

South Portland Municipal Pool Schedule January 2 -February 23, 2025

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

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

Daily Fees:

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM	Adult Lap Swim 6-6:55am	Adult Lap Swim 6-6:55am	Adult Lap Swim 6-6:55am	Adult Lap Swim 6-6:55am	Adult Lap Swim 6-6:55am	CLOSED	CLOSED
7 AM	Lap Swim & Deep Water Aerobics* 7-8am	Lap Swim & Hydro Fitness* 7-8am	Lap Swim & Deep Water Aerobics* 7-8am	Lap Swim & Hydro Fitness* 7-8am	Lap Swim & Deep Water Aerobics* 7-8am		
8 AM	Shallow Water Aerobics (no laps available) 8-9am	J.A.M 8- 8:45am & Stroke Refine Clinic	Shallow Water Aerobics (no laps available) 8-9am	J.A.M 8-8:45am & 2 lap lanes	Shallow Water Aerobics (no laps available) 8-9am		
9 AM	Open Swim w/ laps 9-11am	Swim lessons & 3 lap lanes 9-10am	Swim lessons & 3 lap lanes 9-10am	Swim Lessons only (closed to public) 9-10am	Open Swim w/ laps 9-10am	Swim Lessons 9-12pm	Swim Lessons 10-1pm
10 AM		Scarborough Schools (closed to public) 10-11am	Open Swim w/ laps 10-11am	Open Swim (NO laps) & SPHS Swim Club 10-11	Falmouth Schools & SPHS Swim Club 10-11		
11 AM	Senior Open Swim w/ laps 60+ only 11-12pm	Senior Open Swim w/ laps 60+ only 11-12pm	Senior Open Swim w/ laps 60+ only 11-12pm	Senior Open Swim w/ laps 60+ only 11-12pm	Senior Open Swim w/ laps 60+ only 11-12pm		
12 pm	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ board (NO laps)	Open Swim w/ board (NO laps) 1-3pm
1 PM						RENTAL 1-2pm	
2 PM						RENTAL 2-3pm	
3 PM	SPHS Swim & Dive Team 3-5pm	SPHS Swim & Dive Team 3-5pm	SPHS Swim & Dive Team 3-5pm	SPHS Swim & Dive Team 3-5pm	SPHS Swim & Dive team Swim Meets 2:30-7pm	Adult ONLY Lap Swim (all 6 lanes) 3-4:30pm	RENTAL 3-4pm
4 PM							Adult BEGINNER lessons & Adult ONLY Open Swim
5 PM	ABF 5-6pm (closed to public)	ABF 5-6pm (closed to public)	ABF 5-6pm (closed to public)	ABF 5-6pm (closed to public)		CLOSED	Stroke Refine Clinic & Adult ONLY Lap Swim
6 PM	RipTide Swim Team 6-7pm	Swim Lessons only 6-7pm	RipTide Swim Team 6-7pm	Swim Lessons only 6-7pm			
7 PM	Deep Water Aero & RipTide PLUS 7-8pm	Shallow Water Aero + 2-3 lap lanes 7-8pm	Deep Water Aero & RipTide PLUS 7-8pm	Shallow Water Aero + 2-3 lap lanes 7-8pm			Maintenance 7-8pm Pool CLOSED
8 PM	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Stroke Refine & Lap Lanes (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	CLOSED	

*denotes a class limit of 25 patrons. NO exceptions! Thank you for supporting our instructors.

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

CLOSURES: **Monday, 1/20-MLK Day** **Monday, 2/17-President's Day**

Pool Party Rentals: Rentals for Saturday or Sunday afternoons can be completed online!!

Check it out at www.sopoparksrec.com and contact the Customer Service Desk with any questions about this process.

Youth and Adult WINTER swim lessons dates:

Thursdays: 1/2 – 2/13 **Saturdays:** 1/4 – 2/15 **Sundays:** 1/5 – 2/16
Tuesdays: 1/7 – 2/18 **Wednesdays:** 1/8 – 2/19

Are you a former swim instructor or teacher? Want to swim or take aerobics classes at our pool FREE? Join our team of talented, flexible and kind swim instructors! We are always hiring and we would LOVE to talk to you about our youth swim programming! Reach out to the Aquatic Supervisor on deck for more information!

Definition of Swims:

SENIOR ONLY SWIM: (ages 60+ only). There will 3 lap lanes AND a large open space for exercising. The ramp will be accessible.

LAP SWIM: When possible, all 6 lanes in the pool. Lanes will be designated for FAST, MODERATE, and SLOW swimming speeds for CIRCLING SWIMMING only. Lifeguards can assist you in finding an appropriate lane.

OPEN SWIM: Enjoy some fun in the pool by yourself or with friends and family. Some swims will restrict use of the board or lap lanes, so please note on the schedule whether lap lanes or the diving board (or BOTH) will be open. **Sunday at 4pm is for adults only please!**