

Programs & Activity Guide

SOUTH PORTLAND

PARKS, RECREATION, AND
WATERFRONT



2025 Spring Summer



southportlandme.myrec.com

207-767-7650

Registration Dates

Recreation Programs

Residents: April 7, 2025

Non-Residents: April 10, 2025

Summer Pool Programs

Residents: June 2, 2025

Non-Residents: June 5, 2025

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

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THANK YOU VOLUNTEERS.....	Back Cover

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GENERAL QUESTIONS & INQUIRIES
SPcommunitycenter@southportland.gov
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

Summer Hours of Operation May 23– August 31

Monday – Thursday: 6:00am – 9:00pm
Fridays: 6:00am – 5:00pm
Saturdays & Sundays: CLOSED
*Recreation Admin Offices: Mon-Fri, 8:00am-4:30pm

PARKS DEPARTMENT

Address: 929 Highland Ave
Telephone: 207-767-7670
Hours of Operation:
Office Hours: Mon-Fri - 7:00 am – 3:00 pm

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

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

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”

ONLINE: southportlandme.myrec.com



@SoPoParksRec



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 southportlandme.myrec.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 review.

Facility Use Questions

Community Centers (South Portland Community Center & Redbank Community Center)

Anthony Johnson, Deputy Director
767-7650 ext. 7512, ajohnson@southportland.gov

Pool Party Rentals - The pool is available to rent on Saturdays from 1-2pm or 2-3pm & Sundays from 3-4pm.

Outdoor Athletic Fields (includes school fields & Wainwright Athletic Complex)

Rick Perruzzi, Recreation Manager
767-7650 ext. 7558, eperruzzi@southportland.gov

Parks (includes requests for outdoor weddings)

Kristina Ertzner, Conservation Manager
207-767-7670 ext. 7811 kertzner@southportland.gov

For Facility Rental Rates – visit our website, southportlandme.myrec.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.* A non-refundable service fee of 3.25% will be applied to all credit card transactions.

NON-RESIDENTS: Persons who do not live in South Portland will 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 resident youth only. Please call the South Portland Community Center for more information.

**CITY OF SOUTH PORTLAND
CLOSED DATES**

April 21 (Patriot's Day)
May 26 (Memorial Day)
June 19 (Juneteenth)
July 4 (Independence Day)
September 1 (Labor Day)

August 11-15 Redbank Community Center
Annual Cleaning

August 18-29 South Portland Community
Center Annual Cleaning

**2025 SPRING SUMMER
BROCHURE REGISTRATION DATES**

Rec Programs: Residents
April 7

Rec Programs: Non-Residents
April 10

Summer Pool Programs: Residents
June 2

Summer Pool Programs: Non-Residents
June 5

***Online & walk-in registration
begins at 7:00am***

FOR SALE AT SOUTH PORTLAND COMMUNITY CENTER

Punch Passes 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 Punch Pass (up to age 17)	\$50	\$70
Pool Adult Punch Pass (ages 18-59)	\$70	\$90
Pool Senior Punch Pass (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 southportlandme.myrec.com

Question? Please contact Anthony Johnson at ajohnson@southportland.gov.



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.gov

SCHEDULED SENIOR DROP-IN CENTER ACTIVITIES

MONDAYS:

NEW! Puzzle Club: 9:00-11:00am
NEW! Just for Fun Bingo: 9:00-10:30am (2nd Monday of the month)
Monthly Birthday Celebrations: 10:00-11:00am (1st Monday each month) (*Registration Required*)
Cards & Hand & Foot: 12:00-3:00pm

TUESDAYS:

Mah Jongg: 12:00-3:00pm
NEW! Tea & Talk 1:00-2:00pm

WEDNESDAYS:

Bridge: 9:30-11:30am
Mexican Train Dominos: 9:00-11:00am
Psuedo Book Club 9:00-10:30am (Last Wednesday each month)
NEW! Trivia Time: 1:00-2:30pm

THURSDAYS:

Create & Chat: 9:00-11:00am
Cards & Hand & Foot 12:00-3:00pm

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 southportlandme.myrec.com. If space is not available, you are encouraged to join in the scheduled activities.

SENIOR PROGRAMS

NEW! TRIVIA TIME

Do you love trivia? Come to the Senior Drop in Center every Wednesday afternoon for trivia time! No teams, no prizes, just trivia, trivia, trivia. Each week we will come up with different trivia topics to test your knowledge! Light refreshments provided. *Min 4/Max 25*

Dates: May 7– August 13

Time: 1:00-2:30pm

Location: SPCC Senior Drop-in Center

Fee: FREE

Staff Contact: Karla Doyon

NEW! PUZZLE CLUB

Are you looking for a new way to dive further into your obsession with jigsaw puzzles? We have just the thing for you! Puzzle Club is a great way to meet new puzzle lovers, learn new skills and strategies, and do even more puzzles! Come to the Senior Center and enjoy a morning of quiet puzzle making, 100-500 piece puzzles only (provided or bring your own) or work on bigger puzzles on the puzzle table. *Min 2/Max 10*

Dates: Mondays May 5– August 11

(No Puzzle Club on 5/26, 8/18 or 8/25)

Time: 9:00– 11:00pm

Location: SPCC Senior Drop-in Center

Fee: FREE

Staff Coordinator: Karla Doyon

NEW! TEA & TALK

Pop into the SPCC Senior Drop in Center Tuesday afternoons from 1:00-2:00pm to enjoy some light refreshments and tea. A variety of teas will be served in our fancy china tea cups and tea pots. There's always plenty to talk about! *Min 5/Max 24*

Dates: May 6– August 12

Time: 1:00-2:00pm

Location: SPCC Senior Drop-in Center

Fee: FREE

Staff Contact: Karla Doyon

NEW! JUST FOR FUN BINGO

Come to the Senior Drop in Center the 2nd Monday of each month to play some fun Bingo games. Just good, plain fun, light refreshments provided. Imaginary prizes like trips around the world! *Min 5/Max 24*

Dates: May 12, June 9, July 14, August 11

Time: 9:00– 10:30am

Location: SPCC Senior Drop-in Center

Fee: Free

Staff Coordinator: Karla Doyon

SENIOR PROGRAMS

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*

Dates: Mondays, May 5, June 2, July 7, August 4

Time: 10:00-11:00am

Location: SPCC Senior Drop-in Center

Fee: FREE

Staff Coordinator: **Karla Doyon**



CONSIDER YOUR NEXT STEP: WHERE TO GO, WHEN IT'S TIME TO GO

Join David Foster, Realtor, Fontaine Family Team for a discussion on ways to move forward with this life-changing step. What options are available for senior living? Includes a couple of new and exciting choices! What are the costs related to each option? How will your choice affect you and your family? What agencies and professionals are available to help guide you through your housing decisions? *Min 5/Max 24*

Date: Monday, May 19

Time: 11:00am-12:00pm

Location: SPCC Senior Drop in Center

Fee: FREE (*Registration Required*)

Staff Coordinator: **Karla Doyon**

INTRO TO BIOFIELD TUNING

Have you heard the term "energy work" but don't know what it means? Are you curious about how energy work can support your body, mind and spirit? If so, come join this free introduction to and demonstration about energy work. We will explore Biofield Tuning and tuning forks more specifically. Bring your curiosity and an open mind. All are welcome. *Min 10/Max 24*

Instructor: Abby Johnston, Functional Medicine
Certified Health Coach

Dates: Thursday, May 8 or Tuesday, May 20

Times: 5/8 from 3:00-4:00pm and 5/20 from 9:00-10:00am

Location: SPCC Senior Drop in Center

Fee: FREE (*Registration required/Drop-ins welcome if room allows*)

Staff Coordinator: **Karla Doyon**

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:

May 28: Mythology

June 25: Current Affairs

July 30: Domestic Thriller

August 13: Travel

MAINE HEALTH ACCESS TO CARE-MEDICARE SAVINGS PROGRAM OVERVIEW

Join us to learn about Maine's Medicare Savings Program (MSP), a program for Maine residents who need help paying their Medicare monthly premiums and medical costs. MSP pays for your Medicare Part B premiums, a savings of \$185 per month. You'll also get brand name medicines at a deep discount. Maine expanded eligibility guidelines in 2024, so many people are newly eligible. Come find out if you are eligible and we will help you apply. *Min 5/Max 24*

Date: Wednesday, May 7

Time: 10:00-11:00am

Location: SPCC Senior Drop in Center

Fee: FREE (*Registration Required*)

Staff Coordinator: **Karla Doyon**

OLDER AMERICANS MONTH CELEBRATION

The month of May is dedicated to Older Americans. In 1963, John F. Kennedy designated May as Senior Citizen Month, which is now Older Americans Month. This dedication was to bring attention to the needs of older Americans. A celebration that honors the wisdom and experience of older people, and encourages Americans to recognize and pay tribute to them. Come join in this celebration and honor all older Americans. Lunch will be served. *Min 15/Max 25*

Date: Thursday, May 15

Time: 10:00am-2:00pm

Location: SPCC Casco Bay Room

Fee: \$15.00 (*Includes lunch, entertainment, games, and some senior resources*)

Staff Coordinator: **Karla Doyon**

SENIOR PROGRAMS

SENIOR MEDICARE PATROL PROGRAM

The Maine SMP helps Medicare and MaineCare beneficiaries prevent, detect and report health care fraud. Maine SMP works with individual beneficiaries to review Medicare Summary Notices for accuracy, and learn how to avoid getting taken by scam artists. The primary goal is to teach beneficiaries how to protect their personal identity, identify and report errors on their health care bills and identify deceptive health care practices, such as illegal marketing, providing unnecessary or inappropriate services and charging for services that were never provided.

Min 5/Max 24

Date: Thursday, June 5

Time: 9:30-10:30am

Location: SPCC Senior Drop in Center

Fee: Free (*Registration Required*)

Staff Coordinator: Karla Doyon

EMERGENCY PREPAREDNESS: GET SOPO READY!

Members of the South Portland Fire Department and Age Friendly South Portland committee will explain how to prepare for disaster and emergency situations in our community. Learn how to stay informed, when and how to seek shelter, and to prepare your own emergency plan and evacuation kit. Materials to get started will be provided. You must register for this program.

Min 10/Max 24

Date: Monday, June 9

Time: 10:00-11:30am

Location: SPCC Senior Drop in Center

Fee: Free (*Registration required*)

Staff Coordinator: Karla Doyon



2024 Presentation in the Senior Drop-in Center

NATURE BUDDIES - WALK & TALK

Calling all seniors: join us in Hinckley Park to discover nature through a new perspective. Seniors will be paired up with Kindergarteners and sent on a nature walk around the pond. Along the way, you'll discuss questions such as: "If you could be any animal, what would you be" and "What would your ideal day in the park look like?"

Min 3/Max 15

Date: Friday, June 27

Time: 1:00-2:00pm

Location: Meet at Hinckley Park

Fee: FREE (*Registration Required*)

Staff Coordinator: Sydney Raftery

MEDICARE AND MUFFINS

Are you considering retirement? New to the area? Do you need assistance in selecting the best healthcare/Medicare plan for you? Or adjusting your current one? If you answered "yes" to any of these questions, join us for a session with two experienced benefits consultants - Cindy Cogswell and Matt Orlando. They'll guide you through the rules, eligibility periods, common pitfalls, answer questions and review any concerns you may have now or in the coming months. *Min 5/Max 24*

Date: Monday, August 11

Time: 10:00-12:00pm

Location: SPCC Senior Drop-in Center

Fee: Free (*Registration Required - Muffins served*)

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!

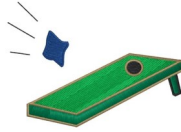
Dates: Fridays, May 2- June 13

Time: 1:45pm-3:15pm

Location: SPCC Gym

Fee: FREE

Staff Coordinator: Karla Doyon



Laughter Yoga, 2024

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, May 30 & June 27

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:

May 6 & 20

June 10 & 24

July 8 & 22

August 5 & 12

Time: 1:00-2:00pm

Location: SPCC Aerobic Room

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

Staff Coordinator: Karla Doyon

NEW! ZUMBA– Exercise in Disguise

Group exercise classes that blend rhythmic Latin, and contemporary music with work at your own level dance moves. Easy to follow choreography focusing on all elements of fitness, cardiovascular, muscular conditioning, flexibility and balance to make getting in shape more fun than ever while forgetting you're even exercising! Various class routines will build on toning. Use of 1lb weights optional. *Min 8/Max 24*

Instructor: Jan Dimauro

Location: SPCC Multi-Purpose Room

Staff Coordinator: Karla Doyon

JAN DIMAURO BIO

Jan has a background in dance and was one of the three original instructors to bring ZUMBA to Maine. She has eight years' experience teaching in the Greater Portland and surrounding areas. She has taught students of all ages and levels of fitness. Her focus and passion is making exercise fun while helping individuals to reach their desired fitness goals.

Session	Dates	Time	Fee
May (Tuesdays)	6, 13, 20 & 27	3:00-4:00pm	\$36/\$46NR
May (Fridays)	9, 16, 23 & 30	10:30-11:30am	\$36/\$46NR
June (Tuesdays)	3, 10, 17 & 24	3:00-4:00pm	\$36/\$46NR
June (Fridays)	6, 13, 20 & 27	10:30-11:30am	\$36/\$46NR

***Drop-In Fee is \$10.00 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.

MYSTERY TRIP

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! Let us sweep you away for the day as we guide you through the activities. Please bring water, a snack and whatever else you think you might need for the day. Pack your picnic lunch and bring money for purchases. *Min 10/Max 13*

Date: Wednesday, June 11
Time: Departs SPCC Senior Drop in Center 8:30am / Approx. return 3:30-4:00pm
Fee: \$45/\$55NR (Includes transportation, 2 tours, hand-made souvenir from 1 tour, 1 water & snack)
Location: It is a mystery!
Staff Coordinator: Karla Doyon

RED SOX VS. ANGELS

We are heading to Fenway Park to enjoy the classic summer pastime of baseball! Join us, along with neighboring recreation departments from Cape Elizabeth, Portland, and Cumberland, as we board a luxury motorcoach for our trip to Boston. We'll catch a mid-day game from the covered grandstand behind home plate. *Min 10/Max 13*

Date: Wednesday, June 4
Time: Departs SPCC 9:30am/Approx. return 6:00pm
Location: Boston
Fee: \$120/\$130NR (Includes transportation, ticket to game, onboard snacks and movies)
Staff Coordinator: Karla Doyon

GOAT HIKE

If you are looking for a fun outdoor activity, come with us for a goat hike! You will hike through the Ten Apple Farm woods with their herd of Alpine dairy goats! The hike consists of an approximately 2 mile loop through the woods on fairly well maintained trails. There is some steep terrain. Along the way we'll talk about goats as pack animals and you'll learn a thing or two about raising and caring for goats. After the walk/hike, try your hand at goat milking, and enjoy some fresh goat milk and cookies! *Min 10/Max 13*

Date: Friday, May 30
Time: Departs SPCC 8:15am /Approx. return 12:00pm
Location: Gray
Fee: \$25/\$35NR
Staff Coordinator: Karla Doyon

MR. DREW AND HIS ANIMALS TOO

Mr. Drew and His Animals too is a 10,000 square foot education center with over 400 animals covering over 100 different species. You will be allowed to hold and touch a few of the animals in their care. You will have a chance to feed tortoises as well as explore the geology center. *Min 8/Max 13*

Date: Thursday, May 1
Time: Departs SPCC 8:30am/
Approx. return 2:30pm
Location: Lewiston
Fee: \$12.00
Staff Coordinator: Karla Doyon



2024 Animal Encounter

SHARKS ALIVE! @ SEACOAST SCIENCE CENTER

Sharks are one of Earth's most amazing and dynamic fish. Dive in with experts to learn more about shark anatomy, behavior, and the acute senses that make them one of the ocean's greatest predators. You will also get an up close view of the live sharks and skates that live in the Edge of the Sea exhibit. *Min 10/Max 13*

Date: Friday, May 9
Time: Departs SPCC 8:45am/Approx. return 1:00pm
Location: Rye, NH
Fee: \$22 /\$32NR
Staff Coordinator: Karla Doyon

SENIOR TRIPS

COME FROM AWAY @ THE OGUNQUIT PLAYHOUSE 1

Come From Away transports you into the lives of 7,000 stranded passengers and the inhabitants of the unlikely Newfoundland town that welcomed them. Cultures clash and nerves run high, but uneasiness turns to trust, and gratitude grows into enduring friendships through this vibrant musical score. On 9/11 the world stopped and a day later their stories moved us all. *Min 13/Max 13*

Date: Wednesday, May 21

Time: Departs SPCC 12:15pm /Approx. return 5:00pm

Location: Ogunquit

Fee: \$80/\$90NR

Staff Coordinator: Karla Doyon

DIAMOND (SONGS OF NEIL DIAMOND) AT MSMT 1

Neil Diamond, the record-breaking musician who has sold over 130 million records worldwide, is a force to be reckoned with. Join the exceptionally talented Scott Moreau and his backup singers for a journey through Neil Diamond's catalog of music, including "Sweet Caroline," "America," "Song Sung Blue," "Cherry, Cherry," and many more. This is a concert you don't want to miss, a testament to the scale of Neil Diamond's success and the quality of the performers. *Min 13/Max 13*

Date: Monday, June 16

Time: Departs SPCC 12:30pm /Approx. return 5:00pm

Location: Brunswick

Fee: \$95/\$105NR

Staff Coordinator: Karla Doyon



"LIPSTICK AND GAMBLERS" @ CAROUSEL THEATER 1

"Lipstick and Gamblers" will be a Dolly and Kenny tribute full of country cadence and rustling romance. Lunch, tax, and gratuity included. *Min 13/Max 13*

Date: Wednesday, July 9

Time: Departs SPCC 9:45am /Approx. return 4:00pm

Location: Boothbay

Fee: \$66/\$76NR (*Transportation, show, lunch, tax & gratuity included*)

Staff Coordinator: Karla Doyon



WIZARD OF OZ @ NORTH SHORE THEATRE 1

Travel down the yellow brick road with Dorothy, Toto and all her friends in this lavish production which promises to exchange audiences with dazzling choreography and spectacular special effects. Enjoy classic songs from the beloved 1939 MGM film and Broadway show. This musical adaptation of the Wizard Of Oz is a captivating experience. Join Dorothy and her friends as they discover the true meaning of friendship and find their way back home. *Min 13/Max 13*

Date: Wednesday, July 16

Time: Departs SPCC 11:15am /Approx. return 6:00pm

Location: Beverly, MA

Fee: \$85/\$95NR

Staff Coordinator: Karla Doyon

FOOTLOOSE AT MSMT 1

An electrifying story of teenage rebellion and the transformative power of dance. It follows Ren McCormack, city kid who moves to a small town where dancing is banned and challenges the town's restrictive rules. Featuring a high-energy score with unforgettable hits like "Holding Out for a Hero" and the iconic "Footloose." As Ren rallies his classmates to fight for their right to dance, the town undergoes significant change, highlighting themes of freedom, expression, and community. *Min 13/Max 13*

Date: Thursday, July 31

Time: Departs SPCC 12:30pm /Approx. return 5:00pm

Location: Brunswick

Fee: \$115/\$125NR

Staff Coordinator: Karla Doyon

"ALL AMERICAN ROAD TRIP" @ CAROUSEL THEATER 1

"All American Road Trip" will be a cross country cabaret exploring the states and the greatest hits featuring them. Lunch, tax, and gratuity included. *Min 13/Max 13*

Date: Wednesday, August 6

Time: Departs SPCC 9:45am /Approx. return 4:00pm

Location: Boothbay

Fee: \$66/\$76NR (*Transportation, show, lunch, tax & gratuity included*).

Staff Coordinator: Karla Doyon

SENIOR TRIPS

VISIT TO CIDER HILL FARM

3

Named #4 most beautiful farms in the world CHF is a 145 acre family farm known for a wide selection of PYO fruit, cut your own flowers, award winning estate grown hard cider, farmhouse gifts and apple cider donuts. Choose your own experience, picking peaches or blueberries, cut your own flowers, shop at the farm store, the cost of whatever you decide to do will be on your own. Lunch at the farm's cafe (on your own).

Min 10/Max 13

NOTES:

You may **not** bring your own food onto the farm.

** Please note that if you decide to pick peaches that the peach trees are atop their iconic hill and it may be a 30 minute walk back to whatever orchards are ready for picking. Blueberries & flowers are on flat land.**

YOU MUST BE ABLE TO NAVIGATE THROUGHOUT THE FARM AND FIELDS INDEPENDENTLY AND OVER UNEVEN GROUND.

Date: Friday, August 15

Time: Departs SPCC 8:30am, Approx. return 3:00pm

Location: Amesbury, MA

Fee: \$15 (*Transportation only*)

Staff Coordinator: Karla Doyon

COASTAL MAINE BOTANICAL GARDENS

Join us for a visit to the Coastal Maine Botanical Gardens in Boothbay and explore the more than 300 acres of stunning gardens, walking trails, and many sculptures, including five giant wooden trolls hidden in the woods. Bring a picnic lunch or find lunch at the cafe.

Min 10/Max 13

Date: Thursday, June 26

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

Location: Boothbay

Fee: \$30/\$40NR

Staff Coordinator: Karla Doyon

SHEPHERDS GATE FLOWER FARM

3

Explore the grounds with staff who will point out the best pics of the day, point out areas of interest and answer questions. Finalize picking experience at a self service design station where you'll use their tools and vases to arrange your harvest into an arrangement to take home. All materials for picking/arranging are provided. Bring gloves, hats, sunglasses, bug spray, sunscreen, and shoes that can get a little dirty. Bring picnic lunch.

Min 10/Max 13

Date: Wednesday, July 30

Time: Departs SPCC 8:30am/Approx. return 2:30pm

Location: Farmington, NH

Fee: \$45/\$55 (*Includes transportation, tour, flower picking & arranging, snacks/water - BRING PICNIC LUNCH*).

Staff Coordinator: Karla Doyon



Expansive fields of Cider Hill Farm

LAVENDER HILL FARM

3

This trip includes a walking tour of LHF, a Q&A with the farmer, meeting their friendly Christmas Tree ambassador sheep Milken, and refreshments. The Lavender will be in bloom and you will have the opportunity to pick your own lavender if you wish (cost on your own). A visit to the farm store will provide you with opportunities to purchase their lavender products. Pack your picnic lunch and picnic in the pavilion or fields. *Min 10/Max 13*

Date: Friday, July 11

Time: Departs SPCC 8:15am /Approx. return 2:30pm

Location: Berwick

Fee: \$25/\$35NR

Staff Coordinator: Karla Doyon

WESTON'S FARM & MARKET & BROWNFIELD COUNTRY MARKET

2

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, Aug. 13

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

Location: Fryeburg & Brownfield

Fee: \$10.00 (*Transportation only, bring money & bags for purchases*)

Staff Coordinator: Karla Doyon

SENIOR TRIPS

COLONIAL PEMAQUID & FORT WILLIAM HENRY

2

Pack your picnic lunch and join us as we head to New Harbor to Colonial Pemaquid and Fort William Henry to spend a leisurely summer afternoon exploring the fort, enjoying a picnic and the view. You will see an 18th century Fort House, as well as a partial early 20th-century reconstruction of Fort William Henry and its tower. *Min 10/Max 13*

Date: Wednesday, July 23

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

Location: New Harbor

Fee: \$8 (*Transportation only – please pack your picnic lunch and bring water*)

Staff Coordinator: Karla Doyon

WOOD ISLAND LIGHT SAVING STATION

3

The Wood Island Life Saving Station stands as a testament to bravery and maritime history. Established in 1908, this historic station housed the courageous “surfmen” of the US Life Saving Service. After years of neglect it has been meticulously restored. Roundtrip boat ride to the light station includes an unsteady platform, floating dock, several steps without handrails and a 50 foot ramp. NO mobility issues are allowed on the vessel. Bring your lunch. *Min 10/Max 13*

Date: Thursday, July 10

Time: Departs SPCC 10:30am/Approx. return 3:00pm

Location: Portsmouth

Fee: \$33/\$43NR (*Includes transportation, cruise, and museum*)

Staff Coordinator: Karla Doyon

RUFUS PORTER MUSEUM

2

Founded in 2005 The Rufus Porter Museum of Art and Ingenuity promotes and preserves the life and legacy of Rufus Porter. Today, Porter is well recognized for his folk art, for his landscape murals and miniature portraits, however, he was so much more than a painter. Porter was an inventor, a musician, and a founding publisher, editor, and writer for Scientific American, still in publication today. Bring picnic lunch. *Min 10/Max 13*

Date: Thursday, June 12

Time: Departs SPCC 8:30am/Approx. return 2:30pm

Location: Bridgton

Fee: \$24/\$34NR (*Includes transportation, museum fee, 1 water & 2 snacks*)

Staff Coordinator: Karla Doyon

CURRIER MUSEUM OF ART & FRANK LLOYD WRIGHT HOMES

3

Explore the Currier Museum of Art and its extraordinary collection on your own as well as grabbing some lunch at the museum cafe (on your own) as we await our tour of the only 2 Frank Lloyd Wright homes in New England. Designed by the iconic Frank Lloyd Wright, the Zimmerman House & the Usonian Automatic both built in the 1950s showcase Wright’s revolutionary approach to American residential design. *Min 8/Max 12*

Date: Wednesday, May 7

Time: Departs SPCC 10:00am/Approx. return 5:30pm

Location: Manchester, NH

Fee: \$55/\$65NR

Staff Coordinator: Karla Doyon

MORSES SAURKRAUT AND MUSCONGAS BAY

2

We begin this journey at Morse’s Sauerkraut gourmet grocery store, followed by a leisurely drive with breathtaking scenery along Muscongus Bay. We will make a few stops in the charming, tiny towns of Waldoboro, Bremen & New Harbor. Be sure to bring a cooler, as we will stop to pick up some fresh seafood along w/ other cold purchases. Be prepared to make numerous stops, shop, eat and walk. Journey ends at a lighthouse! *Min 10/Max 13*

Date: Thursday, August 7

Time: Departs SPCC 8:30am/Approx. return 4:00pm

Location: Waldoboro, Bremen & New Harbor

Fee: \$9 (*Transportation only. Bring money for purchases & ice cream. Pack picnic lunch.*)

Staff Coordinator: Karla Doyon

WALKING FIELD TRIPS

2

Join us on our 5 walking trips this season as we venture through Maine’s majestic beauty for walks in different settings. You must be physically able to walk at least 2 miles independently and sometimes over uneven terrain. Please wear appropriate footwear for walking, **bring water bottle**, walking poles/bug spray/sunscreen if you have them. The awe of Maine awaits you on these wonderful trails and paths. *Min 10/Max 13*

3

Date & Location:

Thursday, May 22 - Laurel Hill & Franciscan Monastery (*Easy, Bring money for stop at gluten free bakery*)

Friday, June 6 - Mountain Division Trail (*Easy, Pack your lunch*)

Thursday, July 17 - Laverna Preserve (*Moderate, Pack your lunch*)

Friday, July 25 - Parker River Wildlife Refuge (*Moderate, Pack your lunch. Max 12 for this trip*)

Friday, Aug. 8 - Sanford Trails (*Bring ice cream money*)

Time: Departs SPCC 8:30am/Approx. return 2:00pm

Fee: \$7.00 per trip (*Includes transportation, 1 small water & snack – bring own water as well*)

12 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

Punch Passes are available at the South Portland Community Center front desk.

Staff Coordinator: Whitney Dorsett

Adult Basketball	Dates	Time	Location
Tuesdays	May 6– June 3	11:30am - 1:30pm	SPCC Gym
Wednesday (lunch time)	May 7– June 11	11:30am - 1:30pm	SPCC Gym
Wednesday (evening)	May 7– 28	7:00pm - 9:00pm	Redbank Gym
Fridays	May 2– June 13	11:30am - 1:30pm	SPCC Gym
Sundays (over 30)	May 4– 18	2:00pm - 3:45pm	SPCC Gym
Sundays (over 40)	May 4– 18	8:00am-9:30am	Redbank Gym
Adult Volleyball	Dates	Time	Location
Sundays	May 4– 18 (no program 5/11)	4:00pm - 6:00pm	SPCC Gym

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.**

Days	Dates	Time	Location
Monday - Friday	May 1– June 13*	8:00 - 11:00am	SPCC Gym (Max 40)
Mon & Wed (True Beginners Only)	May 5– 28*	8:00 - 11:00am	Redbank Gym (Max 24)

*No Adult Pickleball: 5/26, 6/10, 6/11

ADULT PROGRAMS

INTRO TO BELLYDANCING - SPRING 2

Heather invites you to come learn fundamental movements of fusion bellydance! Be open to moving your body in new ways while becoming aware of how to move those hips, articulate your spine, and isolate your chest...and maybe all at once! Bellydance can benefit cardiovascular health, release stress, improve mobility, and confidence! Come join us in this class discovering new ways to move while having fun! Wear comfortable clothing, bare feet or socks recommended.

Min 4 / Max 12

Instructor: Heather Lundin

Day: Thursdays, May 1 - June 12 (**no program 5/29**)

Time: 6:15– 7:15pm

Location: SPCC Aerobic Room

Fee: \$72/\$82NR

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: \$28/\$38NR, \$5 Drop-in (*No senior discount*)

Staff Coordinator: Whitney Dorsett

Beginner Line Dancing Spring

Dates: May 7– June 25 (**no class June 11**)

Beginner Line Dancing Summer

Dates: July 2– August 13

ADULT PROGRAMS

GROUP HEALTH WORKSHOP

Group Health coaching is offered in a group setting to help create healthy habits and skills to attain your health and wellness goals. You will create a long-term vision of what health and wellness means to you. Goal setting and creating action plans through client focused and Motivational Interviewing techniques will be used as well as learning tips about how to create sustainable change. Get ready to create the healthy habits (and keep them!) you have been dreaming of!

Heather is a Registered Nurse, Certified Health Coach, and Movement Instructor with a passion for holistic living. She believes medicine can come in many forms and we all have the power within each of us to heal. She hopes to empower others to live to express their authentic selves and uses her experience as a nurse and Yoga instructor to help bring a wider view of health and wellness. *Min 4/ Max 14*



Instructor: Heather Lundin

Date: May 7-28

Day: Wednesdays

Time: 6:00 – 7:00pm

Location: SPCC Conference Room

Fee: \$72/\$82NR per session (*No Senior Discount*)

Staff Coordinator: Whitney Dorsett



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, May 1– 29

Time: 10:00am – 11:30pm

Age: 18+

Location: Redbank Gym

Fee: FREE

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: Fridays

Location: SPCC Casco Bay Room & Senior Drop-in Center

Fee: \$65/\$75NR per session (*No Senior Discount*)

Staff Coordinator: Whitney Dorsett

May 2– 30: Flowers

This five class series will teach beginner pastelists how to draw and paint vibrant flowers.

June 6– July 11: Birds (no class 7/4)

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

July 18– August 15: Beautiful Places

This five class series will teach beginner pastelists how to draw and paint beautiful landscape locations.



ADULT PROGRAMS

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.gov 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 - Spring

Dates: June 5– August 14

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

Monday League - Summer

Dates: June 2– August 11 (no program 6/19)

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

League registration closes 1 week before each session starts.



ADULT GOLF LEAGUES

Come join our spring adult recreation golf league. Once a week each team will play 9 - holes at the South Portland Municipal Golf Course.

Spring League Dates: May 6 – June 20

Summer League Dates: July 1 – August 15

Location: South Portland Municipal Golf Course

Tee Times: Monday – Thursday 4:30pm, 4:45pm, 5:00pm, 5:15pm, 5:30pm, 5:45pm, 6:00pm.

-Teams will choose a day of the week and tee time for the whole session.

League Cost: \$50.00 Residents, \$60.00 Non-Residents

-Players are responsible to pay their green fees at the pro shop or use a play pass.

Green Fee - \$18.00 per person. Can play an additional 9 holes after first round and scored league play.

Option to purchase a South Portland golf course 10 play pass and get 3 extra plays for \$155.00 (before May 31st) or purchase 5 play pass for \$80.00.

Staff Coordinator: Whitney Dorsett

League Format

Scramble format play. All skill levels and genders are welcomed to play.

- Age 18+ and out of high school
- Team - 4 people.
- Register as a single, twosome, threesome or foursome. All registered golfers (free agents) who are not in a foursome/team will be paired into teams of 4 if possible.
- 5 weeks of regular season – each team plays once a week. Playoffs are 2 weeks and worth double points.
- No handicaps. (*Triple Bogey Max*)
- Winning Team receives SoPo Adult League championship apparel.



ADULT PROGRAMS



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.gov 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
- **Note: Summer softball dates will be determined late May**

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



ADULT PROGRAMS

YOGA: Mindful Movement

Let's get strong, calm and connected! Liz Merci Yoga is a blend of meditation, deep breathing, gentle/restorative, vinyasa and hatha yoga expertly woven together to create a joyful journey on the yoga mat for all level of practitioners! Liz is known for her fun, creative, inspiring sequences that will guide you to connect to the body and make space for self-compassion. This class will help you build muscle, practice balance, and explore range of motion in major joints — all to a great playlist! This class is adaptable and accessible to all adults. *Min 5/Max 25*

Meet Liz online : lizmerci.com

Instructor: Liz Merci

Days: Thursdays

Location: SPCC MP Room

Staff Coordinator: Whitney Dorsett

Session	Dates	Times	Fee*
Spring	May 1– June 12	6:30-7:30pm	\$70/\$80 NR
Summer	July 3– August 14	6:30-7:30pm	\$70/\$80 NR
*Drop in fee \$12 per class			

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 25

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*
May 5– 29 (no class 5/26)	\$63/\$73 NR
June 2– 26 (no class 6/19)	\$63/\$73 NR
July 7– 31	\$72/\$82 NR
August 4– 14	\$36/\$46 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 30*

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*
May 6-29	\$64/\$74 NR
June 3– 26 (no class 6/19)	\$56/\$66 NR
July 8– 31	\$64/\$74 NR
August 5– 14	\$32/\$42 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 25*

Instructor: Martha Williams

Days: Wednesdays

Location: SPCC MP Room

Staff Coordinator: Whitney Dorsett

Session	Dates	Times	Fee*
Summer 1	May 7– June 25	9:00-10:15am	\$90/\$100 NR
Summer 2	July 2– August 13	9:00-10:15am	\$78.75/\$88.75 NR
*Drop in fee \$15 per class			

ADULT PROGRAMS

MONDAY NIGHT TENNIS PRACTICE

Monday Night Tennis Practice is a point based drills clinic. Instructional, yet upbeat, this clinic is a way to improve your strokes while under the pressure of victory or defeat. Fun games will be added in as well.

Intermediate (USTA rated 3.0+) players levels are welcome. You must have tennis experience to take this class. *Items to bring: Sneakers (non-street shoes), water bottle, comfortable clothes, and tennis racket. There will be basic rackets available for use during the lesson.*
Min 8/ Max 16

Instructor: Dave Cousins, IPF Certified Pickleball Coach, PPR Certified Pickleball Coach, PTR Certified Professional, USPTA Elite Professional
Fee: \$80/\$90NR (*Drop-in rate \$25 per class*)
Staff Coordinator: Whitney Dorsett

Mondays | SPHS Tennis Courts

Session	Dates	Time
June	2, 9, 16, 23	6:00-7:30pm
July	7, 14, 21, 28	5:30-7:00PM
August	4, 11, 18, 25	5:30-7:00PM

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

Sundays | 9:00-10:00am | SPHS Tennis Courts

Session	Dates
June	1, 8, 15, 22
July	6, 13, 20, 27
August	3, 10, 17, 24

Wednesdays | 5:30-6:30pm

Session	Dates	Location
May	7, 14, 21, 28	SPCC Gym
June	4, 11, 18, 25	SPCC Gym
July	2, 9, 16, 23	SPCC Gym
August	6, 13, 20, 27	SPHS Tennis Courts

TENNIS SKILLS AND DRILLS

This 4-day program is structured for you to gain the confidence to get on the court with advanced beginners and other improving players. Work on your tennis skills with Coach Dave! This program is intended for those who have already completed our Beginner Lessons, or those who have the fundamentals of tennis already down and are looking to bring themselves to the next level. No senior discount. *Items to bring: Sneakers (non-street shoes), water bottle, comfortable clothes, and tennis racket. There will be basic rackets available for use during the lesson.*
Min 6/ Max 12

Instructor: Dave Cousins, IPF Certified Pickleball Coach, PPR Certified Pickleball Coach, PTR Certified Professional, USPTA Elite Professional
Staff Coordinator: Whitney Dorsett

Saturdays | 8-9:00am | SPHS Tennis Court Set 3

Session	Dates	Cost*
May	17, 24, 31	\$52.50/62.50NR
June	7, 14, 21, 28	\$70/\$80NR
July	5, 12, 19, 26	\$70/\$80NR
August	2, 9, 16, 23	\$70/\$80NR

**Drop-in rate \$20 per class*

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 | SPHS Tennis Courts

Session	Dates
June	1, 8, 15, 22
July	6, 13, 20, 27
August	3, 10, 17, 24

Wednesdays | 6:30-7:30pm

Session	Dates	Location
May	7, 14, 21, 28	SPCC Gym
June	4, 11, 18, 25	SPCC Gym
July	2, 9, 16, 23	SPCC Gym
August	6, 13, 20, 27	SPHS Tennis Courts

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

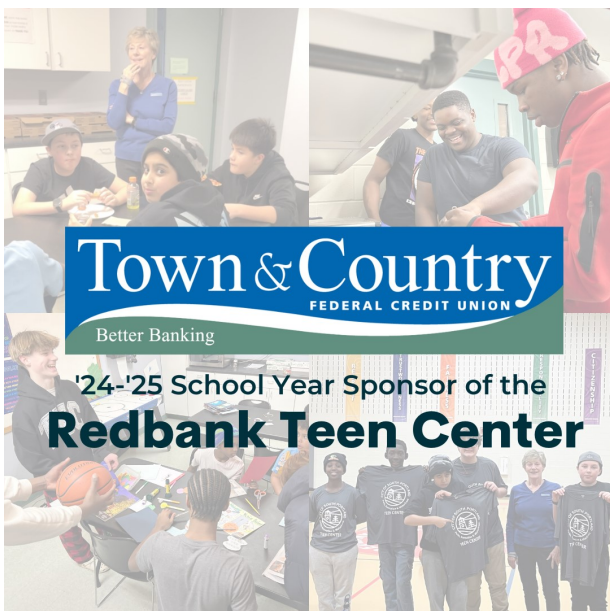
Time: 2:15pm – 6:00pm (Schedule is subject to change at any time. Stay in touch with the latest updates, schedules and special events by looking at our Monthly News Letter and liking “South Portland Parks and Recreation on Facebook”.)

Address: 95 MacArthur Circle West, South Portland

Teen Center Number: (207) 347 - 4145

Staff Coordinator: Joe Gleason

jgleason@southportland.gov



STAFF SPOTLIGHT - Joe Gleason



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

As a Recreation Coordinator I lead the drop in Teen Center for 6th-12th graders at Redbank. I also assist with the night programs, Pickleball, Adult Basketball League, & Rec Basketball League. I will also be the Director of the Mega Riots summer camp.

What do you like most about your job?

Providing and facilitating programming for a large number of residents. Whether it is providing a safe place for South Portland teens to go after school, or providing a space for people to go to play basketball or pickleball.

What is your favorite park in South Portland?

Bug Light

What do you do for fun?

Playing board/video games and watching baseball.

What is your favorite restaurant?

Willows

What are you watching now?

With the baseball season starting soon, I'll have the Phillies game on each night!

2025-2026 KIDS CLUB– Before & After School Care

Registration Opens on Monday, April 7th, 2025 at 8:00am.

A \$50 deposit is required at the time of registration.

Before & After Care will be held each day that school is in session. No program on school vacation weeks & teacher workshop days. (Alternative programs will be offered at an additional cost). We do not hold programs when there is a delayed start or early dismissal due to weather.

Grades: K-4

Location: Gym at each Elementary School

Before Care Time: 7-9am

After Care Time: 3-6pm. Snack is provided in the afternoon.



Weekly Cost:

Before Care Only

2 days: \$40.00

3 days: \$54.00

4 days: \$64.00

5 days: \$75.00

Before & After Care

2 days: \$75.00

3 days: \$105.00

4 days: \$130.00

5 days: \$155.00

After Care Only

2 days: \$50.00

3 days: \$66.00

4 days: \$80.00

5 days: \$95.00

For more information contact Kari Filieo kfilieo@southportland.gov

TRIPS & FULL DAY CAMP

OUT OF THIS WORLD CAMP

Campers will have a blast at our outer space themed camp this week where they will conduct "space missions," and participate in themed games and crafts. A full weekly schedule will be posted at a later date. This program is for South Portland residents entering Kindergarten through 5th grade in the Fall. *Min 15/Max 40*

Date: August 18-22

Days: Mon-Fri

Time: 8:00 am – 5:00 pm

Grades: K – 5

Location: Redbank Community Center

Fee: \$200 (\$20 sibling discount)

Staff Coordinator: Kari Filieo

MIDDLE SCHOOL RAFTING TRIP

We will be bussed to Caratunk, ME where Adventure Bound Youth Adventures will host us at their amazing base camp, and lead us down the Kennebec River for a 12 mile rafting trip. The bus will depart from the South Portland Community Center on Monday, August 18th at 1:00pm and will return to SPCC on Tuesday, August 19th at approximately 6:30pm. An additional liability waiver, provided by the rafting company, will be required in order to participate. Dinner, breakfast and lunch (on the river) provided. *Min 15/Max 40*

Dates: August 18 at 1pm through August 19 at 6:30pm

Grade: 6 – 8

Location: Caratunk, ME

Fee: \$185/\$205NR

Staff Coordinator: Kari Filieo

DRIVERS ED

**Driver's
Education**

DRIVER EDUCATION – RIGHT CHOICE DRIVING SCHOOL

Come take drivers education right at the South Portland Community Center! The Right Choice Driving school owner and director Tim O'Carroll has over 20 years of experience running this program. Instructors are licensed by the State of Maine. Students must be 15 years of age by the course starting date. 10 hours of driving instruction is included in addition to classroom time. *Min 10/Max 15.*

Instructor: Tim O'Carroll, Right Choice Driving School

Ages: 15+

Location: SPCC Conference Room

Fee: \$645/student

Staff Coordinator: Anthony Johnson

Summer Session 1: June 16– July 3 (**no class 6/19**)

Days: Mon-Wed, Friday

Time: 2:30-5:00pm

Summer Session 2: July 28– August 14

Days: Mon-Thurs

Time: 8:30-11:00am

YOUTH PROGRAMS

TENNIS IN THE PARKS– LEARN & PLAY

The tennis program where kids play while they learn! This program is for brand-new, beginner, or returning novice youth players. Led by a USTA-approved coach, we focus on FUN and learning the basics. This program uses modified tennis balls, age-appropriate rackets and engaging activities that help players successfully learn and play the game quicker. Each youth participant in their first session will receive a free age-appropriate tennis racket and ball! Please visit the Tennis in the Parks website, www.usta.com/newengland/tennisintheparks, for more information regarding: Learn to Play scholarships available for those in need of financial assistance, USTA's Parent Support Guide, Opportunities to volunteer. *Min 7/Max 10*

Fee: \$80/\$90NR

Staff Coordinator: Brianne Maloney

Spring Sessions

Grade	Days	Dates*	Time	Location
1-2	Saturdays	May 3-June 14**	8:00-9:00am	Small School Courts
3-5	Saturdays	May 3-June 14**	9:00-10:00am	Small School Courts
6-8	Saturdays	May 3-May 31***	10:00-11:30am	Small School Courts & SPHS Courts
*no program 5/24		**Rain Date: June 21	***Rain Date: June 7	

Summer Sessions

Grade	Days	Dates	Time	Location
1-2	M-F	July 7-11*	9:00-10:15am	Small School Courts
3-5	M-F	July 7-11*	10:15-11:30pm	Small School Courts
6-8	M-F	July 15-18**	10:00-11:30am	SPHS Courts
*Rain Date: July 14		**Rain Date: July 21		

SKATEBOARDING LESSONS

Are you eager to explore the thrilling world of skateboarding? Look no further! We are proud to offer skateboard lessons at our newly built skate park.

Beginners Lessons

Our beginner skateboard classes are designed to provide a solid foundation for aspiring skaters. Our goal is to equip students with the essential skills and knowledge necessary to enjoy skateboarding and progress confidently. In these classes, you'll learn everything from the basics to the more advanced techniques, all while having a great time with fellow skaters.

Improvers Lessons

The Improvers Lessons are designed for those who have already completed the Beginners Lessons and are looking to continue challenging themselves. Patrons who have not completed the Beginners Course may still register for these lessons but must be able to display their competency in controlling their board.

Min 2/ Max 5

Days: Sundays

Beginner Time: 9:00-9:30am

Improver Time: 9:45-10:15am

Ages: 5-15

Location: South Portland Skate Park

Fee: Beginners: \$135/\$145 NR

Improvers: \$150/ \$160 NR

Staff Coordinator: Brianne Maloney



Instructor: Hunter Finden Skate Coach Hunter Finden has been sharing his expertise and love for skateboarding since 2018 when he began teaching at the renowned Homage Skateboard Academy in Brooklyn, NY. With a wealth of knowledge and years of teaching experience under his belt, Hunter brings his expertise back to Maine, where he has been inspiring and instructing skateboard enthusiasts ever since.

Session	Dates
Spring 1	May 4– June 1
Spring 2	June 15– July 13
Spring 3	July 27– Aug 24

YOUTH PROGRAMS

NEW! KIDS YARD SALE

Get a head start on spring cleaning with a yard sale run by South Portland kiddos! Participants will be granted one parking space and 8 ft table to fill with their gently used toys, books, or clothes. This will be a great opportunity for students to practice their entrepreneurship skills!

Parents are expected to stay with their children during the entirety of the event. We recommend bringing some petty cash to make change. If the item will not fit in the parking space, then we kindly request that it remain at home. *Min 20/Max 35*

Date: May 3
 Day: Saturday
 Time: 10:00am – 2:00pm
 Ages: 5-12
 Location: SPCC Parking Lot (inside if raining)
 Fee: \$10/\$15NR

Staff Coordinator: Ashley Ugolini

SUMMER RUNNING & CONDITIONING

This program is for boys and girls entering grades 4 – 9 in September 2025. Athletes from all sports looking to get into or stay in shape over the summer will meet once per week for an organized workout and receive guidance in planning an off season conditioning program. The goal of the program is to prepare to compete in a fall sports team at the start of the school year. *Min 10/Max 30*

Instructor: Matt Green

Dates: July 7– August 4
 Day: Mondays
 Time: 6:00 – 7:00pm
 Grades: 4-9
 Location: SPHS Track
 Fee: \$50/\$60NR

Staff Coordinator: Brianne Maloney

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 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: 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



INTRO TO YOUTH RUGBY

In partnership with the Portland Rugby Football Club (PRFC), we are excited to introduce the sport of Rugby! This five-week program will emphasize the mechanics and skills of the game in a safe, fun environment. Players will learn the basics of offense and defense, passing and receiving, teamwork, and sportsmanship -- all in a friendly flag-football-style setting. A capstone "festival" day held in Freeport, where players from the rugby hubs will gather for a day of rugby play and fun.

Min 10/Max 25

Instructor: Gareth Roberts

Dates: May 6– 27

Day: Tuesdays

Time: 4:30 – 5:30pm

Grades: K-4

Location: Wainwright Athletic Fields

Fee: \$50/\$60NR

Staff Coordinator: Brianne Maloney

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

FALL SOCCER

Final Registration Deadline is August 17.
Registrations will only be accepted after if there is space on a team.

GRADES 1/2 & 3/4 FALL SOCCER LEAGUE

South Portland Parks and Recreation offers a Youth Soccer League for boys and girls in grades 1 through 4. The purpose of this program is to promote soccer skill development in an environment which will enhance the physical, social and emotional growth of the child as they learn to become part of a team and work with others. Sportsmanship will be stressed on all teams, with the ultimate goal of having FUN! Registration will be girls and boys teams, if we do not have enough to form a league co-ed will be an option. Teams will practice 1 time during the week in the evening and play 1 game each Saturday in South Portland. Includes team shirt. We do not allow Kindergarteners to play in this league, no exceptions will be made. In an effort to create equally balanced teams, unfortunately we cannot honor all specific team/coach requests.

League Details

Dates: Sept 6th – October 11)
Practice begins week of Aug 25
(Rain Date Oct 18)

Day: Saturday games, weekday practices
Time: Games between 9am – 12pm, practices are weekday evenings

Location: Wainwright Complex

Fee: \$75.00

Staff Coordinator: Brianne Maloney

Division

Girls Grades 1/2
Boys Grades 1/2
Girls Grades 3/4
Boys Grades 3/4

GRADES 5/6 REC SOCCER LEAGUE

This is a recreational league, but games will be played in area towns, so travel is required. Teams have 1 practice per week in the evening at the Wainwright complex and play one game per weekend on Saturday mornings/early afternoons. A game schedule will be available late August. If we are not able to form a boys and girls team we will play co-ed. Includes team shirt. **In an effort to create equally balanced teams, unfortunately we cannot honor all specific team/coach requests.**

League Details

Dates: Sept 6 – October 11 Practice begins week of Aug 25 (Rain Date Oct 18)

Day: Saturday games, weekday practices

Time: Games between 9am – Noon, practices are weekday evenings

Location: Wainwright Complex

Fee: \$75.00

Staff Coordinator: Brianne Maloney

Division

Girls Grades 5/6
Boys Grades 5/6

Coaches Needed! In order to provide adequate programming for our youth we need the help of parent volunteers. Email Brianne Maloney at bmaloney@southportland.gov

YOUTH PROGRAMS– Camps

RIOT PRIDE MIDDLE SCHOOL FOOTBALL CAMP

The Riot Pride Clinic is a summer primer leading into the official start of the 2025 football season. This will be a fun opportunity for BOTH returning players as well as new players who are planning on or even considering playing! Returners get a chance to sharpen their skills and knowledge they acquired last season while new players have the opportunity to learn the drills, skills, terminology, concepts, and overall practice routine in a slower paced environment so that they are confident and ready for the season. This is a minimal contact camp and the only equipment needed are cleats, mouthpiece and a water bottle. The Camp Program will be led by High School Head Football Coach, Aaron Filieo, supported by a tenured staff of guest volunteer coaches and high school players. *Min 10/Max 50*

Dates: July 21, 23, 28, 30

Days: Mondays & Wednesdays

Time: 5:30-7:00pm

Grade: 5-8

Location: SPSHS Practice Field

Fee: \$55/\$65NR

Staff Coordinator: Brianne Maloney

RIOT PRIDE FLAG FOOTBALL CAMP

The Riot Pride Flag Football clinics are a great opportunity for kids entering K-4 who have been playing flag football or are interested in trying it out! The clinics offer opportunities for players to practice basic football skills (running routes, taking handoffs, carrying the ball, catching the ball, throwing the ball, grabbing the flag, covering receivers, etc.) 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 and our Flag Football Director, Gerry Brown. Other coaches will include future and current flag coaches, High School and Middle School players *Min 10/Max 50*

Dates: July 22, 29 & August 5

Days: Tuesdays

Time: 5:30-6:45pm

Grade: K-4

Location: SPSHS Practice Field

Fee: \$40/\$50NR

Staff Coordinator: Brianne Maloney



23 Football Clinics, March 2024

YOUTH PROGRAMS– Camps

CHALLENGER SPORTS CREATIVE SKILLS

With an innovative curriculum that develops skills, speed and confidence in players of all ages and abilities, Challenger British Soccer Camps provide boys and girls with the rare opportunity to receive high-level soccer coaching from a team of international experts right in the heart of their own community. In addition to teaching new skills and improving game performance, each British Soccer Camp provides lessons in character development, cultural education and is the most fun your child can have learning the sport they love! Simply put, Challenger camps offer amazing coaches, awesome accents, innovative practices and a unique cultural twist that combine for a one-of-a-kind camp experience! **Camp includes a free ball and shirt.** *Min 20/Max 50*

Camp includes a free ball and shirt. *Min 20/Max 50*

Instructor: Challenger Sports Staff

Session 1 Dates: August 18-22

Days: Monday – Friday

Location: Wainwright Complex

Staff Coordinator: Brianne Maloney

Camp	Ages	Time	Fee
Tiny Tykes	2-5	3:00pm – 4:00pm	\$122/\$132 NR
Half Day	6-14	9:00am – 12pm	\$234/\$244 NR
Full Day	6-14	9:00am – 3:00pm	\$300/\$310 NR

CHALLENGER

SPORTS™

CHALLENGER SPORTS FOUNDATIONAL SKILLS

With an innovative curriculum that develops skills, speed and confidence in players of all ages and abilities, Challenger British Soccer Camps provide boys and girls with the rare opportunity to receive high-level soccer coaching from a team of international experts right in the heart of their own community. In addition to teaching new skills and improving game performance, each British Soccer Camp provides lessons in character development, cultural education and is the most fun your child can have learning the sport they love! Simply put, Challenger camps offer amazing coaches, awesome accents, innovative practices and a unique cultural twist that combine for a one-of-a-kind camp experience! **Camp includes a free ball and shirt.** *Min 20/Max 50*

Instructor: Challenger Sports Staff

Session 1: August 4-8

Session 2: August 25-29

Days: Monday – Friday

Location: Wainwright Complex

Staff Coordinator: Brianne Maloney

Camp	Ages	Time	Fee
Tiny Tykes	2-5	3:00pm – 4:00pm	\$122/\$132 NR
Half Day	6-14	9:00am – 12pm	\$234/\$244 NR
Full Day	6-14	9:00am – 3:00pm	\$300/\$310 NR

ROLL RIOTS SOCCER CAMP

The Roll Riot Soccer Camp will happen from July 14 to 17 for boys and girls of South Portland. Learn skills from SPHS coaches and players. Please bring a snack each day. Camp includes free t-shirt. *Min 5/Max 40*

Dates: July 14-17

Day: M-F

Age 6-9: 8-9:30am

Age 10-14: 9:30-11am

Location: Wainwright

Fee: \$75 (resident only)

Staff Coordinator: Brianne Maloney

GRAND SLAM TENNIS SUMMER CAMP

Summer tennis camps offered through the St. Peter's Grand Slam Tennis Programs are fun, yet challenging and instructional and cater to boys and girls ages 7-15 at all skill levels. Camps are taught by certified teaching pros and college tennis players. For the beginner, a high school and progressive format is followed. Each session teaches basic tennis strokes and strategy in an enthusiastic but low-pressure environment. For intermediate and advanced players, every session consists of intense drills to define strokes, conditioning exercises, strategy, and competitive match play. *Min 8/Max 36*

Instructor: Grand Slam Tennis

Dates: July 7-11

Days: M-F

Time: 9:00-12:00pm

Ages: 7– 15

Location: SPHS Tennis Courts

Fee: \$190/\$200NR

Staff Coordinator: Brianne Maloney

YOUTH PROGRAMS – Camps

LIL RED RIOT HOOPERS

This basketball camp is for boys and girls entering K-2 in the fall of 2025. We will focus on the fundamentals and basics of basketball, dribbling, passing, and shooting techniques. Come join the SPHS coaches and players for a week full of fun! *Min 15/Max 50*

Dates: June 16-20 (No Program 6/19)

Days: M-W, F, no program Thursday

Time: 9:00am-12:00pm

Grades: K-2

Location: SPCC Gym

Fee: \$50/\$60NR

Staff Coordinator: **Brianne Maloney**

NOTHING BUT NET SUMMER BASKETBALL CAMP

This basketball camp is for girls entering grades 2-9 in September, 2025. Come join the SPHS coaches and players for a week full of fun! There will be skill contests, skill work, and game play. This is a great chance to learn how to become a better basketball player and have fun while doing it! Please pack a snack, water, towel and swim suit, and lunch. *Min 12/Max 50*

Dates: June 23-27

Days: M-F

Time: 9:00am-3:00pm, Friday 9:00am-12:00pm

Grade: 2-9

Location: SPCC Gym

Fee: \$120/\$130NR

Staff Coordinator: **Brianne Maloney**



2025 SPHS players interact with star struck Rec basketball team

BIG RED BASKETBALL CAMP

This camp is for boys entering grades 2-9 in September, 2025. Be ready for a competitive week of basketball, combined with lots of fun! Learn skills from SPHS coaches and players. Please bring a lunch each day. **Camp includes a free t-shirt.** *Min 12/Max 50*

Dates: July 7-11

Days: M-F

Time: 9:00am-3:00pm, Friday 9:00am-12:00pm

Grade 2-5: SPCC Gym

Grades 6-9: SPHS Gym

Fee: \$150/\$160NR

Staff Coordinator: **Brianne Maloney**



NEW! CURRY COLLEGE BASKETBALL CAMP

The camp is designed to help young athletes improve their basketball skills, including drills and exercises that target fundamental skills such as dribbling, passing, shooting, and defense. The camp also emphasizes teamwork, sportsmanship, and leadership, providing campers with a well-rounded basketball education. This camp is for players of all skill levels!

Phil Alibrandi, the Head Men's Basketball Coach at Curry College and a Maine native, offers an engaging basketball camp for boys and girls aged 7-14. Coach Alibrandi and his team of experienced coaches and players create a supportive environment where young athletes can learn and grow both on and off the court. **Camp staff will consist of South Portland High School standout, Manny Hidalgo and several current college basketball players and coaches from around New England.** *Min 6/Max 16*

Instructor: **Coach Phil Alibrandi**

Dates: July 21– 25

Days: M-F

Time: 9:00am-2:30pm

Ages: 7-14

Location: SPCC Gym

Fee: \$299/\$309NR

Staff Coordinator: **Brianne Maloney**

YOUTH PROGRAMS – Camps

KIDS PADDLING CAMP

Spend the week kayaking and Paddleboarding at Willard Beach in South Portland with Seaspray Kayaking! We will be playing games on the beach and in the water, and learning about the proper techniques and safety of paddling the Coast of Maine. Challenges and an expedition to one of the islands or Fort Williams will be part of the Adventure. All kayakers will receive a Paddling T-Shirt. *Min 6/Max 16*

Dates: August 18– 22
 Days: M-F
 Time: 9:00am-12:00pm
 Ages: 8-17
 Location: Willard Beach South Portland
 Fee: \$270/\$280NR
Staff Coordinator: Brianne Maloney

MAD SCIENCE CAMPS

These science based camps offer fun hands on learning and activities that vary during each session. Visit the registration page for full details on each session topic. *Min 10/Max 20*

Instructor: Mad Science
 Days: M-F
 Time: 9am-3pm
 Grade: K-6
 Location: SPCC Activity Room
 Fee: \$425/\$435NR per session
Staff Coordinator: Brianne Maloney

Camp Session	Date
Astro Innovators	7/14– 7/18
Radical Robots	7/28-8/1
Underground Explorers	8/11-8/15

STEAMWORKS FOR KIDS– STEM CAMPS

These STEAM based camps offer fun hands on learning and activities that vary during each session. Visit the registration page for full details on each topic. *Min 8/Max 18*

Instructor: Steamworks for Kids
 Days: M-F
 Age: 6-11
 Location: SPCC Casco Bay Room or Activity Room
 Fee: \$195/\$205NR per session
Staff Coordinator: Brianne Maloney

Camp Sessions	Date	Time
Ancient Egyptian Archaeology	6/23-6/27	9:00 am-noon
Color & Light Odyssey (NEW!)	6/23-6/27	12:30pm-3:30pm
Bubbles Bonanza (NEW!)	7/7-7/11	9:00 am-noon
Build-A-Thon (NEW!)	7/7-7/11	12:30pm-3:30pm
8-in-1 Solar Robot (NEW!)	7/21-7/25	9:00 am-noon
Up, Up, & Away (NEW!)	7/21-7/25	12:30pm-3:30pm
STEAM Sampler	8/4-8/8	9:00 am-noon
Battle Bots (NEW!)	8/4-8/8	12:30pm-3:30pm

JUNIOR POLICE ACADEMY CAMP (JPAC)

JPAC is a physically active, week long, day camp that will provide kids with activities that will develop communication, decision-making skills, teamwork and leadership. Campers will learn about the role of police in their community and the importance of the department’s Guiding Values: *Integrity, Respect, Leadership, Fairness and Service*. Campers will take part in team building games, self-defense instruction, mock investigation, exploration field trips, and see live demonstrations from different police specialties (SWAT, K9, Dive Team, Marine Resources, etc)!

What to Bring: Wear comfortable clothes and sneakers; dress for the weather! Uniform camp tee shirts will be provided and should be worn daily. Please bring a healthy lunch, snacks, a water bottle and sunscreen every day. *Min 15/Max 30*

Dates: July 14– 18
 Days: M-F
 Time: 8am-4pm
 Grades: 6-8
 Location: SPCC
 Fee: \$80/\$90NR
Staff Coordinator: Brianne Maloney



2024 JPAC take a trip to Peaks Island

YOUTH PROGRAMS– Camps

CROSS COUNTRY RUNNING CAMP

This camp will be offered for boys and girls Entering grades 5 - 9 in September, 2025. Camp will meet each day at the SPHS Track. Each session will begin with stretching and warm up exercises. Runners will have an opportunity to work on his/her existing running techniques and get in shape for the upcoming season. You do not have to be participating in cross country this fall to attend this camp. This camp is designed to help any athlete get in shape for any sport this fall.

Min 10/ Max 40

Session 1: August 11-15

Session 2: August 18-22

Time: 9:00am-10:00am

Location: SPHS Track

Fee: \$50/\$60NR

Staff Coordinator: Brianne Maloney

STRONG GIRLS UNITED

Join Strong Girls United for a 3-day girls' empowerment camp led by an all-female coaching team, girls will learn to build up their strong bodies and lead with kind hearts & grow an unstoppable mind! Featuring a variety of sports (track, volleyball, soccer & much more!), team-building exercises, and empowerment activities, girls participating will embrace their limitless potential in a supportive and uplifting environment! **Please send your child with a snack, sneakers, athletic clothes, and a water bottle! Min 8/ Max 20*

Dates: July 14-16

Days: Tuesdays

Time: 9:00 – 11:00am

Grades: K-4

Location: South Portland High School

Fee: \$90/\$100 NR

Staff Coordinator: Brianne Maloney

YOUNG CHEFS CHALLENGE

Calling all young CHEFS! Let your child unleash their inner Chef during this 3 day program. Young chefs will create recipes from a mystery basket full of a variety of ingredients. Each day we will have two team competitions. The last day ends with cupcake wars, where chefs get to decorate to their heart's desire. Promotes teamwork, problem-solving, and creativity.

If your child has anaphylactic food allergies we recommend not signing up as we can not guarantee the recipes are completely free of certain ingredients.

Min 15/Max 24

Instructor: Stacey Stolman

Dates: June 16-20 (No program 6/19)

Days: T, W, F

Time: 9:30am – 12:00pm

Age: 6-12

Location: SPCC Casco Bay Room

Fee: \$125/\$135NR

Staff Coordinator: Brianne Maloney

TRACK & FIELD CAMP

This program is for boys and girls entering **grades 2 – 9 in September 2025**. This recreation-based summer track and field program will include an exploration of different race distances, specific track techniques, and instruction in different throwing and jumping events including hurdles. Participants will try as many or as few different events as they are interested in. *Min 10/ Max 50*

Session 1: June 16-26

Session 2: June 30– July 10

Time: 9:00-10:15am

Grade: 2-9

Location: SPHS Track

Fee: \$75/\$85NR per session

\$120/\$130 for both sessions

Staff Coordinator: Brianne Maloney

ALL GIRLS SPORTS CAMP

Get ready for a week of sports led by local female youth sport coaches. In this action-packed week of sports, girls will be introduced to a new sport each day. A full schedule of all sports will be posted in June. Sports to be included; Basketball, Volleyball, Swimming, Football , Cheer more to come! *Min 10/ Max 35*

Dates: August 11-15

Time: 8:30am– 4:00pm

Grade: 2-8

Location: SPCC Gym & Athletic Fields

Fee: \$90/\$100NR

Staff Coordinator: Brianne Maloney



2024 All Girls Sports Camp tries Track & Field



2024 All Girls Sports Camp tries Hockey

YOUTH PROGRAMS – Camps

PRINCESS & PIRATES DANCE CAMP

Explore your favorite princess and pirate characters in dance camp: Elsa/Anna, Peter Pan, Cinderella, Sleeping Beauty, and Jake & the Neverland Pirates! Dance Camp for ages 3-8 incorporates creative movement, ballet, and jazz styles of dance. Camp includes dance instruction, arts & crafts, choreography, movement activities & games. Dance Camp has a snack break. Dancers are responsible to bring a water bottle, and snacks for the snack break.

A short performance at the end of the week on Friday at 11:45 AM

Please wear comfortable clothing that you can move well in, have bare feet and bring a water bottle. Please have longer hair tied back away from the face. *Min 4/Max 14*

Instructor: Drouin Dance Center

Dates: June 23-27

Time: 9:00am-12:00pm

Ages: 3-8

Location: SPCC Aerobic Room

Fee: \$90/\$100NR

Staff Coordinator: Brianne Maloney



MR REAGAN'S ECO-ADVENTURE CAMP

Eco-Adventure Camp will be a week full of activities, hands-on learning and fun! Campers will visit local beaches during low tide for some hands-on science. We will do a crab collection from the Gulf of Maine Research Institute in order to learn about the invasive European green crab. Campers will learn about the food chain, invasive species and environmental impacts. In addition, we will have guest speakers and artists to help enrich our learning. *Min 8/Max 13*

Instructor: Patrick Reagan

Dates: August 4– 8

Days: M-F

Time: 9:00am – 3:00pm

Ages: 8-11

Location: SPCC Casco Bay Room

Fee: \$375/\$385NR

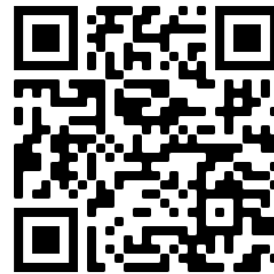
Staff Coordinator: Brianne Maloney

SCHOLARSHIPS ARE AVAILABLE FOR ALL YOUTH PROGRAMS!

Visit southportlandme.myrec.com for an application form.

Forms are available in:

- English
- Français
- Português
- Español



MR REAGAN'S THEATER CAMP

Mr. Reagan's Theater Camp is a great way to develop and hone theater skills. Actors will learn a variety of skills such as: voice projection, improv and animation. Campers will build confidence and teamwork by creating skits, games and play. Patrick Reagan is a fifth grade teacher in Scarborough. He has been doing theater in the classroom for the past twenty-three years and has run theater camps in the area for over ten years. *Min 8/Max 25*

Instructor: Patrick Reagan

Dates: July 28– August 1

Days: M-F

Time: 9:00am – 12:30pm

Ages: 7-11

Location: SPCC Casco Bay Room

Fee: \$225/\$235NR

Staff Coordinator: Brianne Maloney

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.gov 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)
- Patrons who are incontinent or not completely potty-trained must wear properly fitting rubber pants with elastic cuffs or swimming diapers.
- Pool staff has the authority and responsibility to refuse service to anyone who poses a danger to themselves or others.

DAILY FEES

Residents of South Portland: Adults \$5.00 Children/Seniors \$4.00
Non-Residents: Adults \$6.00 Children/Seniors \$5.00

Punch Passes (20 punches):

Residents:	Adults- \$70	Child/Senior- \$50
Non-Res:	Adult- \$90	Child/Senior- \$70

*Passes are Non-Refundable and do not expire.

Punch 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 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 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 (southportlandme.myrec.com) for pool availability to rent for your gathering. Rentals are available on Saturdays at 1pm or 2pm or Sundays at 3pm September through May. The Customer Service Desk can assist you as well. Community Center and Pool are closed weekends between Memorial Day and Labor Day.

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

You may also use 1 punch from your pool frequent user pass

~**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.gov.**

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.

SWIM LESSON REGISTRATION INFO

Summer Swim Registration Dates

Residents: Monday, June 2

Non-Residents: Thursday, June 5

Online & In-person Registration begins at 7am.

You may register for one or more than one session this summer. If your child passes to a higher level at the end of the session, the instructors will find placement for them in the next level in the next session you register for. Our swim staff is happy to assist you with level placement for your child, please contact us BEFORE registration opens with questions.

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.

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.

PROGRESSIVE SWIM LESSONS FOR KIDS 6-13

Session 1: Monday & Wednesday Morning

8 classes over 4 weeks. *Min 2/ Max 8*

Dates: June 23-July 16

Session 2: Monday & Wednesday Morning

8 classes over 4 weeks. *Min 2/ Max 8*

Dates: July 21-August 13

Session 1: Tuesday & Thursday Morning

8 classes over 4 weeks. *Min 2/ Max 8*

Dates: June 24-July 17

Session 2: Tuesday & Thursday Morning

8 classes over 4 weeks. *Min 2/ Max 8*

Dates: July 22-August 14

Thursday Evening Lessons

8 classes over 8 weeks. *Min 2/ Max 8*

Dates: Jun 26-August 14

Ages: 6-14

Location: SPCC Pool

Fee: \$70/\$80NR



	<u>Mon & Wed AM</u>	<u>Tues & Thurs AM</u>	<u>Thursday PM</u>
Level 1	10:00-10:45am	10:00-10:45am	6:00-6:45pm
Level 2	9:00-9:45am	10:00-10:45am	6:00-6:45pm
	10:00-10:45am		
Level 3	9:00-9:45am	9:00-9:45am	6:00-6:45pm
	10:00-10:45am		
Level 4	9:00-9:45am		6:00-6:45pm

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

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.

Mini Swimmers Session 1 (8 classes over 4 weeks) *Min 2/ Max 5*

Monday & Wednesday Mornings

Dates: June 23 – July 16

Time: 9:00 – 9:30 AM Levels: Mini 1 and Mini 2

Time: 9:30-10:00AM Levels: Mini 1 and Mini 3

Tuesday & Thursday Mornings

Dates: June 24 – July 17

Time: 9:00 – 9:30 AM Levels: Mini 1 and Mini 2

Time: 9:30-10:00AM Levels: Mini 1 and Mini 2

Ages: 3-5

Location: SPCC Pool

Fee: \$70/\$80NR

Mini Swimmers Session 2 (8 classes over 4 weeks) *Min 2/ Max 5*

Monday & Wednesday Mornings

Dates: July 21 – August 13

Time: 9:00 – 9:30 AM Levels: Mini 1 and Mini 2

Time: 9:30-10:00AM Levels: Mini 1 and Mini 3

Tuesday & Thursday Mornings

Dates: July 22 – August 14

Time: 9:00 – 9:30 AM Levels: Mini 1 and Mini 2

Time: 9:30-10:00AM Levels: Mini 1 and Mini 2

Ages: 3-5

Location: SPCC Pool

Fee: \$70/\$80NR

Mini Swimmers Tuesday Evenings (8 classes over 8 weeks) *Min 2/ Max 5*

Tuesday Evenings Only

Dates: June 24 – August 12

Time: 6:00 - 6:30 PM Levels: Mini 2 and Mini 3

Time: 6:30 – 7:00 PM Levels: Mini 1 and Mini 1

Ages: 3-5

Location: SPCC Pool

Fee: \$70/\$80NR

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.*

Summer Session (8 classes over 8 weeks)

Instructors: Pool Staff

Fee: \$70/\$80NR

Ages: 2.5-4yo

Tuesdays June 24 – August 12

Time: 6:00-6:30pm

Thursdays June 26 – August 14

Time: 9:00-9:30am

SWIM LESSONS FOR FAMILIES (ADULT WITH ONE CHILD)

FAMILY LESSONS FOR BABIES AND TODDLERS (WITH AN ADULT)

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.

The classes will focus on water introduction with songs, and skill based activities focused on acclimating children to swim lessons, being safe in and enjoying water. The instructors will also provide fun activities/songs/games that can be translated to practicing at home, in pools or in open water.

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*

SUMMER 2025 SESSION (8 classes over 8 weeks)

Tuesday Mornings Only: June 24 –August 12

Time: 9:00-9:30am

Location: SPCC Pool

Fee: \$70/\$80NR

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.gov
Max: 25 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.

Summer 2025 Session:

Dates: June 23– August 13 (8 week session)

Practice Days: Mondays and Wednesdays

Time: 6:00 – 7:00pm (Combined with Riptide Plus)

Ages: 8-14yo

Fee: \$120/\$130NR

RIPTIDE PLUS SWIM 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.

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.gov
Max: 15 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.

Summer 2025 Session:

Dates: June 23– August 13 (8 week session)

Practice Days: Mondays and Wednesdays

Time: 6:00 – 7:00pm (combined with Riptide)

Grades: 6-9 (entering in fall)

Fee: \$120/\$130NR

Riptide Swim Club Evaluation & Placement Sessions:

Summer 2025 Session

Evaluation Date: Wednesday, June 18 at 6pm

Online Registration:

Thursday, June 19 for residents starting at 7am

Friday, June 20 for non-residents starting at 7am

Riptide Plus Evaluation & Placement Sessions:

Summer 2025 Session

Evaluation Date: Wednesday, June 18 at 6pm

Online Registration:

Thursday, June 19 for residents starting at 7am

Friday, June 20 for non-residents starting at 7am

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 3/Max 9*

SUMMER 2025

Instructor: Pool Staff

Dates: Wednesdays, June 25– August 13

Time: 7:00-7:45pm

Ages: 14+

Location: SPCC Pool

Fee: \$70/\$80NR

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.

Ages: 14+

Location: SPCC Pool

Fee: \$70/\$80NR

SUMMER SESSIONS

Tuesday Morning

Dates: June 24– August 12

Time: 8:00 – 8:45 AM

Thursday Evening

Dates: June 26– August 14

Time: 8:00– 8:45 PM

DIVING LESSONS FOR KIDS GRADES 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, June 24– August 12

Beginner Time: 6:00-6:55pm

Advanced Time: 7:00-7:55pm

Grades: Entering 6-12 (*no exceptions will be made*)

Fee: \$70/\$80NR



2024 Diving

PARKS PROGRAMS

JUNIOR RANGER

Junior Ranger is back and this time we are traveling to Trout Brook Nature Preserve! Kids will join park rangers to explore the different plants and animals that live in this riparian ecosystem. They will complete activities to learn about wildlife, water quality, and habitats and will do their part to protect the park. At the end of the program, participants will be sworn in as Junior Rangers and earn their very own 2025 Junior Ranger badge!

Dates (choose one):

Saturday, May 17

Saturday June 14

Sunday July 20

Sunday August 10

Time: 10:00am-12:00pm

Ages: 5-12

Location: Trout Brook Nature Preserve

Fee: FREE, registration required

Staff Coordinator: Sydney Raftery

GUIDED NATURE WALKS

South Portland parks and library are partnering to bring you on a guided hike through Hinckley Park. Along the way, you will see what is blooming, learn about wildlife that lives there, and get helpful resources for visiting nature on your own time. The walk is roughly 1 mile long, with several stops.

Dates: June 10 & August 12

Days: Tuesdays

Time: 11:00am-12:00pm

Ages: 8+

Location: Hinckley Park

Fee: FREE

Staff Coordinator: Sydney Raftery



2024 Guided walks through Hinckley Park

HINCKLEY PARK STORY WALKS

New story walks are coming to Hinckley Park this summer! Join park rangers and librarians to read the stories and participate in related nature activities.

Instructor: Librarians & Park Rangers

Dates: Monday, May 19 & Wednesday, August 20

Time: 10:30am-11:30am

Ages: 2-10

Location: Hinckley Park

Fee: FREE

Staff Coordinator: Sydney Raftery



New story walks are coming to Hinckley park soon!

CONSERVATION VOLUNTEER TRAININGS

We are looking for volunteers who want to care for Hinckley Park and Trout Brook Nature Preserve. Volunteers will set up a private training session with parks staff to learn all about the invasive plants that threaten South Portland's ecosystem. We will cover plant identification, target areas, and how to remove each plant. After completing the training, volunteers can borrow tools and work in Hinckley or Trout Brook on their own schedule throughout the year. Any hours worked can be recorded for volunteer requirements for work, school, etc.

Email kertzner@southportland.gov to schedule a date and time for your training

Ages: adults, children 14+ welcome with adult supervision

Location: Hinckley Park

Staff Coordinator: Kristina Ertzner

PARKS PROGRAMS

NEW! EDUCATION GARDEN

This year, we are excited to announce that we will be hosting a children's educational garden plot in the Hinckley Community Garden. Kids can visit with their adults anytime to help care for the garden and harvest veggies to take home. There will be signs throughout the plot that explain what each plant is, how you can help take care of it, and how to harvest. Take some for yourself and leave some for others to enjoy as well! Plus, join us for the following public garden activities:

Garden Story Times

Join the South Portland children's librarians and park rangers to read garden-themed stories, help care for the education garden, and harvest some fresh veggies to take home.

Instructor: Librarians & Park Rangers

Dates: Friday, June 27 & Thursday, July 17

Time: 10:30am-11:30pm

Age: 2-10

Location: Hinckley Park

Fee: FREE

Staff Coordinator: Sydney Raftery



2024 Garden story time attendees help Park Rangers

Garden Pickling program

At this program we will be harvesting cucumbers and other delicious veggies to make our own pickles, right here in the garden. Kids will help harvest, wash, chop, and combine all the ingredients for this healthy garden snack.

Instructor: Park Rangers

Dates: Monday, August 25

Time: 11:00am-12:00pm

Age: 5-12

Location: Hinckley Park

Fee: FREE

Staff Coordinator: Sydney Raftery



2024 Carrot Harvest

Garden Pico de Gallo program

At this program we will be harvesting peppers, tomato and cilantro to make our own pico de gallo, right here in the garden. Kids will help harvest, wash, chop, and mix all the ingredients for this healthy garden snack.

Instructor: Park Rangers

Dates: Thursday, August 28

Time: 11:00am-12:00pm

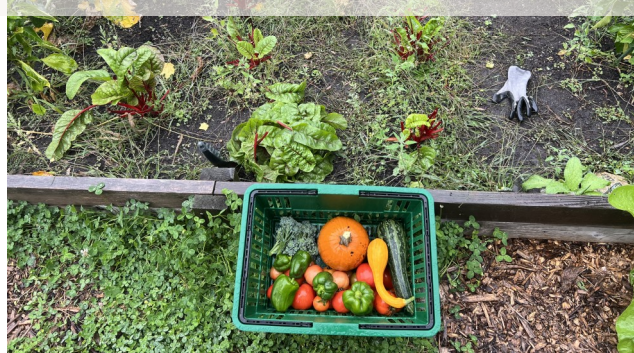
Age: 5-12

Location: Hinckley Park

Fee: FREE

Staff Coordinator: Sydney Raftery

2024 Garden Harvest



FAMILY & SPECIAL EVENTS



6th ANNUAL SOUTH PORTLAND YOUTH TRIATHLON– In Honor of Nathan Savage

Join us in our 6th Annual South Portland Youth Triathlon. This event is in honor of South Portland's own, Nathan Savage, who was passionate about family exercise, promoting physical activity, and giving back to the community. The main goal of this event is to expose youth to the great sport of triathlons and to have fun! The aim is to encourage self-confidence and promote the importance of leading a healthy and active lifestyle.

This event will take place at the South Portland Community Center and South Portland High School campus and surrounding neighborhood. **Race will not be professionally timed nor will there be any overall age division winners as the goal is to promote physical fitness and doing your best!** Participants will receive a race shirt, medal, water bottle and other gifts. There will be a closing ceremony to celebrate the event, on the football field, when all of the racers have finished.

RACE PROCEEDS TO BENEFIT THE NATHAN SAVAGE YOUTH PROGRAMS SCHOLARSHIP FUND.

Must pre-register by June 18, 2025. There will be no day of registration for this event.

Course Details (one course!)

Swim - 75 meters at SPCC Pool (kickboards & pool noodles available if needed)
Bike - 1.2 miles
Run - .7 miles

Packet Pickup & Bike Drop Off

Date: Friday, June 20
Time: Between 5:00-6:30pm
Location: SPCC Lobby

Event Info

Date: Saturday, June 21
Time: Check-in begins at 8:15am. Race begins at 9:00am
Ages: 7-14
Location: SPCC Pool & Surrounding Campus
Fee: \$25/\$45NR

RACE DAY VOLUNTEERS NEEDED – Contact Anthony Johnson at ajohnson@southportland.gov

SPRINGFEST

The Rotary Club of South Portland - Cape Elizabeth is proud to bring SpringFest 2024 to South Portland once again! This event is supported by Bath Savings Bank, Hannaford, DiMillos on the Water, Port Harbor Marine, Saco and Biddeford Savings, IRA Motor Group and many more area businesses.

Join us at Redbank Pavillion on Friday May 17 for ice cream and activities with area non-profits!

The main event in Mill Creek will include a day of creativity, community, and gnome-tastic fun! Stay tuned for more details!

Visit www.SPspringfest.com for more info!

Date: Friday, May 17

Time: 5:00-8:00pm

Location: Redbank Pavillion

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

Date: Saturday, May 18

Time: 11:00am-3:00pm

Location: Mill Creek Park

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher



FAMILY & SPECIAL EVENTS

MILL CREEK CONCERT SERIES

Join us Wednesday evenings through the summer for music in Mill Creek.

Time: 6:00pm-7:30pm

Ages: All

Location: Mill Creek Park

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

June 25– Ragtime Destroyers

July 9– After Dark Duo

July 16– TBA

July 23– TBA

July 30– Primo Cubano

RED BANK CONCERT & PICNIC SERIES

Join us on several evenings through the summer for music in Mill Creek.

Time: 6:00pm-7:30pm

Ages: All

Location: Redbank Pavilion

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

Dates: June 24

July 15

August 5



4TH OF JULY CELEBRATION AT BUG LIGHT

Join us at Bug Light Park to watch fireworks across the water. We'll have yard games set-up, live music playing from Chelsey Carter, and food trucks on hand to purchase dinner.

Date: July 4

Time: 5:00pm-9:00pm

Ages: All

Location: Bug Light Park

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher



150TH BUGLIGHT ANNIVERSARY CELEBRATION

Join us at Bug Light Park to celebrate 150 years of Bug Light with speakers, photographers, music, food trucks, and more!

Date: July 26

Time: 11:00am-3:00pm

Ages: All

Location: Bug Light Park

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

NATIONAL NIGHT OUT

This event is a partnership with the South Portland Police Department. Live music and activities will begin at 6pm before the movie viewing at 8pm.

Date: August 5

Time: 6pm-10pm

Ages: All

Location: Mill Creek Park

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher



ART IN THE PARK

170 artists will display their work. Free activities will be available for kids from 10a-2p. Food trucks will be on site for lunch from 11a-3p.

Visit www.artintheparkmaine.com for more info.

Date: August 9

Time: 9am-4pm

Ages: All

Location: Mill Creek Park

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

SOUTH PORTLAND GOLF COURSE

The South Portland Golf Course is a nine-hole golf course situated on 25 acres located between Westbrook St, Wescott Rd, and Broadway. The clubhouse, which shares a building with the Branch Library, is located at 155 Wescott Rd.

The Par 33 layout measures 2071 yards. It is a fun course for players who are new to the game, and seniors who are looking to relax, get outside, and enjoy a round of golf, yet it is tricky enough to challenge the intermediate players. The more experienced player will gain the benefit of working on their short game, as the dog-legs, and hidden, postage stamp greens can make shot making a challenge.

The South Portland Golf Course is the perfect option for the golfer who is looking to get a quick nine in before or after work, or even during a lunch break. It is a great place for families and friends to come out, enjoy a round of golf together, and learn the game of a lifetime.

The course will open in mid-April weather permitting, and the season will run through mid-November. All patrons are expected to follow the course rules, rules of golf, and proper on course etiquette.

Tee times can be made by calling 775-0005. Tee times will be scheduled in 15-minute intervals and can be scheduled up to 2 days in advance. We STRONGLY encourage booking tee times in advance. Walk-ups are accepted but may not always be accommodated during peak play times.



SCOTT MANN GOLF ACADEMY - JUNIOR GOLF CLINICS

This Program is designed for both boys and girls as an introduction to the wonderful game of golf. This will cater to beginners or as a continued development of fundamentals for the intermediate player. This program is fun and includes games while covering aspects of the game such as, history of the game, basic rules, respect & etiquette, short game fundamentals, full swing fundamentals, video analysis, on course play and course safety. This is a great program for all junior players under 12 to learn and improve at the game of golf.

Min 10/Max 20 per session.

Instructor: Scott Mann

Dates: June 18 – July 16

Day: Wednesdays

Time: 9:00 – 10:15am

Ages: 6-13

Location: South Portland Municipal Golf Course

Fee: \$110/\$120 NR

Staff Coordinator: Anthony Johnson

RATES

2025 Season Rates

Monday – Friday (up to 18 holes)	\$18.00
Saturday, Sundays & Holidays (up to 18 holes)	\$20.00
Club Rentals (up to 18 holes)	\$15.00
Pull Cart (up to 18 holes)	\$6.00
GHIN CARD (19&up)	\$50.00
GHIN for 18&under *	\$5.00

**sign up at youthoncourse.com*

Play Passes

10 Play Pass by May 31 & get 3 extra plays	\$155.00
10 Play Pass after May 31	\$155.00
5 Play Pass	\$80.00

For course updates, please follow **South Portland Parks & Recreation** on Facebook. We hope to see you on the course!

YOUTH ON THE COURSE

Youth On Course is a non-profit organization dedicated to opening doors, supporting dreams and transforming the lives of young people through opportunities on and off the golf course – has partnered with the Maine State Golf Association (MSGA) to deliver affordable and accessible golf and personal growth opportunities to the young people across the state of Maine for only a \$5.00 sign up fee.



The partnership opens the door for Maine’s young golfers to access affordable rounds of golf at participating facilities, including Apple Valley Golf Course, JW Parks Golf Course, Barnes Brook Golf Course, Mars Hill Country Club, Turner Highlands Golf Course, Val Halla Golf Course, Riverside Golf Course, Bangor Municipal Golf Course, South Portland Municipal Golf Course, and Dutch Elm Golf Course where rounds will be offered for \$5 or less. Additional courses will be added in the coming months. Juniors in the state ages 6-18 can sign up for a Youth on Course membership here: www.youthoncourse.org/join. Golfers will also be registered for GHIN to establish or maintain their existing GHIN index number.

SOUTH PORTLAND GOLF COURSE

SCOTT MANN GOLF ACADEMY - LADIES GOLF CLINICS

Join Scott Mann, PGA Pro and PGA Director of the Scott Mann Golf Academy (SMGA) and start playing and enjoying the great game of golf! Learn swing basics including grip, stance and alignment, followed by an introduction to irons, woods, chipping and putting along with proper golf etiquette. Once the class is complete, you will be ready to schedule your first tee time! Please bring your own equipment. **Cost includes a complimentary pass to play at South Portland Municipal on your own. Min 15/Max 20.**

Note: the last day of lessons will run from 5:45 – 7:45 pm, with the first hour instruction and the second hour on the course.

Instructor: Scott Mann

Dates: Wednesdays, May 7-28

Time: 6:15PM – 7:15PM, last clinic will run 5:45PM-7:45PM

Location: South Portland Municipal Golf Course

Fee: \$130/\$140NR

Staff Coordinator: Anthony Johnson

2025 SENIOR COED GOLF LEAGUE

We invite seniors of all golfing abilities to join us at the South Portland Municipal Golf Course on either Monday or Tuesday mornings to play in a friendly golf league. This nine hole, 21 week league for men and women aged 55 and older is designed to appeal to the casual golfer who is focused on having fun and meeting other friendly seniors. We are in our eighth year and have over 100 seniors registered to play in one of our three divisions this season.

If interested please contact the league coordinator listed below.

Dates: May 5– September 23

Times:

Mondays: 8:00-9:45am tee times

Tuesdays: 7:30-11:00am tee times

Location: South Portland Municipal Golf Course

Fee: Regular green fees apply unless a play punch card is purchased.

Coordinator: Jim Markan (markan1952@gmail.com)

COMMUNITY CONNECTIONS

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!

Registration for majors and minors pitch divisions of baseball and softball will close March 20 but all other divisions will remain open.



South Portland Strikers– Fall Soccer Registration Opens April 1!

South Portland Strikers is a travel soccer program for the youth of South Portland. Strikers seeks to provide a positive and competitive youth soccer playing experience, with a focus on player development.

Don't miss the early bird registration discount!

\$150 from April 1-30

\$100 special price for U9 and U10

Registration closes May 15, 2025. Register on time!

Visit WWW.SOPOSTRIKERS.COM for more information. Financial aid available as needed.



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!

Kathy Adams
Chris Chapman
Linda Fearon
Ray Glass

Linda LaVerriere
Doug Radar
Judy Simpson

John Roediger
Helen Walsh
Diann Wood

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 Basketball Coaches

Meredith Johnson
Chris Payne
Mitch Ouellet
Adam Shepard
Ashleigh Soule
Chris Bowden
Gerry Brown
Lucy Sommo
Kirk Larkin
Ryan Facey

John McDonough
Gabriel Laplante
Molly Nelson
Ryan Piper
Rich Sparrow
Abby Varga
Nate Dunklee
Kevin Demers
Mel Rich
Randy Inosencio

Kris King
Rebecca Snoonian
David Cekutis
Tristan Noyes
Joe Chateaufneuf
Tristan Richards
Ryan Gilchrest
Ryan Leddy
Keith Parsons
Lee Goldberg

Adam Baukus
Phil Gray
Owen Maloney
Josh Jenisch
Nick Aloes
John Hychko
Mea Healy
Steve Masters
JD Dobson

Ski Programs

Katie Twombly
Leah Bruns
Joe Bauman
Morgan Buehner

Liz Mack
Maureen McGonagle
Breanna Brown
Dmitriy Barankevich

Gerry Brown
Jessica Brakenwagen
Danielle Buro
Ben Hilton

Michael Herndon
Erik Anderson
Peter Ingram

Youth Cheerleading

Sophia Anderson
McKenna Brown

Madison Cross
Lucy Dow

Hailey Dunbar
Amorette Hynes

Angelina Ntinganti
Lily Ann Wood