portland Recreation Complex (Wainwright Fields) 125 Gary L Maietta Pkwy

Staff Coordinator: Whitney Dorsett

2025 SUMMER REC CAMP

CAMP DETAILS

All Summer Camp Dates, Times, and Locations are tentative

Camp Dates: Monday through Friday, June 23rd to August 8th (no camp July 4th)

*Mega Riots Camp is only Monday through Thursday

Camp Hours: 8:00am-5:30pm (8:00am-2:00pm on Friday, August 8th)

*Mega Riots Camp is 8:30am-5:30pm

Kindercamp is for children entering Kindergarten, location TBD

Mini Riots Camp is for children entering 1st and 2nd grade, location TBD

Little Riots Camp is for children entering 3rd and 4th grade, location TBD

Big Riots Camp is for children entering 5th and 6th grade, location TBD

Mega Riots Camp is for children entering 7th and 8th grade, location Redbank Community Center

CAMP PAYMENT INFORMATION

Camp Fee: \$180.00/week

NEW THIS YEAR - \$180.00 deposit at the time of registration will go towards your child's first week.

*Registration Deadline for week 1 is Monday, June 2nd

*Weeks 2-7 deadlines are the Wednesday prior to that week if spots are available.

Remaining camp balances are due in full by June 2, 2025. There will be no changes made or refunds given after this date unless the spot can be filled from the waiting list.

Scholarship Info

Scholarship applications are available and will be accessible during the registration process online or at the Community Center front desk. **Your child MUST be registered with deposit paid for your scholarship application to be processed.** Scholarship applications are due by March 31, 2025.

REGISTRATION PROCEDURE

Register online at www.sopoparksrec.com

Or in-person at the South Portland Community Center

Registration Opens: February 3, 2025 at the following times:

Registration Times:

8:00am-Mini Riots (entering 1st & 2nd grade)

9:00am-Little Riots (entering 3rd & 4th grade)

10:00am-Big Riots (entering 5th & 6th grade)

11:00am-Mega Riots (entering 7th & 8th grade) & Kindercamp (entering Kindergarten)

Please contact Kari Filieo with any questions regarding Summer Camp: kfilieo@southportland.org

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):

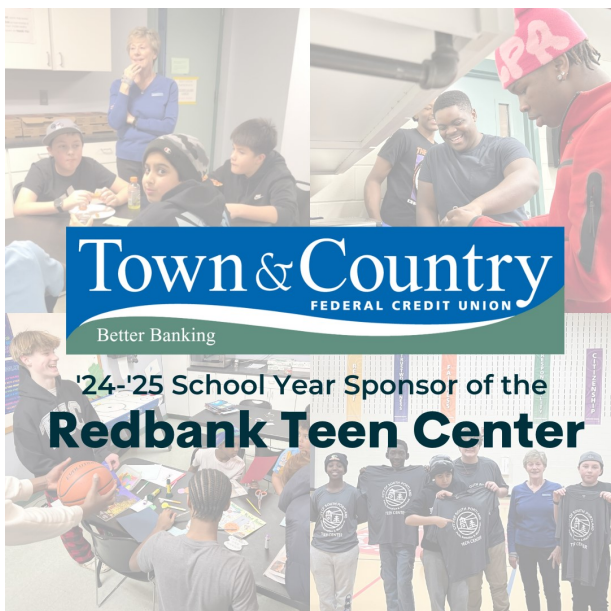
Date: Sept 3rd, 2024 – June 13th, 2025

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

Staff Coordinator: Hannah Seigel
hseigel@southportland.org



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*

Date: Friday, April 18

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 is a \$20 sibling discount for this program. *Min 15/Max 40*

February Vacation Camp: February 18-21

April Vacation Camp: April 22-25

Time: 8:00 am – 5:00 pm

Grade: K – 5

Location: SPCC

Fee: \$50.00 per day

Staff Coordinator: Kari Filieo



19 Vacation Camp Field Trip, February 2024

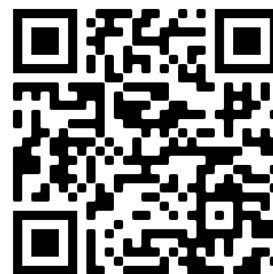
YOUTH PROGRAMS

SCHOLARSHIPS ARE AVAILABLE FOR ALL YOUTH PROGRAMS!

Visit www.sopoparksrec.com for an application form.

Forms are available in:

- English
- Français
- Português
- Español



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: January 6– February 24
(no class 1/20, 2/17)
Session 2: March 3–April 7

Days: Mondays

Time: 4:30– 5:15pm

Ages: 5-9

Location: SPCC Aerobic Room

Fee: \$75/\$85 NR

Staff Coordinator: Brianne Maloney

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: January 6–February 24
(no class 1/20, 2/17)
Session 2: March 3–April 7

Days: Mondays

Time: 5:30– 6:15pm

Ages: 6-10

Location: SPCC Aerobic Room

Fee: \$75/\$85 NR

Staff Coordinator: Brianne Maloney

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: Winter 1: January 3–February 7
Winter 2: February 28–April 4
Spring 1: April 18– May 23

Day: Fridays

Time: 4:00– 5:00pm

Ages: 5-12

Location: SPCC Multipurpose Room

Fee: \$65/\$75 NR

Staff Coordinator: Brianne Maloney



JAZZ AND HIP HOP

Jazz and Hip Hop Dance class is a great, upbeat, energetic class that will give dancers the opportunity to learn and progress in both styles of dance, half the class focusing on jazz dance and the other half focusing on hip hop. Suitable for dancers that have some dance experience or beginner dancers, the class will move at a pace for dancers ages 7-11. *Min 4/Max 14*

Instructor: Drouin Dance Center

Dates: Session 1: January 6–February 24
(no class 1/20, 2/17)
Session 2: March 3–April 7

Days: Mondays

Time: 6:30– 7:15pm

Ages: 7– 11

Location: SPCC Casco Bay Room

Fee: \$75/\$85 NR

Staff Coordinator: Brianne Maloney

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, please pay the supervisor at the start of each day.

Dates: Tuesdays, Nov 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: Brianne Maloney

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 keeps your children entertained and enthused to return next week. Includes Tiny Tykes Uniform, size 2 ball. *Min 7/Max 20*

Instructor: Challenger Sports
 Winter Dates: Saturdays, January 4– February 8
 Spring Dates: Sundays, March 2– April 6
 Day: Sundays
 Location: Redbank Gym
 Fee: \$120/ \$130NR
Staff Coordinator: Brianne Maloney

Session	Ages	Time
Cubs 1	2-3	10:00-10:45am
Lions	4-5	11:00-11:45am

HOOP MAGIC

This program is for boys and girls in grades K – 1. By rotating through stations, we will teach the children the basics in passing, dribbling, shooting, and defense. Participants will spend the majority of their time in stations learning the basic skills and will be wrapping up each station by playing fun games that help use the skills learned that day. Depending on numbers, sessions may need to be combined. Cost includes a t-shirt. *Min 12/Max 25*

Instructor: High School Girls Varsity Coaches and Varsity Players
 Dates: January 5– February 9
 Day: Sundays
 Kindergarten: 9:45am -10: 30am
 1st Grade: 10:45-11:30am
 Location: Redbank Gym
 Fee: \$60/ \$70NR
Staff Coordinator: Brianne Maloney

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, Nov 5 – 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: Brianne Maloney

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: Brianne Maloney



Session	Dates
Basketball	January 4, 11, 18, 25, February 1, 8
Baseball	March 1, 8, 15, 22, 29, April 5



YOUTH PROGRAMS

WINTER ART FOR KIDS

In this 4 week program, we will celebrate winter by creating winter-themed art! We will make paper snowflakes, paper plate snowmen, wintry paintings, and more. *Min 5/Max 15*

Instructor: Lindsay Larsen

Dates: January 4-25
Day: Saturdays
Time: 9:00 –10:00am
Grade: K-5

Location: SPCC Casco Bay Room
Fee: \$40/\$50 NR

Staff Coordinator: Brianne Maloney



FUN CHEFS “WHAT’S FOR DINNER?”

Come spend your Monday afternoons learning how to plan and prep your own dinner! Each week we will learn about what it takes to create a full meal. We will learn how to measure, prep foods, and create a well rounded meal. All materials are included in the fee.

Min 10/Max 24

Instructor: Stacey Stolman

Dates: January 6– February 24 (**No program 1/20, 2/17**)

Day: Mondays
Time: 4:30 –5:30pm
Ages: 7-13

Location: SPCC Casco Bay Room
Fee: \$125/\$135 NR

Staff Coordinator: Brianne Maloney



Football Clinics, March 2024

FOOTBALL FUN CLINICS

The clinics offer opportunities for players to practice basic football skills as well as learn the concepts, schemes and rules of the game. These clinics are fun and geared for kids who want to learn and get ready for the fall season! These sessions will be led by High School Head Football Coach, Aaron Filieo. Other coaches will include future and current flag coaches, High School and Middle School players.

Instructor: Aaron Filieo, SPHS Varsity Football Coach

Flag Football Clinic
Dates: March 2– April 6
Days: Sundays
Time: 2:00-3:00pm
Grade: K-3

Tackle Football Clinic
Dates: March 2– April 6
Days: Sundays
Time: 3:00-5:00pm
Grade: 4-6

Location: Redbank Gym
Fee: \$75/\$85NR

Staff Coordinator: Brianne Maloney

KIDS NIGHT OUT

Give your kids an evening of fun while you enjoy a night out on the Town. Kids will enjoy pizza for dinner, swimming in the pool (when available), games, crafts, and a movie. This program is for children in grades K-5.

Min 10/Max 30

Dates: February 7, March 7, April 4

Days: Fridays
Time: 5:00 – 8:50pm

Grades: K-5

Location: SPCC Gym, Casco Bay Room, Pool
Fee: \$30/\$40 NR, sibling discount

Staff Coordinator: Jenna Martyn-Fisher

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 3/Max 12

Instructor: Asya Vinokur

Time: 4:00-5:15pm
Age: 4-8

Location: SPCC Multi-Purpose Room

Staff Coordinator: Brianne Maloney

January		
Session	Dates	Cost
Mondays	January 6-27*	\$90/\$100NR
Wednesdays	January 8-29	\$120/\$130NR
February		
Session	Dates	Cost
Mondays	February 3-24*	\$90/\$100NR
Wednesdays	February 5-26	\$120/\$130NR
March		
Session	Dates	Cost
Mondays	March 10-31	\$120/\$130NR
Wednesdays	March 12-Apr 2	\$120/\$130NR
April		
Session	Dates	Cost
Mondays	April 7-28*	\$90/\$100NR
Wednesdays	April 9-30	\$120/\$130NR
May		
Session	Dates	Cost
Mondays	May 5-26*	\$90/\$100NR
Wednesdays	May 7-28	\$120/\$130NR
*(no class 1/20, 2/17 4/20, 5/26)		

YOUTH PROGRAMS

YOUTH LACROSSE

Come get involved in one of the fastest growing sports in the country! Emphasis will be on individual skill development with game concepts. All players are welcome and will be placed on gender and age appropriate teams (**grades 3/4 together and grades 5/6 together**). These teams will be placed into the Maine Youth Lacrosse League and games will be played in area towns, *so travel is required*.

Dates: Mid-March- June 2025

Days: Weekend games, 1-2 Weekday practices (TBD)

Grades: 3-6

Location: Practice Wainwright Fields, Games in area towns

Fee: \$85/\$95NR

Staff Coordinator: Brianne Maloney

BOYS LACROSSE CLINIC

South Portland Youth Coaches Erik Giles and Ben Bettez will lead indoor lacrosse sessions in March for new and returning lacrosse players in grades 3 to 6. Sessions will emphasize skill development and playing small-sided games. Players should bring sneakers, athletic clothes, a water bottle, and a lacrosse stick (if possible). Sticks can be provided for new players. If you do not have your own lacrosse stick, please contact Coach Hanley (dan.hanley3@gmail.com). *Min 10/ Max 20*

Middle School Lacrosse Open Play

Instructor: Erik Giles

Dates: January 4– April 8

Time: 4-6pm

Days: Saturday

Grades: 5-6

Fee: \$10

Elementary Lacrosse Clinics

Dates: February 23– April 6

Days: Sundays

Grades: 3-4

Time: 1:00-2:00pm

Fee: Free

Location: Redbank Gym

Staff Coordinator: Brianne Maloney

YOUTH BASEBALL CLINIC

Hone your baseball skills with Little League in preparation for next season. Age-specific skills will be taught in each session. *Min 12/ Max 25*

Instructor: Mike Owens, SPSHS Varsity Baseball Coach

Dates: January 5-February 9

Days: Sundays

Age:

9-10: 2:45-3:45pm

11-12: 3:45-4:45pm

Location: Redbank Gym

Fee: \$75/\$85NR

Staff Coordinator: Brianne Maloney

CHALLENGERS FUTSAL

Many of Brazil's top soccer players grew up playing Futsal which helped them develop incredible foot skills and quick decision-making. The Challenger Futsal Coaches will help your players learn and practice these specialized skills along with teaching them about improvisation, creativity, ball control, and small space passing. Our program offers the perfect setting for long-term development! Many world-class footballers played Futsal in their youth and recognize the part it played on their journey. *Min 7/ Max 15*

Instructor: Challenger Sports

Winter Dates: Saturdays, January 4– February 8

Spring Dates: Sundays, March 2– April 6

Time: 12:00-1:00pm

Age: 6-10

Location: Redbank Gym

Fee: \$120/\$130NR

Staff Coordinator: Brianne Maloney



FLOOR HOCKEY

Leave the skates behind and join the best (and only) floor hockey league in town. This co-ed league is for children who would like to have a chance to play floor hockey with others on Saturday mornings (no weekday practices). *Min 20/ Max 60*

Dates: March 1– April 5

Days: Saturdays

Time: 10am-12pm

Grades: 3-5

Location: Redbank Gym

Fee: \$55/\$65NR

Staff Coordinator: Brianne Maloney

PILLOW HOCKEY

It's Pillow Hockey season! This program has been a spring tradition in South Portland for many years. This is a co-ed league for children who would like to have a chance to play with others on Saturday mornings. Pillow Hockey is a modified form of floor hockey, using soft round "Q-tip" - like sticks and a soft ball. All children will receive a T-shirt. Parents will hear from their child's coach the week prior to the first game. There are no practices for this program. *Min 20/ Max 60*

Dates: March 1– April 5

Days: Saturdays

Time: Games played between 10am-12pm

Grades: K-2

Location: Redbank Gym

Fee: \$55/\$65NR

Staff Coordinator: Brianne Maloney

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, April 26– May 24

Time: 9:00– 9:45am

Grade: K-2

Location: SPHS Track

Fee: \$55/\$65NR

Staff Coordinator: Brianne Maloney



SPRING 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, May 31– June 28

Time: 9:00am-10:00pm

Grade: 2-8

Location: SPHS Track

Fee: \$55/\$65 NR

Staff Coordinator: Brianne Maloney

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, April 26– May 24

Grades 2-5: 10:00-11:00pm

Grade 5-8: 11:00am-12:00pm

Location: SPHS Track

Fee: \$55/\$65NR

Staff Coordinator: Brianne Maloney



MIDDLE SCHOOL VOLLEYBALL

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: April 22– May 27

Days: Tuesdays

Time: 6:30 – 8:00pm

Grades: 5-8

Location: SPCC Gym

Fee: \$65/\$75 NR

Staff Coordinator: Brianne Maloney

Driver's Education



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

Winter Session 1: February 3-27 (**no class 2/17-20**)

Winter Session 2: March 31– April 17

Days: Mon-Thurs

Time: 2:30-5:00pm

Ages: 15+

Location: SPCC Conference Room

Fee: \$645/student

Staff Coordinator: Anthony Johnson

YOUTH PROGRAMS

SOUTH PORTLAND MIDDLE SCHOOL AFTER SCHOOL REC CLUBS

South Portland Recreation is teaming up with South Portland Middle School to provide on-site after school clubs at SPMS. Each club is designed for each student to be able to take the late school bus to get home after each club.

Min 8/ Max 60

Grades 5-6: 3:05-3:45p, late bus leaves at 3:50p

Grades 7-8: 2:15-2:55p, late bus leaves at 3:00p

Location: SPMS

Fee: \$50.00

Staff Coordinator: Whitney Dorsett

Karate– Dragon Fire Martial Arts

Students in this class will learn the basic strikes, blocks, kicks and stances used in karate training.

Session	Dates	Day	Location
Winter 1	January 2-30	Thursdays	SPMS Room TBD
Winter 2	February 27– April 3 (no program 3/20)	Thursdays	SPMS Room TBD

Drawing– Pauline Cook

Become comfortable making your own mark. This course introduces the fundamental elements of drawing.

Session	Dates	Day	Location
Winter 1	January 2-30	Thursdays	SPMS Room TBD
Winter 2	February 27– March 27	Thursdays	SPMS Room TBD

Rugby– Gareth Roberts, Bowdoin College Rugby Coach

This youth instructional program will emphasize the mechanics and skills of the game in a safe, fun environment.

Session	Dates	Day	Location
Rugby 1– Intro to Rugby	March 17– April 14	Mondays	SPMS Multipurpose Room
Rugby 2– Rugby Skills & Intramurals	April 28– May 19	Mondays	SPMS Multipurpose Room

Pickleball– Dave Cousins

Each session will cover essential skills like serving, volleying, and teamwork, along with friendly games to put your new techniques into practice.

Session	Dates	Day	Location
Spring	May 1-30	Thursdays	SPMS Gym/Outdoor Courts

***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 will 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.

Dates: January 6– February 10 **(no program 1/20)**

Days: Mondays

Time: 2-10pm

Grades: 7-12

Location: Bridgton

Fee: Transportation only: \$70

All options below include transportation

Lift Only - \$165

Refresher Lesson & Lift - \$195

Lift & Rentals- \$325

Lift & Lessons (all 5 weeks) - \$325

Lift, Lesson & Rentals (all 5 weeks) - \$485

**rentals include a helmet*

Staff Coordinator: Sydney Raftery



Pleasant Mountain

YOUTH WINTER EQUIPMENT RENTAL PROGRAM

In an effort to promote getting kids outside during the winter months, South Portland Parks, Recreation, and Waterfront will be leasing outdoor equipment (acquired through the Keep ME Healthy Grant) for South Portland youth only during the winter of 2023-2024. Available rental equipment includes snowshoes and/or ice skates, in various youth sizes. **Rentals are good for 5 days and then must be returned to the Community Center to allow others to use.**

There is no upfront cost to rent the equipment, but instead, a balance will be put on your account (\$75 for snowshoes, \$50 for ice skates). The balance will be removed when the equipment is returned in the same condition it was found.

Equipment Use Rules

- Equipment **MUST** be returned within 5 days of when picked up.
- All users will be registered in our online registration system, MyRec. **Must register in person at the Community Center front desk.**
- A \$75.00 balance will be applied to your account for each set of snowshoes. This charge will be removed when the equipment is returned
- A \$50.00 balance will be applied to your account for each set of ice skates. This charge will be removed when the equipment is returned. **We reserve the right to limit and/or suspend your right to participate in any future South Portland Parks & Recreation programs until the above fee is paid on your account if the equipment is returned damaged or not returned.**



STAFF SPOTLIGHT - Brianne Maloney

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

As the Youth Program Coordinator I organize and run over 70 various programs for residents and nonresidents ages 2-18. Some of our most popular programs that I ran are our youth sports leagues. Offering youth sports to hundreds of children each year.

What do you like most about your job?

I like that I get to be involved in the community in a positive way. Creating and offering programs at lower cost to get the youth involved and active.

What is your favorite park in South Portland?

Thomas Knight Park, provides amazing views of the working water front, tall ships and breathtaking sunsets

What do you do for fun?

Most of my time out of work is spent at my other job as the Varsity Girls Basketball Coach for South Portland.

What is your favorite restaurant?

Bird & Co

What are you reading now?

The Housemaid Series by Freida McFadden



SPCC POOL INFORMATION



Our pool is 25 meters in length with a one-meter diving board. The pool strives to maintain a temperature of 82 degrees year round. 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 flotation 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.

Winter Swim Registration Dates

Residents: Monday, December 16
Non-Residents: Thursday, December 19

Spring Swim Registration Dates

Residents: Monday, March 10
Non-Residents: Thursday, March 13
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.

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.

PROGRESSIVE SWIM LESSONS FOR KIDS 6-13

Youth Progressive Lessons

Instructors: Pool Staff
Age: 6-13years
Fee: \$70/\$80NR
Spring Sunday class fee: \$60/\$70NR

Winter 2025 Session:

Thursdays, January 2– February 13
Saturdays, January 4– February 15
Sundays, January 5– February 16

Spring 2025 Session:

Thursdays, April 3– May 15
Saturdays, April 5– May 17
Sundays, April 6–May 18 (no program 4/20)

	<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

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.

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 Winter 2025

Min 2/Max 5
 Tuesdays: January 7 – February 18
 Wednesdays: January 8 – February 19
 Thursdays: January 2 – February 13
 Saturdays: January 4 – February 15
 Sundays: January 5 – February 16
 Ages: 3-5
 Location: SPCC Pool
 Fee: \$70/\$80NR

Mini Swimmers Spring 2025

Min 2/Max 5
 Tuesdays: April 1 – May 13
 Wednesdays: April 2 – May 14
 Thursdays: April 3 – May 15
 Saturdays: April 5 – May 17
 Sundays: April 6 – May 18 (No class 4/20)
 Ages: 3-5
 Location: SPCC Pool
 Fee: \$70/\$80NR
 Sunday Session Fee: \$60/\$70NR

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.

	Tuesdays	Wednesdays	Thursdays	Saturdays	Sundays
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

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 barbells) 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 Children each with their OWN adult.*

Winter Session

Instructors: Pool Staff
 Fee: \$70/\$80NR
 Age: 2.5-4yo
 Tuesdays January 7 – February 18
 Time: 6:00-6:30pm
 Wednesdays January 8 – February 19
 Time: 9:30-10:00am
 Saturdays January 4 – February 15
 Time: 11:30am-12pm
 Sundays January 5 – February 16
 Time: 11:00-11:30am

Spring Session

Instructors: Pool Staff
 Fee: \$70/\$80NR
 Sunday Session Fee: \$60/\$70NR
 Age: 2.5-4yo
 Tuesdays April 1 – May 13
 Time: 6:00-6:30pm
 Wednesdays April 2 – May 14
 Time: 9:30-10:00am
 Saturdays April 5 – May 17
 Time: 11:30am-12pm
 Sundays April 6 – May 18 (No class 4/20)
 Time: 11:00-11:30am

SWIM LESSONS FOR FAMILIES (ADULT WITH ONE CHILD)

FAMILY LESSONS FOR BABIES AND TODDLERS

(Combining all ages together for Winter and Spring sessions)

This class is for parents/care-givers and their 9 month to 3 year old child (by the start of the program). In this playful networking class, adults and thire 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. This level is fun-filled and helps introduce water safety concepts and encourages a healthy recreational habit that the entire family can enjoy.

Although at the age of 3, children can enter into our Mini I class, we **STRONGLY** encourage parents to register their children for this Family Lessons class, if it is their first experience in swimming lessons. Please ask the swim staff should you have any questions about registering your child for their first swim class. *Min 4/Max 15*

WINTER 2025 SESSION

Thursdays: January 2 –February 13
 Saturdays: January 4 – February 15
 Sundays: January 5 – February 16
 Location: SPCC Pool
 Fee: \$70/\$80NR

SPRING 2025 SESSION

Thursdays: April 3 –May 15
 Saturdays: April 5 – May 17
 Sundays: April 6 – May 18 (no program, 4/20)
 Location: SPCC Pool
 Fee: \$70/\$80NR
 Sunday Session Fee: \$60/\$70NR

<u>Thursday AM</u>	<u>Saturday AM</u>	<u>Sunday AM</u>
9:00-9:30am	9:00-9:30am	10:00-10:30am
9:30-10:00am	9:30-10:00am	10:30-11:00am

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 2/Max 6*

WINTER 2025

Instructor: Pool Staff
 Dates: Sundays, January 5– February 16
 Time: 4:00- 4:30 PM (Group 1)
 Time: 4:30-5:00 PM (Group 2)
 Age: 14+
 Location: SPCC Pool
 Fee: \$70/\$80NR

SPRING 2025

Instructor: Pool Staff
 Dates: Sundays, April 6– May 18 (**no class 4/20**)
 Time: 4:00- 4:30 PM (Group 1)
 Time: 4:30-5:00 PM (Group 2)
 Age: 14+
 Location: SPCC Pool
 Fee: \$60/\$70NR

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, April 1– May 13
 Time: 6:00-7:00pm
 Grades: 6-12 (*no exceptions will be made*)
 Fee: \$70/\$80NR



LESSONS

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 6/Max 12

Instructor(s): Aquatics Supervisory staff

Course dates: Saturday, March 15th 8am-6pm
Sunday, March 16th 8am-12pm
Saturday, March 22nd 8am-6pm
Sunday, March 23rd 8am-12pm

Course length: approx. 32 hours in-class/in-water with a REQUIRED 9-12hrs of online course work (completed BEFORE the beginning of the class)

Fee: \$275/\$325NR

Minimum age is 15 years old, by the conclusion of the course (with no exception)

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

Spring Sunday Session Fee: \$60/\$70NR

WINTER SESSIONS

Tuesday Morning

Instructors: Lesley & Hildi

Dates: January 7– February 18

Time: 8:00 – 8:45 AM

Thursday Evening

Instructors: Mike

Dates: January 2– February 13

Time: 8:00– 8:45 PM

Sunday Evening

Instructors: Lia

Dates: January 5– February 16

Time: 5:00– 5:45 PM

SPRING SESSIONS

Tuesday Morning

Instructors: Lesley & Hildi

Dates: April 1– May 13

Time: 8:00 – 8:45 AM

Thursday Evening

Instructors: Mike

Dates: April 3– May 15

Time: 8:00– 8:45 PM

Sunday Evening

Instructors: Lia

Dates: April 6– May 18 (no class 4/20)

Time: 5:00– 5:45 PM



SPCC Lifeguards, 2024

RIPTIDE SWIM CLUB

RIPTIDE SWIM CLUB

Riptide Swim Club is designed for swimmers ages 8-14 who are looking to build endurance and improve their stroke technique. We also hope to build a team unit that focuses on being “good sports” and representing swimming in a positive 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.

2024-25 Winter Session:

Dates: December 9-March 19
(No program 12/25, 1/1, 1/20, 2/17)
Practice Days: Mondays and Wednesdays
Time: 6:00 – 6:55pm
Age: 8-14yo
Fee: \$160/\$170NR

2025 Spring Session:

Dates: April 7-June 11
(No program 4/21, 5/26)
Practice Days: Mondays and Wednesdays
Time: 6:00 – 6:55pm
Age: 8-14yo
Fee: \$120/\$130NR

Riptide & Riptide Plus Evaluation & Placement Sessions:

Winter

Evaluation: Wednesday, December 4 at 6pm
Online Registration:
Thursday, December 5 for residents starting at 7am
Friday, December 6 for non-residents starting at 7am

Spring

Evaluation: Wednesday, April 2 at 6pm
Online Registration:
Thursday, April 3 for residents starting at 7am
Friday, April 4 for non-residents starting at 7am

RIPTIDE PLUSWIM 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. On occasion, RipTide Plus swimmers will be asked to work with Riptide swimmers (particularly during our end of the season meet). 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: 22 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.

2024-25 Winter Session:

Dates: December 9-February 19
(No program 12/25, 1/1, 1/20, 2/17)
Practice Days: Mondays and Wednesdays
Time: 7:00 – 7:55pm
Grade: 6-8
Fee: \$120/\$130NR

PLEASE NOTE: This session does **NOT** align with RipTide due to the Middle School swim season starting in February. We hope that RT+ swimmers will enjoy being on their respective Middle School Swim teams!

2025 Spring Session:

Dates: April 7-June 11
(No program 4/21, 5/26)
Practice Days: Mondays and Wednesdays
Time: 7:00 – 7:55pm
Age: 8-14yo
Fee: \$120/\$130NR



PARKS PROGRAMS

EARTH DAY FAIR

Join us for our very first Earth Day Fair to celebrate all things nature, get resources from sustainable organizations, meet like-minded people in your community, and clean up the city! This fair is a partnership between our Parks and Recreation department, our Sustainability department, and the South Portland Land Trust. Many other related organizations will be in attendance, handing out goodies and information as well!

Dates: Saturday, April 26
Time: 10:00am-2:00pm
Location: Mill Creek Park (SPCC in case of bad weather)
Fee: FREE
Staff Coordinator: Sydney Raftery

NATURE STORY TIME

Join us at the library for a nature-themed story time with activities from librarians and park rangers.

Time: Ages 1-5 at 10:30am
Ages 6-12 at 3:30pm
Location: South Portland Public Library
Fee: FREE
Staff Coordinator: Sydney Raftery

January 10– Beavers
February 14– Otters
March 14– Mushrooms
April 25– Fireflies

ECOLOGY LECTURE SERIES

Join us at the library each month for an ecology-related lecture from a park ranger.

Dates: 3rd Thursday each month January-March
Time: 6:30pm-7:30pm
Location: South Portland Public Library
Fee: FREE
Staff Coordinator: Sydney Raftery

Topics:

January 16- The Wonderful World of Insects
February 20- A History of Parks and Environmentalism
March 20- Maine's Amphibians and Reptiles



Ecology Presentation, 2023

FAMILY & SPECIAL EVENTS

FAMILY BINGO NIGHT

Family Bingo Night returns this winter! Don't miss this fun chance for a night of family fun with many opportunities to win prizes! Pizza and drinks are included for up to four family members. *Min 20/Max 60*

Dates: January 23, February 20, March 20, April 10
Time: 5:30-7:00pm
(Pizza served at 5:30, Bingo starts at 6)
Ages: Fun for the whole family!
Location: SPCC Casco Bay Room
Fee: \$25/\$35NR per family of 4, \$5 for additional family members
Staff Coordinator: Jenna Martyn-Fisher

FLICK & FLOAT

The pool will be open at 3pm and the movie will start at 3:10pm. Noodles will be available for use. Movie is also visible from the upstairs observation deck if you want to dry off before the end of the movie.

Date: February 19
Time: 3-5pm
Location: SPCC Pool
Fee: \$5/\$6NR
Staff Coordinator: Jenna Martyn-Fisher



Flick & Float, February 2024

VALENTINE'S DAY FAMILY DANCE

Join us on for a Valentine's Day family dance to celebrate and have fun with everyone you love most! Be part of this magical evening of dancing, activities, and good times. Light refreshments will be served and music for all ages will be provided.

Date: Saturday, February 15
Time: 6:00-8:00pm
Location: SPCC Gym & Casco Bay Room
Fee: \$14/ \$24
Staff Coordinator: Jenna Martyn-Fisher

South Portland Parks and Recreation presents...

Shades of Ireland

with Optional 3-Night London Pre Tour Extension
with Optional 3-Night Edinburgh Post Tour Extension

October 9 – 18, 2025



Book Now
& Save
\$200
Per Person

Upgrade to Elite Airfare! See inside for details.

SPECIAL TRAVEL PRESENTATION

Date: Wednesday, January 29, 2025 Time: 5:30 PM

South Portland Parks and Recreation, 21 Nelson Rd, S Portland, Maine, 04106

RSVP to Jenna



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

For more information contact
Jenna Martyn-Fisher
South Portland Parks and Recreation
(207) 767-7650
jfisher@southportland.org



2025 marks the 150th anniversary of the Portland Breakwater Lighthouse, fondly called Bug Light.

COMMUNITY CONNECTIONS

RESTORATIVE CIRCLES FOR PARENTS

What if your experiences as a parent had the power to connect and uplift our community?

We welcome all South Portland parents to join us monthly (come to one, some, or all!) to share stories, learn more about each other, and strengthen relationships across our community.

Please arrive early as the circle will begin at 7:05pm. Optional time for snacks and chat after the discussion. For more information contact Andrew Forsthoefel (forsthoefel@cumberlandcounty.org) or Lee Anne Dodge (ldodge@southportland.org)

Dates: January 13, February 10, March 10, April 14, May 12, June 9

Time: 7-8pm

Location: SPS Learning Commons



SOUTH PORTLAND LITTLE LEAGUE- BASEBALL AND SOFTBALL

We are happy to announce that 2025 registration for all South Portland Little League divisions, Baseball, Softball, and Challenger will open on January 13, 2025. Little League starts at player age 4, and more information will be posted at www.southportlandlittleleague.com/, along with registration details. Depending on age and division, the season will begin in April or May of 2025. Further information about clinics prior to the season will also be posted.

If you have questions about registration or are a new player or South Portland resident, and would like to be added to the email distribution list, please contact Registration Chair, Jon Hartford at JonHartford@gmail.com. Any additional questions, please contact League President, Jana Grant, at JanaGrant1013@gmail.com. All information is also posted to our Facebook page: <https://www.facebook.com/SouthPortlandLittleLeague>, please join us!



THANK YOU SPONSORS!



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!

Henry Berry
Amy Brown
Chris Chapman
Fred Dillon

James Dillon
Linda Fearon
Ray Glass
Linda LaVerriere

Linda Peters
Doug Radar
Judy Simpson
Karen Talentino

John Roediger
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

Youth Soccer Coaches

Gerry Brown
Hel Saridel
Rachel Healy
Michael Davidov
Dominic Fitzpatrick

Chris Bowden
Daniel Lukfin-Beck
Alex Grindle
Joe Chateaufneuf
Katie Clark

Glenn Barnes
Misha Pride
Korik Vargas
Ben Marshall
Matt Reid

Parlin Meyer
Nate Duncklee
Kevin Demers
Keely Kane



Teens from the Redbank Teen Center enjoy treats during a fun visit from Lee Anne Dodge, Sopo Unite. Thank you Lee Anne!