

# South Portland Municipal Pool Schedule February 24- March 31, 2025

DAILY fee for pool/spa use and aerobics classes

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](http://www.sopoparksrec.com)

**SP Residents:** Adults \$5  
Children/ Seniors 60+ \$4

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
<b>6 AM</b>	Adult Lap Swim ONLY	Adult Lap Swim ONLY	Adult Lap Swim ONLY	Adult Lap Swim ONLY	Adult Lap Swim ONLY	CLOSED	CLOSED			
<b>7 AM</b>	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					
<b>8 AM</b>	Shallow Water Aerobics 8-9am (no laps available)	Lap Swim & J.A.M. 8-9am	Shallow Water Aerobics 8-9am (no laps available)	Lap Swim & J.A.M. 8-9am	Shallow Water Aerobics 8-9am (no laps available)	Shallow Water Aero & 2-3 laps 8-9am	Open Swim w/ diving board; no laps 10-1pm			
<b>9 AM</b>	Open Swim w/ laps 9-11am	Open Swim w/ laps 9-10am	Open Swim w/ laps 9-11am	Open Swim w/ laps 9-10am	Open Swim w/ laps 9-10am	Open Swim w/ 2-3 lap lanes; no board 9-11am				
<b>10 AM</b>		Scarborough Schools 10-11am		SP Swim Club & Open Swim (no laps) 10-11am	SP Swim Club & Falmouth Schools 10-11am					
<b>11 AM</b>	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm	Open Swim w/ diving board; no laps 11-1pm				
<b>12 pm</b>	Open Swim w/ laps 12-2:30pm (NO diving board)	Open Swim w/ laps 12-2:30pm (NO diving board)	Open Swim w/ laps 12-2:30pm (NO diving board)	Open Swim w/ laps 12-2:30pm (NO diving board)	Open Swim w/ laps 12-2:30pm (NO diving board)	RENTAL 1-2pm	Open Swim w/ 2-3 lap lanes; no board 1-3pm			
<b>1 PM</b>						RENTAL 2-3pm				
<b>2 PM</b>						SPMS Practice 2:30-4pm	SPMS Practice 2:30-4pm	SPMS Practice 2:30-4pm	SPMS Practice 2:30-4pm	Middle School Swim Meets 2:30-6pm
<b>3 PM</b>	ABF 4:30-6pm (Closed to public)	ABF 4:30-6pm (Closed to public)	ABF 4:30-6pm (Closed to public)	ABF 4:30-6pm (Closed to public)	Adult ONLY Open Swim 4-5pm					
<b>4 PM</b>					Riptide Swim Club 6-7pm					
<b>5 PM</b>	Deep Water Aero & 2-3 Lap Lane 7-8pm	Shallow Water Aero & 2-3 Lap Lanes 7-8pm	Deep Water Aero & 2-3 Lap Lanes 7-8pm	Shallow Water Aero & 2-3 Lap Lanes 7-8pm		Pool CLOSED for Maintenance 6-7pm	Open Swim w/ diving board; no laps 7-8pm	CLOSED		
<b>6 PM</b>					Lap Swim (closing at 8:50pm*)				Lap Swim (closing at 8:50pm*)	Lap Swim (closing at 8:50pm*)
<b>7 PM</b>	Lap Swim (closing at 8:50pm*)	Lap Swim (closing at 8:50pm*)	Lap Swim (closing at 8:50pm*)	Lap Swim (closing at 8:50pm*)		Lap Swim (closing at 8:50pm*)	CLOSED			
<b>8 PM</b>					CLOSED					

\*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.

# South Portland Municipal Pool Schedule February 24- March 31, 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](http://www.sopoparksrec.com)

DAILY fee for pool/spa use and aerobics classes

---

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

## **POOL CLOSURES:**

**Saturday, 3/15 and 3/22 due to Lifeguarding Course, from 8-11am:**

- NO laps at 8-9am/only Shallow Water Aero class
- NO Open Swim 9-11am/only 3 lap lanes available

**Wednesdays 3/5 and 3/26 due to Rec campers, from 1:30-2:30pm:**

- NO laps available during Open Swim

**Thursday 3/27 and Friday 3/28 due to Middle School Championships, from 2:30-8pm:**

- Pool will be CLOSED.
- We will REOPEN for Lap Swim at 8pm

(Please note: this calendar ends on Monday, March 31st and our next one will begin on Tuesday, April 1<sup>st</sup>)

**Pool Party Rentals:** Looking for a great way to celebrate a birthday?! Rentals for Saturday and Sunday afternoons can be completed online. Check it out at [www.sopoparksrec.com](http://www.sopoparksrec.com) and contact the Customer Service Desk with any questions about this process.

## **Swim Definitions**

**LAP SWIM** – Participants (of any age) must be swimming laps for exercise benefit. Generally, there are 6 lap lanes available, although not always. Patrons should be aware of the different speeds (marked on cones) and pick a lane that best represents their pace. When the orange cones at the end of the lanes, please circle swim! No water jogging allowed during these swim times.

**ADULT LAP SWIM** – For those 18 years and older, 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. When the orange cones at the end of the lanes, please circle swim! No water jogging allowed during these swim times.

**OPEN SWIM** – Generally, 2 lap lanes are available, but not always! The diving board may/may not be open. Please check the schedule carefully. Children under 10 must be accompanied and supervised by a swimmer 16 yrs or older. Non-swimming patrons wearing a life-jacket/PFD MUST stay within arms-reach of a parent or guardian at all times.