

South Portland Municipal Pool Schedule **May 23– June 20, 2025**

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

21 Nelson Road

207-767-7650

<https://southportlandme.myrec.com>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM	Adult Lap Swim ONLY (circle swim)	Adult Lap Swim ONLY (circle swim)	Adult Lap Swim ONLY (circle swim)	Adult Lap Swim ONLY (circle swim)	Adult Lap Swim ONLY (circle swim)	CLOSED	CLOSED
7 AM	Lap Swim + Deep Water Aero 7-8am	Lap Swim + Hydro Fitness 7-8am	Lap Swim + Deep Water Aero 7-8am	Lap Swim + Hydro Fitness 7-8am	Lap Swim + Deep Water Aero 7-8am		
8 AM	Shallow Water Aerobics (no laps available) 8-9am	Lap Swim 8-9am + J.A.M. 8-8:45am	Shallow Water Aerobics (no laps available) 8-9am	Lap Swim 8-9am + J.A.M. 8-8:45am	Shallow Water Aerobics (no laps available) 8-9am		
9 AM	Open Swim w/ laps NO diving board 9-11am	Open Swim w/ laps 9-10am	Open Swim w/ laps NO diving board 9-11am	Open Swim w/ laps NO diving board 9-11am	Open Swim w/ laps NO diving board 9-11am		
10 AM		Scarborough Schools (closed to public) 10-11am			Falmouth Schools + Lap Swim (3 lanes) 10-11am		
11 AM	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm		
12 pm	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)		
1 PM							
2 PM							
3 PM	Open Swim w/ diving board/no laps 3-4pm	Open Swim w/ diving board/no laps 3-4pm	Open Swim w/ diving board/no laps 3-4pm	Open Swim w/ diving board/no laps 3-4pm	Open Swim w/ diving board/no laps 3-4pm		
4 PM	ABF 4-6pm (Closed to public)	ABF 4-6pm (Closed to public)	ABF 4-6pm (Closed to public)	ABF 4-6pm (Closed to public)	Maintenance 4-5pm		
5 PM							
6 PM	RipTide Swim Club 6-7pm	Open Swim w/ diving board/no laps 6-7pm	RipTide Swim Club 6-7pm	Open Swim w/ diving board/no laps 6-7pm			

7 PM	Deep Water Aero + RipTide PLUS 7-8pm	Shallow Water Aero + 3 lap lanes	Deep Water Aero + RipTide PLUS 7-8pm	Shallow Water Aero + 3 lap lanes	CLOSED		
8 PM	Lap Swim (circle swim) (closing at 8:50pm)	Lap Swim (circle swim) (closing at 8:50pm)	Lap Swim (circle swim) (closing at 8:50pm)	Lap Swim (circle swim) (closing at 8:50pm)		CLOSED	

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

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DAILY FEES:

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

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

Scheduled CLOSURES: *Monday, May 26th for Memorial Day & Thursday, June 19th honoring Juneteenth*

RipTide and RT+ REGISTRATION dates for SUMMER:

Session Dates: 6/23 through 8/13

Registration Dates: Thurs 6/19 for residents at 7am/Fri 6/20 for non-residents at 7am.

Evaluation date for new swimmers: Wednesday, June 18th at 6pm!!

Practice Nights for BOTH groups: Mon & Weds 6-7pm

Swim Lesson (youth and adult) REGISTRATION dates for SUMMER:

Mon 6/2 for residents at 7am/Thurs 6/5 for non-residents at 7am

Youth Lessons (ages 1-13) will be offered this summer in two ways: one lesson per week OR a twice per week. Please see the brochure for class specifics on dates/times and cost. There are no weekend swim lessons offered in the Summer due to the building being closed.

The **Stroke Refinement Clinic** (ages 14+) will be offered on Tuesdays at 8am or Thursdays at 8pm starting at the end of June. Adults must meet the pre-requisites to take this course.

Adult Beginner lessons (ages 14+) will be offered on Wednesdays at 7pm starting at the end of June. If you want to learn to swim, this is the course for you!

*Join us for the **4th Annual SoPo Youth Triathlon in honor of Nathan Savage on Saturday, June 21st!**
Course/registration details in the brochure and online.*

Willard Beach opens on Saturday, 5/24 ~

Restrooms available ~

Guards in attendance daily