

South Portland Municipal Pool Schedule June 23rd – August 15, 2025

Please review the other side of this calendar for important information regarding this calendar!

Please stop by and visit us at:
21 Nelson Road 207-767-7650
Or check us out online at:
southportlandme.myrec.com

Swim/Aerobics Class Fee:

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM	Adult Lap Swim (circle swim) 6-7am*	Adult Lap Swim (circle swim) 6-7am*	Adult Lap Swim (circle swim) 6-7am*	Adult Lap Swim (circle swim) 6-7am*	Adult Lap Swim (circle swim) 6-7am*	SPCC CLOSED	SPCC CLOSED
7 AM	Deep Water Aero & Lap Swim 7-8am*	Hydro Fitness & Lap Swim 7-8am*	Deep Water Aero & Lap Swim 7-8am*	Hydro Fitness & Lap Swim 7-8am*	Deep Water Aero & Lap Swim 7-8am*		
8 AM	Shallow Water Aerobics (no laps) 8-9am*	J.A.M. & Stroke Refinement Clinic 8-8:45am	Shallow Water Aerobics (no laps) 8-9am*	J.A.M. 8-8:45am & 3 lap lanes 8-9am*	Shallow Water Aerobics (no laps) 8-9am*		
9 AM	Summer Youth Swim Lessons only 9-11am	Summer Youth Swim Lessons only 9-11am	Summer Youth Swim Lessons only 9-11am	Summer Youth Swim Lessons only 9-11am	Open Swim w/ 2-3 lap lanes NO diving board 9-11am		
10 AM							
11 AM	SENIOR Swim 60+	SENIOR Swim 60+	SENIOR Swim 60+	SENIOR Swim 60+	SENIOR Swim 60+		
12 pm	Open Swim w/ 3 laps NO board 12-1pm*	Open Swim w/ 3 laps NO board 12-1pm*	Open Swim w/ 3 laps NO board 12-1pm*	Open Swim w/ 3 laps NO board 12-1pm*	Open Swim w/ 2-3 lap lanes/NO board 12-2pm*		
1 PM	SP Rec Camp-Mega 7/8 (closed to public) 1-2pm	SP Rec Camp-Mini 1/2 (closed to public) 1-3pm	SP Rec Camp-Little 3/4 (closed to public) 1-3pm	SP Rec Camps-Kinder & Big Riots 5/6 (closed to public) 1-4pm			
2 PM	Open Swim 2-4pm* Diving board open/NO laps						
3 PM							
4 PM	ABF Swim Practice 4-6pm	ABF Swim Practice 4-6pm	ABF Swim Practice 4-6pm	ABF Swim Practice 4-6pm	Maintenance 4-5pm		
5 PM					SPCC CLOSED		
6 PM	RipTide & RT+ swim practice 6-7pm	Mini Swim Lessons & Beginner Dive Lessons	RipTide & RT+ swim practice 6-7pm	Progressive Swim Lessons Levels 1-4			
7 PM	Deep Water Aero & 2-3 lap lanes 7-8pm	Shallow Water Aero & Advanced Diving Lessons	Deep Water Aero & Adult Beginner Lessons	Shallow Water Aero & 2-3 lap lanes 7-8pm			
8 PM	Lap Swim *close at 8:50pm	Lap Swim *close at 8:50pm	Lap Swim *close at 8:50pm	Lap Swim & Stroke Refinement Clinic			

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***The pool staff may need to close the pool at 5-10mins before the top of each hour in order to change the pool over for the next swim block or closing. Please plan your workouts accordingly. We thank you for your patience and understanding!**

SUMMER HOURS:

The pool will be open 6am-8:50pm M-Th and 6am-4pm on Fridays.

SP Community Center is closed on the weekends from Memorial Day through Labor Day.

The pool and Community Center close for annual shutdown maintenance from 8/16-9/1.

Closures:

~Friday, July 4th-closed all day for the holiday

~Monday, July 14th-NO Open Swim from 2-4pm for a rental

Definition of Swims/Classes:

Hydro Fitness- This 7-7:55am (T/Th) 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.

J.A.M. - This 8-8:45am (T/Th) class will consist of 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. This class uses both the shallow and deep ends of the pool during the 45 minute workout.

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

LAP SWIM: all 6 lanes in the pool. Lanes will be designated for FAST, MODERATE, SLOW and SOCIAL swimming speeds. Lifeguards can assist you in finding an appropriate lane. (6am is for 18+ adults only). There is NO water jogging allowed during these swim times.

OPEN SWIM: Children must be 10yo to swim without an adult (16+). Exceptions can be made by the Aquatic Supervisor on duty. Please note on the schedule whether lap lanes or the diving board (or BOTH) will be open. Some swims will restrict use of the board or lap lanes.

20 use Punch Passes Available for Purchase at the desk:

SoPo RESIDENT Adult: \$70

SoPo RESIDENT Sr/Child: \$50

NON-Resident Adult: \$90

NON-Resident Sr/Child: \$70

WILLARD BEACH is OPEN! Guarded: 9a-5p daily Restrooms: 9a-5p daily