

Programs & Activity Guide

SOUTH PORTLAND

PARKS, RECREATION, AND
WATERFRONT

Fall 2025



southportlandme.myrec.com

207-767-7650

Registration Dates

Recreation Programs

Residents: August 11, 2025

Non-Residents: August 14, 2025

Pool Programs

Residents: September 8, 2025

Non-Residents: September 11, 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

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

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

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 livesstrengthening 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% 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

September 1 (Labor Day)
October 13 (Indigenous People's Day)
November 11 (Veteran's Day)
November 27 (Thanksgiving)
November 28 (Day after Thanksgiving)
December 25 (Christmas)

SPCC CLOSED

August 18-September 1 (Annual Cleaning)

REDBANK CLOSED

August 11-17 (Annual Cleaning)

2025 FALL BROCHURE REGISTRATION DATES

Rec Programs: Residents

August 11

Rec Programs: Non-Residents

August 14

Fall Pool Programs: Residents

September 8

Fall Pool Programs: Non-Residents

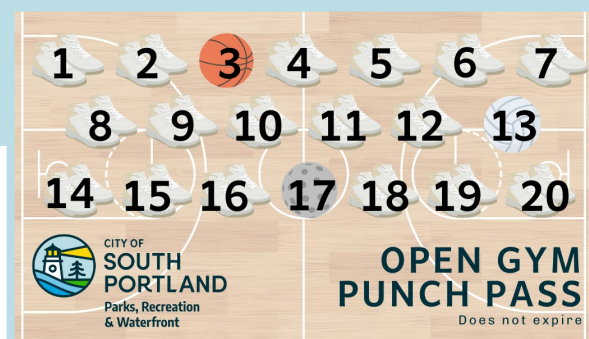
September 11

***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 along with other items for your convenience.

Item	Fee
Lap Counter for track walkers	\$7
Bathing Cap	\$16
Aquatic Belt	\$40
Goggles	\$16
Padlock for locker	\$6



Passes	Resident	Non-Resident
Pool Youth Punch Pass (up to age 17)	\$80	\$120
Pool Adult Punch Pass (ages 18-59)	\$100	\$140
Pool Senior Punch Pass (ages 60+)	\$80	\$120
Open Gym (includes pickleball, basketball, volleyball)	\$80	\$120

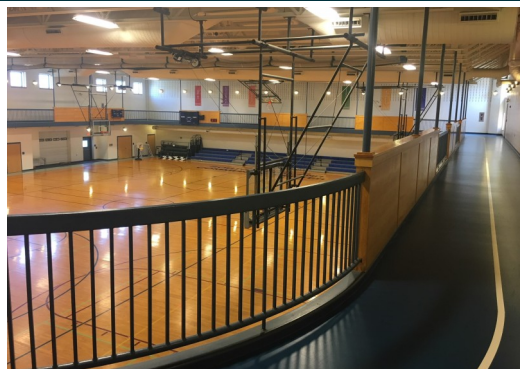
We also offer a military rate at \$1/drop-in for open gyms and swims. Must show military ID.

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 to 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:

Puzzle Club: 9:00-11:00am

Just for Fun Bingo: 9:00-10:30am (Check Schedule)

Monthly Birthday Celebrations: 10:00-11:00am (1st Monday each month)

Cards & Hand & Foot: 12:00-3:00pm

TUESDAYS:

Mah Jongg: 12:00-3:00pm

Tea & Talk 1:00-2:00pm

NEW! Ukulele Sing Alongs: 10:00-11:00am (9/16, 10/14, 11/4, 12/16)

WEDNESDAYS:

Bridge: 9:30-11:30am

Mexican Train Dominos: 9:00-12:00pm

Psuedo Book Club 9:00-10:30am (Check Schedule)

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

AGE FRIENDLY RESOURCE FAIR

At this fair, you will find lots of useful information and resources. Come check out a wide variety of more than 40 vendors and service providers that focus on healthy aging, wellness & activity, home safety, mobility and balance. Free balance assessments, raffles and giveaways. Additionally, you will be able to try out some of the free and inexpensive activities that the SPCC Senior Program offers and tour the Senior Drop in Center. *Min 10/Max 300*

Dates: Friday, September 12

Time: 9:00am-12:00pm

Location: SPCC

Fee: FREE (*registration encouraged for a head count*)

Staff Contact: Karla Doyon

JUST FOR FUN BINGO

Come to the Senior Drop in Center on scheduled Mondays 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: Sept. 15, Nov. 10 & Dec. 8 (NO Bingo in Oct.)

Time: 9:00– 10:30am

Location: SPCC Senior Drop-in Center

Fee: Free

Staff Coordinator: Karla Doyon

ALL THINGS MEDICARE - From the basics (A, B, C & D) to major 2026 updates

Join Matt Orlando and Cindy Cogswell, licensed Medicare Agents with over 40 years of combined experience in Medicare related insurance options, to discuss Medicare Basics and important 2026 updates and changes. This interactive meeting has opportunity to breakout for personalized questions at the end. Whether you're brand new to Medicare, or sifting through 2026 changes, we'll cover all the pertinent information and answer questions. You'll leave with the clarity you need to feel comfortable about your health care going into 2026. *Min 5/Max 24*

Date: Tuesday, October 21

Time: 10:00am-12:00pm

Location: Senior Drop-in Center

Fee: Free (*Registration required*)

Staff Coordinator: Karla Doyon

NEW! UKELULE SING-A-LONGS

Join Ray Glass and a few friends from the Jolly Ukes for a fun hour of sing-a-long songs! In December we will be singing Christmas Carols! *Min 3/Max 24*

Dates: Tuesdays, Sept. 16, Oct. 14, Nov. 4, Dec. 16

Time: 10:00– 11:00am

Location: SPCC Senior Drop-in Center

Fee: FREE

5 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, Sept. 8, Oct. 6, Nov. 3, Dec. 1

Time: 10:00-11:00am

Location: SPCC Senior Drop-in Center

Fee: FREE

Staff Coordinator: Karla Doyon

COFFEE WITH A COP

Coffee with a cop is designed to improve trust, breakdown barriers and build relationships, one cup of coffee at a time. This provides an opportunity for community members and South Portland Police Officers to come together and discuss issues, ask questions and learn more about one another. Join Officer Erin Curry and other South Portland Police Officers from the South Portland Police Department for coffee and conversation. *Min 5/Max 15*

Date: Tuesday, October 28

Monday, November 24

Time: 9:30-10:30am

Location: SPCC Senior Drop in Center

Fee: FREE (*Registration Required*)

Staff Coordinator: Karla Doyon

BRIDGE LESSONS

Introduction to Bridge. Starting with the basics. Learn a great fun game! Limited to ten people. *Min 4/Max 10*

Instructor: John Roediger

Dates: Wednesdays, September 10- October 29

Times: 9:30am-11:30am

Location: SPCC Senior Drop in Center

Fee: FREE (*Registration required*)

Staff Coordinator: Karla Doyon

MAH JONGG LESSONS FOR BEGINNERS

Join one of our very own Mah Jongg players in a **very informal** setting as she teaches you the **basics** of playing Mah Jongg. This activity is limited to four people and you must attend all four classes. **Please only sign up for one session.** Fee includes your 2025 card and fee is non-refundable. *Min 4/Max 4*

Instructor: Judy Simpson

Dates: Session 1: September 8, 10, 15 & 17

Session 2: October 20, 22, 27 & 29

Times: Mondays at 9:00am-12:00pm & Wednesdays at 12:00-3:00pm

Location: SPCC Senior Drop-in Center

Fee: \$15 – (Includes 2025 card and is **NON-REFUNDABLE**)

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

Staff Coordinator: Karla Doyon



Dates:

September 24: Self-Help

October 29: Action Adventure

November 26: Science Fiction

December 17: Hobbies

LONGEVITY SEMINAR

Dr. Lauren St. Pierre, PT, DPT, GCS offers a presentation about the benefits of exercise for longevity and what simple skills are associated with living a long and healthy life. Participants will learn about recent medical studies that identify reduced mortality and other benefits for individuals who participate in exercise programs, as well as the type, intensity, and frequency necessary to live a longer, healthier life. *Min 4/Max 24*
Presenter: Lauren St. Pierre, Maine Strong Balance Center

Date: Thursday, September 18

Time: 9:00-10:00am

Location: SPCC Senior Drop-in Center

Fee: FREE (*Registration Required*)

Staff Coordinator: Karla Doyon

STAYING “IN”DEPENDENT

Please join us, as Jeff Goldstein, a senior advocate with over 25 years of medical experience, brings his passion and knowledge for a fun, interactive talk on Thriving in our Golden Years! Discover practical tips-exercise, social fun and staying engaged-to stay independent at home for longer! *Min 4/Max 24*

Date: Monday, September 29

Time: 9:30am-10:30am

Location: SPCC Senior Drop-in Center

Fee: FREE

Staff Coordinator: Karla Doyon

SENIOR PROGRAMS



2023 Nature Themed Presentation with Sydney

NATURE THEMED PRESENTATIONS

In Sept. & Nov. join our Park Ranger, Sydney Raftery for these themed presentations and dive deeper into these interesting nature topics. In October join one of our seasonal park rangers who come from a wide variety of backgrounds and experiences to learn about a nature topic that each ranger is especially interested in.

Min 5/Max 24

Presenter: Park Rangers

Location: SPCC Senior Drop in Center

Session	Time	Topic
September 22	9:30-10:30am	Pets in Nature
October 3	12:30-1:30pm	Ranger Topic of Interest
October 10	12:30-1:30pm	Ranger Topic of Interest
November 17	9:30-10:30am	Human Health & the Natural Environment

NEW! STRENGTH AND WEIGHT TRAINING THE RIGHT WAY

Strength and weight training are absolutely critical as one gets older. This class will teach you the best exercises to do, and how to do them with proper form so you get results and avoid injuries. You will learn what to do at the gym, or to just strength train at home with minimal equipment. Beginners will learn how to start, and intermediates will learn how to improve. Emphasis on strength, posture and balance. Please bring a mat!

Min 8/Max 25

Instructor: Gary Auritt

Days: Tuesdays

Time: 9:30-10:30am

Location: SPCC Multi-purpose Room

Staff Coordinator: Karla Doyon

Session	Dates	Fee
September	2, 9, 16, 23 & 30	\$35/\$45NR
October	7, 14, 21 & 28	\$28/\$38NR
November	4, 18, 23	\$21/\$31NR
December	2, 9, 16, 23, 30	\$35/\$45NR

***Drop-In Fee is \$8.00 per class**

TRIVIA BETWEEN TOWNS

Join us as we welcome our surrounding recreation friends for a Trivia Between Towns Series! For 4 weeks, we will test your knowledge, battle it out and see which town will hold the Town Trivia Title! Lunch will be provided as well as snacks and beverages. *Min 10/Max 25*

Date: Thursdays, November 13 & 20, December 11 & 18

Time: 11:00am-1:00pm

Location: SPCC Casco Bay Room

Fee: \$32/\$42NR or \$8/day (lunch included)

Staff Coordinator: Karla Doyon



DANCE FIT

Dance Fit is a low-medium impact dance infused workout that spans all genres of music and dance styles. Dance Fit is similar to Zumba and other dance fitness programs, offering a fun and engaging way to improve cardio fitness, strength, and coordination. Dance Fit classes are designed to be accessible to people of all ages and fitness levels, encouraging participants to just move and enjoy the music. *Min 4/Max 20*

Instructor: Kristin Sutton

Day: Thursdays

Time: 11:15-12:00pm

Location: SPCC Multi-purpose Room

Staff Coordinator: Karla Doyon

Session	Dates	Fee
September	4, 11, 18 & 25	\$36/\$46NR
October	2, 9, 16, 23 & 30	\$45/\$55NR
November	6, 13 & 20	\$27/\$37NR
December	4, 11 & 18	\$27/\$37NR

***Drop-In Fee is \$10.00 per class**

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!

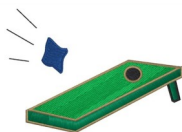
Dates: Fridays, September 5– December 19 (No program 10/10 & 12/26)

Time: 1:45pm-3:15pm

Location: SPCC Gym

Fee: FREE

Staff Coordinator: Karla Doyon



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, Sept. 26, Oct. 24, Nov. 21, Dec. 19

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:

September 9 & 23

October 7 & 21

November 4 & 18

December 2 & 16

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

Session	Dates	Time	Fee
September (Tuesdays)	9, 16, 23 & 30	11:00a-12:00pm	\$36/\$46NR
September (Fridays)	12, 19, & 26	10:30-11:30am	\$27/\$37NR
October (Tuesdays)	7, 14, 21 & 28	11:00a-12:00pm	\$36/\$46NR
October (Fridays)	3, 10, 17, 24 & 31	10:30-11:30am	\$45/\$55NR
November (Tuesdays)	4, 18 & 25	11:00a-12:00pm	\$27/\$37NR
November (Fridays)	7, 14 & 21	10:30-11:30am	\$27/\$37NR
December (Tuesdays)	2, 9 & 16	11:00a-12:00pm	\$27/\$37NR
December (Fridays)	5, 12 & 19	10:30-11:30am	\$27/\$37NR
*Drop-In Fee is \$10.00 per class			

SENIOR PROGRAMS

NEW ENGLAND CURIOSITIES EVENT

Roxie Zwicker, Owner of New England Curiosities will be joining us and our friends from surrounding recreation departments for a fun afternoon of hauntings, history and tea (she may even read your tea leaves!). Roxie will be in costume and you are encouraged to dress for tea for this special and very unique event. Tea, light refreshments, and favor bags included. *Min 10/Max 25*

Date: Thursday, November 6

Time: 12:30-2:30pm

Location: SPCC Casco Bay Room

Fee: \$14.00

Staff Coordinator: Karla Doyon

HALLOWEEN MURDER MYSTERY

When someone drops dead at the party, you will have to put your sleuthing skills to the test. You will encounter shady suspects and piece together cryptic clues in a two hour investigation. You are encouraged to come in costume. Light halloween themed lunch included!

Min 10/Max 30

Date: Friday, October 31

Time: 10:00am-12:00pm

Location: Senior Drop in Center

Fee: \$13.00

Staff Coordinator: Karla Doyon

FRIENDSGIVING EGGNOG & DESSERTS

Bring your favorite holiday traditional dessert to share while we have fun enjoying an hour of Bingo. We will provide tea, coffee, eggnog, prizes and the staff will bring their favorite desserts as well!. *Min 4/Max 24*

Date: Friday, November 14

Time: 10:00-11:30am

Location: Senior Drop-in Center

Fee: \$4.00

Staff Coordinator: Karla Doyon

HOLIDAY HOT CHOCOLATE & COOKIE SWAP BINGO

Join us for an afternoon of holiday hot chocolate and some fun Bingo games. Please bring some homemade cookies to swap and we will provide the hot chocolate and prizes! *Min 5/Max 15*

Date: Monday, December 22

Time: 12:30-2:30pm

Location: Senior Drop-in Center

Fee: \$2.00

Staff Coordinator: Karla Doyon

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.

OUT TO LUNCH BUNCH (1)

Join us a couple times for a trip to some unusual, popular, out of the way, or plain old ordinary dining experiences. Please make sure to bring your money for lunch & gratuity. *Min 10/Max 13*

Dates: Friday, November 21

Thursday, December 4

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

Location: TBD

Fee: \$7.00 (*Transportation Only*)

Staff Coordinator: Karla Doyon

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! Please prepare for your day by bringing a water bottle and other items you may need for the day. Lunch out (on your own). *Min 10/Max 13*

Date: Wednesday, November 19

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

Location: It's a mystery!

Fee: \$19/\$29NR

Staff Coordinator: Karla Doyon

SENIOR TRIPS

WHEN ELVIS MET THE BEATLES

The clock struck 11pm at Elvis Presley's Los Angeles mansion. Under the glow of red and blue lights, The Beatles stepped into a room that seemed to echo the future of music—a jukebox, a crescent couch, and a bar set the stage. Elvis stood at the center, ready for the convergence of two worlds. That night, rock 'n' roll royalty sealed its legacy. *Min 13/Max 13*

Date: Thursday, September 11
Time: Departs SPCC 12:15am /Approx. return 5:30pm
Location: Ogunquit
Fee: \$80/\$90NR
Staff Coordinator: Karla Doyon

THE IRISH...AND HOW THEY GOT THAT WAY

The Irish... And How They Got That Way is an irreverent history of the Irish through the tumultuous 20th and 21st centuries. Frank McCourt's razor sharp wit, his bitter irony, and his boundless love for the Irish People are all underscored by glorious music from the auld Irish folk ballades, through patriotic love songs to America, World War II standards sung in movies, USOs and foxholes all over the world, and including the latest from U2. *Min 13/Max 13*

Date: Thursday, September 4
Time: Departs SPCC 12:15am /Approx. return 5:30pm
Location: Lewiston
Fee: \$54/\$64NR
Staff Coordinator: Karla Doyon

MURDER: IT'S NO DAY AT THE BEACH @ CAROUSEL THEATER

It's a 1960's beach bop on Frog Island; the friendships are strong, the volleyball is competitive, and the cheese whiz is plentiful. Everything is just perfect until someone ends up missing...or dead! So grab your bikini and join us for some interactive fun. One more thing, don't forget your beach blanket! *Min 13/Max 13*

Date: Wednesday, September 17
Time: Departs SPCC 9:45am /Approx. return 4:00pm
Location: Boothbay
Fee: \$66/\$76NR (Transportation, show, lunch, & tax included. Please bring cash gratuity.)
Staff Coordinator: Karla Doyon

TITANIC: THE BROADWAY MUSICAL

Titanic is an emotionally stirring and unforgettable voyage through the final days on this "ship of dreams." The real stories of immigrants and the privileged class entwine through a lush musical experience that garnered five Tony Awards, including Best Musical, and stole the hearts of audiences. *Min 13/Max 13*

Date: Thursday, October 2
Time: Departs SPCC 12:15pm /Approx. return 5:30pm
Location: Ogunquit
Fee: \$80/\$90NR
Staff Coordinator: Karla Doyon

39 STEPS @ SACO RIVER THEATRE

Mix a Hitchcock masterpiece with a juicy spy novel, add a dash of *Monty Python* and you have **The 39 Steps**, a fast-paced whodunit for anyone who loves the magic of theatre! This two-time Tony and Drama Desk Award-winning treat is packed with non-stop laughs, over 150 zany characters (played by a ridiculously talented cast of four), an onstage plane crash, handcuffs, missing fingers and some good old-fashioned romance! *Min 13/Max 13*

Date: Wednesday, October 22
Time: Departs SPCC 2:15pm /Approx. return 5:45pm
Location: Buxton
Fee: \$30/\$40NR
Staff Coordinator: Karla Doyon

WHITE CHRISTMAS @ THE PORTSMOUTH MUSIC HALL

Based on the beloved, timeless film, Irving Berlin's holiday spectacular returns to The Music Hall. Packed full of dazzling dance numbers, showstopping songs, and actors straight from Broadway, you aren't going to want to miss this joyful experience. *Min 13/Max 13*

Date: Wednesday, December 10
Time: Departs SPCC 12:00pm /Approx. return 5:30pm
Location: Portsmouth
Fee: \$80/\$90NR
Staff Coordinator: Karla Doyon

PSO'S MAGIC OF CHRISTMAS

With its delightful combination of nostalgic traditions, wondrous surprises, and an array of holiday favorites, Magic of Christmas promises to be a memorable celebration of joy, wonder and the spirit of the season. Featuring exceptional musical performances, this has been one of Maine's favorite holiday traditions for over 40 years. *Min 13/Max 13*

Date: Friday, December 12
Time: Departs SPCC 1:15pm /Approx. return 4:30pm
Location: Portland
Fee: \$38/\$48NR
Staff Coordinator: Karla Doyon

10 Staff Coordinator: Karla Doyon

SENIOR TRIPS

A MAGICAL TIME AT THE GRANDE 1

Join us at the Grande at South Portland for holiday floral arranging, sure to bring all the magic the holidays have to offer. Afterwards, enjoy a taste of our culinary delights for lunch followed by a tour of the community! During your visit, be sure to vote on your favorite holiday tree as we'll be hosting our 5th Annual Celebration of Trees! It's sure to be magical! *Min 8/Max 13*

Date: Wednesday, December 17

Time: Departs SPCC 10:30am/Approx. return 2:30pm

Location: South Portland

Fee: \$8.00 (*Includes transportation, flower arrangement, lunch and tour*)

Staff Coordinator: Karla Doyon

MAINE CELEBRATION OF LIGHTS 1

Sit back and relax as you join us to see over 1 mile of roadway transformed into a glittering display of over 1 million LED lights, featuring animated scenes, a 300' multi-color tunnel and displays as much as 50' tall. This is a drive through event. We will not be getting off the bus. Be prepared to ooh and ahh as we get into the holiday spirit.

Min 10/Max 13

Date: Monday, December 15

Time: Departs SPCC 4:15pm/Approx. return 6:15pm

Location: Cumberland

Fee: \$15.00

Staff Coordinator: Karla Doyon

OLD YORK MUSEUMS TOUR & ADDITIONAL HOP ON BUS TOUR 2

A tour of the Old York Museums offers a journey through Maine's earliest English settlement, exploring its rich history and culture. The tour includes visits to historic buildings like the jail, schoolhouse, and tavern, alongside the Remick Gallery and other exhibits that showcase York's past. Following our tour, our guide will hop on our bus and take us on a tour through Old York. Lunch out (on your own). *Min 10/Max 13*

Date: Friday, September 19

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

Location: York

Fee: \$15.00

Staff Coordinator: Karla Doyon

CHAPMAN-HALL HOUSE & WHALEBACK HISTORIC SITE 3

Built in 1754, it is the oldest standing house in the town of Damariscotta, and one of the oldest in the state. The Chapman-Hall House was named to honor the two families who resided in the house over a period of 153 years. This house is a fine example of a Maine house in the Pre-Revolutionary period. Picnic lunch and walk at Whaleback Historic Site following tour. If time permits, we will stop at Reny's underground. *Min 10/Max 13*

Date: Thursday, September 25

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

Location: Damariscotta

Fee: \$15.00

Staff Coordinator: Karla Doyon

ELIZABETH PERKINS HOUSE MUSEUM & WHARF TOUR 2

Originally the house of ferrymen sea captains, the Perkins House Museum is a rambling, gated structure situated on the York River by Sewall's Bridge. In 1898, it became the summer home of Mary Perkins and her daughter Elizabeth, who transformed the house into an environment evocative of colonial New England. The museum preserves the Perkin family's original interiors and possessions. Lunch out (on your own).

Min 10/Max 13

Date: Wednesday October 8

Time: Departs SPCC 9:00am/Approx. return 2:30pm

Location: York

Fee: \$18/\$28NR

Staff Coordinator: Karla Doyon

SABBATHDAY LAKE SHAKER MUSEUM TOUR 3

1-hour guided tour of the Sabbathday Lake Shaker Museum takes you through the 1794 Meetinghouse where you'll learn about the Shakers' arrival in America and their arrival at Sabbathday Lake. You'll continue upstairs and in the next building's two floors where there are period exhibit rooms which explore a continuum of over 200 years of Shaker heritage in this, the only active Shaker Community in the world. **Please note that this is a historic site and, as such, the 1-hour tour is not handicap accessible. There are many stairs and inclines and it is a full walking/standing tour.**

Date: Thursday, October 9

Time: Departs SPCC 12:00am/Approx. return 3:00pm

Location: New Gloucester

Fee: \$25/\$35NR

Staff Coordinator: Karla Doyon

SENIOR TRIPS

BINGO ON PEAKS ISLAND

2

Come with us as we sail over to Peaks Island for an afternoon of fun. We will be joining other surrounding senior recreation programs and taking the Ferry over to Peaks Island Community Center. There we will all play BINGO together and socialize! Do not worry if the hill is too much walking for you, Portland will have their bus to shuttle people if needed. Please pack your own lunch to enjoy. We will provide light desserts and of course have prizes! *Min 10/Max 13*

Date: Thursday, October 16

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

Location: Peaks Island

Fee: \$22/\$32NR (*includes ferry ticket*)

Staff Coordinator: Karla Doyon

PARTNERS FOR WORLD HEALTH TOUR

3

Join us on a tour of PWH. We will watch a 7 minute video explaining what PWH is all about with some time for discussion. Following, we will walk through the warehouse where we will be shown around and the tour guide will explain what we are looking at and how they deal with everything. The tour will be approximately 30-45 minutes on your feet. *Min 10/Max 13*

Date: Wednesday, September 24

Time: Departs SPCC 8:30am/Approx. return 10:30pm

Location: Portsmouth

Fee: Portland

Fee: \$5.00

Staff Coordinator: Karla Doyon

LILAC CASINO

1

New Hampshire's newest casino! The casino offers a unique fusion of thrilling experiences and luxury, featuring state-of-the-art gaming and an exceptional dining option. Spanning 32,000 square feet, the casino boasts over 200 exciting gaming machines and a wide variety of popular table games. Lucky Oak Bar & Grill will be open for lunch. Please play responsibly! *Min 10/Max 13*

Date: Wednesday, November 5

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

Location: Rochester, NH

Fee: \$15.00

Staff Coordinator: Karla Doyon

DOORYARD FARM & DOORYARD DAHLIAS

3

Dooryard Farm is a small family run farm in midcoast Maine. The Dahlia field features over 70 varieties and thousands of plants. We will meet the owner, have a quick overview and she will orient us on our way to a self-guided tour. We will walk through the Dahlia fields and the perimeter path around the farm. You may purchase Dahlias and farm store items at your own cost. Pack a picnic lunch. *Min 8/Max 13*

Date: Friday, September 5

Time: Departs SPCC 11:15am/Approx. return 4:30pm

Location: Camden

Fee: \$15.00

Staff Coordinator: Karla Doyon

PICNIC & WALK AT TASSLE TOP

3

An enjoyable amenity at Tassle Top is their walking trails. The trails are clearly marked and intertwine with each other to let you walk shorter or longer distances. While on the trails you may encounter wildlife. We will walk the trails, walk the beach and then relax and have a picnic lunch (pack your own picnic). *Min 8/Max 13*

Date: Friday, October 3

Time: Departs SPCC 8:30am/Approx. return 1:30pm

Location: Raymond

Fee: \$13.00 (*Includes transportation, park fee, 1 water & 1 snack*)

Staff Coordinator: Karla Doyon

SWEETS & TREATS: A DELICIOUS ADVENTURE!

2

Indulge your sweet tooth or salt obsession on this sweets & treats adventure. Everything from chocolates, fresh nuts, candies, baked goods, ice cream and even a gift shop will be rolled into one adventure! We will be hitting around 9 different venues as we shop for all these delicious treats. *Min 10/Max 13*

Date: Friday, November 7

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

Location: Lewiston, Auburn, Sabbathus

Fee: \$12.00

Staff Coordinator: Karla Doyon

NEST & RENY'S SHOPPING TRIP

1

A neighborhood shop of globally inspired, eco-conscious treasures. The perfect spot to find a thoughtful gift for anyone—no matter their age or style. Warm, inviting, full of surprises, Nest brings the world to your fingertips with local heart. Other stops will include lunch and shopping at Reny's. *Min 10/Max 13*

Date: Friday, November 7

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

Location: Brunswick & Topsham

Fee: \$7.00

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)

\$5.00 - South Portland Residents

\$7.00 - Non-Resident

\$1.00 - Active and Veteran Military

Punch Passes are available, see page 4 for more info.

Staff Coordinator: Whitney Dorsett

Adult Basketball	Dates	Time	Location
Tuesdays	September 30– December 30*	11:30am - 1:30pm	SPCC Gym
Wednesday (lunch time)	October 1– December 17*	11:30am - 1:30pm	SPCC Gym
Wednesday (evening)	October 1– December 17*	7:00pm - 9:00pm	Redbank Gym
Fridays	October 3– December 26*	11:30am - 1:30pm	SPCC Gym
Sundays (over 30)	October 5– December 28	2:00pm - 3:45pm	SPCC Gym
Sundays (over 40)	October 5– December 28	8:00am-9:30am	Redbank Gym

***No Program 10/13, 11/4, 11/11, 11/28, 12/24**

Adult Volleyball	Dates	Time	Location
Sundays	October 5– December 28	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	September 29– December 23*	7:30 - 11:00am	SPCC Gym (Max 40)
Mon & Wed	September 3– December 29*	8:00 - 11:00am	Redbank Gym (Max 24)
Tue & Thurs	September 2– December 11*	6:30 - 8:30pm	Redbank Gym (Max 24)

***No Program 10/13, 11/4, 11/5, 11/11, 11/27, 11/28, 12/24, 12/25**

ADULT PROGRAMS

INTRO TO BELLYDANCING

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,

Time: 6:15– 7:15pm

Location: SPCC Aerobic Room

Fee: \$72/\$82NR, \$13.00 Drop-in

Staff Coordinator: Whitney Dorsett

Beginner Bellydancing Fall 1

Dates: September 25– October 30

Beginner Bellydancing Fall 2

Dates: November 6– December 18 (No class 11/27)

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 12*

Instructor: Linda Peters

Day: Wednesdays

Time: 10:45 – 11:45am

Location: SPCC Multi-purpose Room

Fee: \$28/\$38NR, \$5.00 Drop-in (*No senior discount*)

Staff Coordinator: Whitney Dorsett

Beginner Line Dancing Fall 1

Dates: September 3– October 29

Beginner Line Dancing Fall 2

Dates: November 5– December 17

ADULT PROGRAMS

ADULT HAND BUILT CERAMICS

Working with kiln-fired clay, we will explore the variety of forms and techniques used in basic hand built ceramics. Break out your creative self. Hint: The possibilities are endless! Projects will be fired and glazed. This class does not use a pottery wheel. Dress for a little bit of mess. *Min 4/Max 10*

Instructor: Rachel Mills

Dates: Mondays, September 22– October 27

(no class 10/13)

Time: 6:00pm – 8:00pm

Location: SPCC Activity Room

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

Staff Coordinator: Whitney Dorsett

STAIN GLASS ORNAMENTS & SUN CATCHERS

Here is a little handmade holiday treat! Students will go home with an ornament or sun catcher. Learn the surprisingly easy copper foil technique. All materials provided. *Min 4/Max 8*

Instructor: Rachel Mills

Dates: Mondays, December 1, 8, OR 15

Time: 5:30pm – 8:45pm

Location: SPCC Activity Room

Fee: \$40/\$50NR (*No Senior Discount*)

Staff Coordinator: Whitney Dorsett



Pastel landscape from Instructor Joan Quinn

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: Saturdays

Location: SPCC Casco Bay Room

Fee: \$75/\$85NR per session (*No Senior Discount*)

Staff Coordinator: Whitney Dorsett

September 6– October 4: Celebration of Seasons

This five class series will teach beginner pastelists how to draw and paint landscapes through the seasons.

October 25– November 15: Abstracts (\$60/\$70NR)

This five class series will teach beginner pastelists how to create abstracts using a structured approach by simplifying a representational drawing to essence

November 22– December 20: Animals

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

BEGINNER SKILLS IN DRAWING

Each 5 class series will teach beginners drawing skills with a focus on a different topic each month. All classes will include step-by-step instructions. No experience needed. Supplies included in class. *Min 4/Max 14*

Instructor: Joan Quinn

Time: 9:00am – 10:15am

Day: Saturdays

Location: SPCC Casco Bay Room

Fee: \$75/\$85NR per session (*No Senior Discount*)

Staff Coordinator: Whitney Dorsett

September 6– October 4: Thumbnail sketches with ink & watercolor

This five class series will teach beginners how to complete animal & figure sketches with ink and watercolor.

October 25– November 15: Street Scenes & Landscapes (\$60/\$70NR)

This five class series will teach beginners how to approach drawing street scenes and landscapes from multiple techniques including gesture drawings, contour drawings, as well as value based drawings.

November 22– December 20: People

This five class series will teach beginners how draw people in landscape scenes, as well as portrait settings. We learn tips and tricks for capturing accurate proportions for adults and children.

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 12*

Instructor: Heather Lundin

Session 1: October 22– November 12

Session 2: November 26– December 17

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, September 4– December 18

Time: 10:00am – 11:30pm

Age: 16+

Location: Redbank Gym

Fee: FREE

Staff Coordinator: Whitney Dorsett

MAINELYNP WELLNESS SERIES: NURTURING HEALTH THROUGH KNOWLEDGE

Amy Brown is a seasoned Nurse Practitioner with 16 years of experience. Amy holds a Master's in Nursing from USM and is board-certified by the American Academy of Nurse Practitioners. Her passion lies in empowering individuals to make informed health choices for a holistic and thriving lifestyle. *Min 4/ Max 14*

Instructor: Amy Brown

Days: Thursdays

Time: 3:00 – 4:00pm

Location: SPCC Casco Bay Room

Fee: FREE

Staff Coordinator: Whitney Dorsett

September 18: Snack Smart, Live Strong: Nutrition Tips for Busy Lives

Join us for a fun and interactive community health talk that cuts through the confusion and delivers practical tips for nourishing your body—no fad diets, no guilt, just real talk. This session will explore how to decode food labels so you know what you're really eating, build balanced meals even when you're short on time, and create satisfying snack ideas (with tasty samples and recipes to take home).

October 16: Movement That Feels Good: Finding Your Fitness

Let's shift the focus from punishment to joy when it comes to movement. Explore how physical activity can support your mood, energy, strength, and long-term health—without needing to follow a strict routine or hit the gym every day. You'll learn about the benefits of balance, strength, and flexibility and try out the quick activity stations to find movement that feels good for your body. Whether you're just getting started or looking to mix things up, this talk will leave you feeling motivated and supported.

November 20: Know Your Numbers: What Labs and Vitals Really Tell You

Ever wonder what your blood pressure, cholesterol, or lab work actually mean? Join for a down-to-earth conversation about the health numbers that matter—and how to make sense of them. We'll decode sample lab results, complete a blood pressure screen, and share some lifestyle tips to improve your numbers and health.

December 18: Mindfulness for Everyday People (Not Just Yogis)

Mindfulness doesn't require a meditation cushion or a yoga retreat. This is a relaxed and approachable session on how to use mindfulness in real life—whether you're commuting, parenting, working, or just trying to keep it together. In this interactive talk you'll learn simple ways to bring calm and focus into your daily routine, create a community gratitude wall, and take home a mindfulness card or two. Come as you are—this is mindfulness for real life, not perfection.

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

Monday League– Fall

Dates: September 8–November 24

(no games 10/13, 11/3)

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

Thursday League - Fall

Dates: September 4 – November 6

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

Monday League Winter

Dates: December 1 – February 9 **(no games 1/19)**

Game times: Between 6:30-9:30pm

Thursday League - Winter 1

Dates: November 13 – February 5

(no games 11/27, 12/25, 1/1)

Game times: Between 6:30-9:30pm

League registration closes 1 week before each session starts.

SCOTT MANN GOLF ACADEMY - FALL 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 4:30 – 6:30 pm, with the first hour instruction and the second hour on the course.

Instructor: Scott Mann

Dates: September 3- 24

Day: Wednesdays

Time: 5:30-6:30pm (last day 4:30-6:30pm)

Location: South Portland Municipal Golf Course

Fee: \$130/\$140 NR

Staff Coordinator: Anthony Johnson



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*
September 4– 29 (no class 9/22)	\$63/\$73 NR
October 2– 30 (no class 10/13)	\$72/\$82 NR
November 3– 24	\$63/\$73 NR
December 1– 29 (no class 12/25)	\$72/\$82 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*
September 2-30	\$72/\$82 NR
October 2-30	\$72/\$82 NR
November 4-25 (no class 11/11)	\$48/\$58 NR
December 2-30	\$64/\$74 NR
*Drop in fee is \$13 per class	

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*
Fall 1	Sept 4– Oct 23	6:30-7:30pm	\$80/\$90 NR
Fall 2	Oct 30– Dec 18**	6:30-7:30pm	\$70/\$80 NR
*Drop in fee \$12 per class		**No class 11/27	

YIN YOGA

Yin yoga is a Slow-paced, meditative and deeply restorative style of yoga that targets the deeper connective tissues of the body, such as the fascia, ligaments and tendons. Yin Yoga involves holding passive postures for 1-5min to allow the body to deeply relax and open up. Yin is effective for improving flexibility in areas often ignored in more active forms of exercise, such as the hips, pelvis, lower spine and knees. *Min 4/Max 12*

Instructor: Michelle Moody Adshead 500RYT and Reiki Master

Days: Mondays

Time: 7:00-8:00pm

Location: SPCC MP Room

Staff Coordinator: Whitney Dorsett

Session	Dates	Fee*
Fall 1	Sept 15– Oct 27 (no class 10/13)	\$60/\$70 NR
Fall 2	Nov 5– Dec 29	\$90/\$100 NR
* Drop in fee is \$12 per class		

WAKE UP WITH MEDITATION: A Path to Inner Calm and Focus

This class offers an exploration into the benefits of meditation for stress reduction, increased focus, and emotional well-being. Through a blend of guided and silent meditation techniques, including breath work and mindfulness practices, participants will learn practical tools to cultivate inner peace and presence in their daily lives. *Min 4/Max 15*

Instructor: Heather Lundin

Days: Fridays

Time: 8:00– 8:45am

Location: SPCC MP Room

Staff Coordinator: Whitney Dorsett

Session	Dates	Fee*
Fall 1	Sept 26– Oct 31	\$72/\$82 NR
Fall 2	Nov 7– Dec 19 (no class 11/28)	\$72/\$82 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

Time: 9:00-10:15am

Location: SPCC MP Room

Staff Coordinator: Whitney Dorsett

Session	Dates	Fee*
Fall 1	September 3– October 1	\$56.25/\$66.25 NR
Fall Express**	October 8-22	\$33.75/\$43.75 NR
Fall 2	October 29– December 17	\$90/\$100 NR
*Drop in fee \$15 per class		**Taught by Heather Lundin

ADULT PROGRAMS

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 | 10:00-11:00am | SPCC Gym

Session	Dates	Cost
September	7-28	\$70/\$80NR
October	5-26	\$70/\$80NR
November	2- 23	\$70/\$80NR
December	7-28	\$70/\$80NR

Wednesdays | 5:30-6:30pm | SPCC Gym

Session	Dates	Cost
September	3-24	\$70/\$80NR
October	1-22	\$70/\$80NR
November	5- 26	\$70/\$80NR
December	3-17*	\$52.50/\$60NR

Fridays | 8:00-9:00am | Redbank Gym

Session	Dates	Location
September	5-26	\$70/\$80NR
October	3-24	\$70/\$80NR
November	7- 21*	\$52.50/\$60NR
December	5-26	\$70/\$80NR

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 | 11:00-12:00pm | SPCC Gym

Session	Dates	Cost
September	7-28	\$70/\$80NR
October	5-26	\$70/\$80NR
November	2- 23	\$70/\$80NR
December	7-28	\$70/\$80NR

Wednesdays | 6:30-7:30pm | SPCC Gym

Session	Dates	Location
September	3-24	\$70/\$80NR
October	1-22	\$70/\$80NR
November	5- 26	\$70/\$80NR
December	3-17*	\$52.50/\$60NR

Fridays | 9:00-10:00pm | Redbank Gym

Session	Dates	Location
September	5-26	\$70/\$80NR
October	3-24	\$70/\$80NR
November	7- 21*	\$52.50/\$60NR
December	5-26	\$70/\$80NR



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.

What is Teen Center all about? 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: September 2, 2025 – June 11, 2026

Days: Monday – Friday

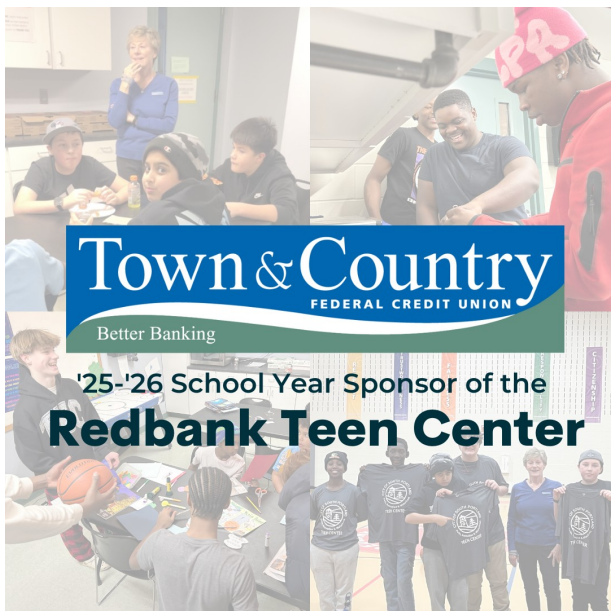
Time: 2:15pm – 6:00pm (Schedule is subject to change at any time. Stay in touch with the latest updates, schedules and special events by looking at our Monthly News Letter)

Address: 95 MacArthur Circle West, South Portland

Teen Center Number: (207) 347 - 4145

Staff Coordinator: Joe Gleason

jgleason@southportland.gov



OUT OF SCHOOL PROGRAMS

NO SCHOOL DAYS

We offer programs on some No School Days for children in grades K-5 who are South Portland residents. Children will enjoy field trips, special events, inside and outside play and arts and crafts. There are no sibling discounts for this program. *Min 20/Max 40*

Dates:

Friday, October 10

Wednesday, November 26

Time: 8:00 am – 5:00 pm

Grades: K – 5

Location: SPCC

Fee: \$60.00 per day

Staff Coordinator: Kari Filieo

VACATION CAMPS

School Vacation Camps are for children in grades K-5 who are residents of South Portland. Children will enjoy field trips, special events, inside and outside play and arts and crafts. There are no sibling discounts for this program. *Min 20/Max 40*

DECEMBER VACATION CAMP

Dates: Week 1: December 22, 23 & 26

Week 2: December 29, 30 & January 2

Time: 8:00 am – 5:00 pm

Grade: K – 5

Location: SPCC

Fee: Week 1: \$150.00

Week 2: \$150.00

Staff Coordinator: Kari Filieo

DRIVERS ED

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

Time: 2:30-5:00pm

Fee: \$645/student (*ineligible for scholarship*)

Staff Coordinator: Anthony Johnson

Fall Session 1: September 29– October 17

(no class 10/13)

Days: Weeks 1&2: Mon-Thurs, Week 3: Tues-Fri

Fall Session 2: November 10-December 1

(no classes 11/24, 11/25, 11/26, 11/27)

Days: Mon-Thurs

YOUTH PROGRAMS

POP – Preschool Open Play

Looking for ways to get some energy out and meet new families in the community? Drop in to our POP program and have some fun with your child/family. We will provide the equipment and activity space! Parents/guardians must supervise their child at all times. This is a drop in program.

Date: October 7– December 30 (no program 11/4 & 11/11)

Days: Tuesdays

Time: 9:00am – 11:00am

Ages: 5 and under

Location: Redbank Community Center

Fee: \$4/\$5 NR per family

Staff Coordinator: Brianne Maloney

START SMART

Each 6-week session will be focusing on a different sport. Lead by South Portland rec staff, we will be following the outline provided by Start Smart Sports, designed for children ages 3-5.

What is Start Smart? Start Smart was developed by top motor skill development specialists in the field of youth sports. Parent-child groups perform motor skill tasks that gradually build confidence in children while they are having fun at the same time. Start Smart participants will develop proper motor skills without the threat of competition or the fear of getting hurt that will allow them to enjoy and succeed in their youth sports future!

Min 6/Max 15

Days: Saturdays

Time: 9:00-9:45a

Ages: 3-5

Location: Redbank Gym

Fee: \$60/\$70NR

Staff Coordinator: Brianne Maloney

Dates

September 13-October 18: Football

November 1-December 6: Soccer

January 3-February 7: Basketball

TINY TYKES SOCCER MAGIC

Tiny Tykes is a new and exciting program run by Challenger Sports British Soccer Coaches that focuses on the development of children aged 2 – 5 years old. Challenger Sports International coaches are experts at working with young children and will combine soccer with fun games; stories and music that keeps your children entertained and enthused to return next week. Includes Tiny Tykes Uniform, size 2 ball.

Instructor: Challenger Sports

Date: Sundays, September 7– October 19

Cubs (age 2-3): 9:00-9:45

Cubs (age 2-3): 10:00-10:45

Lions (age 4-5): 11:00-11:45

Location: Redbank Fields

Fee: \$120/\$130NR

Staff Coordinator: Brianne Maloney

STORYTIME

The South Portland Youth Librarians will be hosting story and song time at Redbank Community Center on Tuesdays. The librarians will be reading stories and leading fun family songs. This program is free. If you have any questions about the program please reach out to Jessica Milton at jmilton@southportland.org. You may leave and return to the POP program to attend storytime.

Date: October 7– December 30 (no program 11/4 & 11/11)

Days: Tuesdays

Time: 10:30am – 11:00am

Ages: 12 and under

Location: Redbank Community Center

Fee: FREE

Staff Coordinator: Brianne Maloney

RED RIOT DRIBBLERS

This basketball ball-handling program is for girls and boys in K-1st grade. Dribbling and ball-handling skills will be learned to the beat of music. By the end of the program, players will have learned many dribbling moves which will be performed at halftime of a local basketball game. Wear gym sneakers and comfortable clothes. Participants will receive a t-shirt. Performance date TBD.

Date: Sundays, October 26– November 30

Time: 10:00am – 10:45am

Grade: K-1

Location: Redbank Gym

Fee: \$55/\$65NR

Staff Coordinator: Brianne Maloney



FIELD HOCKEY MAGIC

This is an opportunity to learn the skills of field hockey in a fun and informal setting. Children in grades K - 2 will be introduced to field hockey skills and get their hands on the equipment used to play this fast paced and exciting game. Participants will get to hold a stick and learn the basics of passing, shooting, and defense as well as participate in some fun skill development games. Participants will receive a program t-shirt. Players must have their own stick. Goggles, shin guards and mouth guards are encouraged. *Min 10/Max 20*

Instructor: Kaylee Whitten

Dates: September 6 - October 11

Days: Saturdays

Time: 10:30-11:30am

Grade: K-2

Location: Wainwright Complex

Fee: \$70/\$80NR

20 Staff Coordinator: Brianne Maloney

YOUTH PROGRAMS

YOUTH DANCE

In this fun, 45 minute class, dancers will learn the basics of dance and movement, as well as explore jazz dance, tap dance, lyrical, hip hop and more! A great class that covers lots of dance genres! 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: Kayla Fahey

Dates: Fall 1: September 8-October 20 (**no class 10/13**)
Fall 2: October 27-December 1

Days: Mondays

Time: 4:30– 5:15pm

Ages: 5-10

Location: SPCC Aerobic Room

Fee: \$75/\$85 NR

Staff Coordinator: Brianne Maloney

RHYTHMIC GYMNASTICS

We aim to build a strong body and spark your curiosity while inspiring you to discover your talents. This program will shape your young ladies into strong, passionate, and disciplined women. We are dedicated to helping every child to have the opportunity to reach their goals and maximum potential in this sport.

Min 4/Max 12

Instructor: Asya Vinokur

Time: 4:00-5:15pm

Age: 5-10

Location: SPCC Multi-Purpose Room

Staff Coordinator: Brianne Maloney

Wednesdays

Session	Dates	Cost
Fall 1	September 3– October 1	\$120/\$130NR
Fall 2	October 8– November 5	\$120/\$130NR
Fall 3	November 12– December 10*	\$120/\$130NR

*(make-up day 12/17)

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

Day: Fridays

Fall 1: September 26- October 31

Fall 2: November 7-December 19 (**No program 11/28**)

Time: 4:00– 5:00pm

Ages: 5-12

Location: SPCC Multipurpose Room

Fee: \$65/\$75 NR

Staff Coordinator: Brianne Maloney



HIP HOP DANCE

In this fun, 45 minute class, dancers will learn the basics of hip hop dance, an energetic and aerobic dance form that will keep you moving! Please wear comfortable clothing that you can move well in, wear clean sneakers and bring a water bottle. Please have longer hair tied back away from the face. *Min 4/Max 14*

Instructor: Kayla Fahey

Dates: Fall 1: September 8-October 20 (**no class 10/13**)

Fall 2: October 27-December 1

Days: Mondays

Time: 5:30– 6:15pm

Ages: 5-10

Location: SPCC Aerobic Room

Fee: \$75/\$85 NR

Staff Coordinator: Brianne Maloney

YOGA FOR STUDENT ATHLETES: Enhance Performance & Recovery

This yoga class is designed specifically for student athletes who want to improve flexibility, strength, balance and mental focus. Each class combines deep stretches, dynamic movements, and breathing exercises aimed at releasing tension and improving concentration, as well as increasing range of motion and joint mobility. *Min 4/Max 12*

Instructor: Michelle Moody Adshead, 500RYT and Reiki Master

Dates: Mondays, September 15-October 20

(**No program 10/13**)

Time: 2:40pm-3:20pm

Grades: 9-12

Location: SPCC Multi-Purpose Room

Fee: \$50, drop-in: \$10

Staff Coordinator: Brianne Maloney

YOUTH YOGA

This program is an introduction and exploration of yoga for kids of all abilities. It includes basic principles of yoga with a 45-minute practice that helps strengthen, stretch, and align the body and the mind. It also involves breathing techniques and positive mentalities that can help with sustained focus, finding more inner calm, confidence, and self-validation. *Min 6/Max 10*

Instructor: Heather Lundin

Dates: Sundays, September 28, October 26, November 23

Time: 10:15-11am

Ages: 5-8

Location: SPCC Multi-Purpose Room

Fee: \$12/class or \$30 for all 3

Staff Coordinator: Brianne Maloney

YOUTH PROGRAMS

MESSY ART CLASS

In this 3 week program, we will create different messy art projects such as collages, slime, finger painting, and more. Please wear old clothes as we get messy! We will provide aprons. *Min 5/Max 15*

Instructor: Lindsay Larsen

Dates: September 13, 20, & 27

Day: Saturdays

Time: 10:00 –11:00am

Grades: K-5

Location: SPCC Activity Room

Fee: \$40/\$50NR

Staff Coordinator: Brianne Maloney

YOUTH CHEER CLINICS

The South Portland High School varsity cheer coach and team will be holding cheer clinics this summer into fall! Come get ready for the winter cheer season with SPHS Varsity cheer team! This clinic is focused on Gameday cheerleading which consists of stunting technique, motion technique, sideline cheers, and a sideline dance. All skill levels welcome. Any participant that attends at least 4 out of the 6 sessions will be invited by the High School Varsity Cheerleaders to cheer for the High School football game on the sidelines on Friday, September 27th. Please wear comfortable gym clothes, sneakers, and bring a water. *Min 20/ Max 50*

Date: Thursdays, August 21-September 18

Time: 4:30pm-6:00pm

Grades: K-8

Location: Wainwright Field

Fee: \$135/ \$150 NR

Staff Coordinator: Brianne Maloney



SKATEBOARDING LESSONS

Skateboarding is more than just a sport—it's a supportive community where you can truly express yourself. We're excited to offer skateboard lessons at our new skate park, where you can grow your skills, embrace your creativity, and become part of a positive and welcoming community. If class is full, please join the waitlist and an additional class will be added if needed. *Min 2/ Max 5*

Instructor: Hunter Finden

Days: Sundays, September 7– October 5

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

SOUTH PORTLAND FIRE - FALL SIDELINE CHEERLEADING

Cheer on the sidelines this fall at South Portland Youth Football games! This fun, team-based program builds leadership, confidence, and cheerleading fundamentals in a supportive, lower-stress environment than competitive cheer. Athletes will learn sideline chants and a halftime routine featuring stunts, jumps, tumbling, and dance. It's the perfect opportunity to explore the sport, build friendships, and shine on the field! *Min 5/ Max 40*

Instructor: Tracy Bissonette

Date: Mon/Wed, August 18-October 29 (**no program 9/1**)

Time: 5:30pm-7:00pm (games vary)

Grades: 1-8

Location: SPCC Multipurpose Room

Fee: \$100

Staff Coordinator: Brianne Maloney

SOUTH PORTLAND FIRE – COMPETITIVE RECREATIONAL CHEER

South Portland Fire is a competitive youth cheer program open to all athletes who live in or attend school in South Portland. Athletes will receive instruction and training in dance, jumps, stunting, tumbling, teamwork, and leadership. This is a competitive team-based sport. When athletes register, the expectation is they attend all practices and all competitions. Competition schedule is posted on registration page online. *Min 5/Max20*

Instructor: Tracy Bissonette

Dates: November 3– April 4

Staff Coordinator: Brianne Maloney

Session	Grades	Day	Time	Location	Cost
Twinkling Stars	Age 3-5	Wednesdays	5:30-6:00pm	SPCC Aerobic Room	\$100
Rising Stars	1-2	Wednesdays	5:30-7pm	SPCC MPR	\$165
Shooting Stars	3-4	Tues/Fri	T: 6-7:30pm, F: 5:30-6:30pm	SPCC MPR	\$265
Shining Stars D2	5	Mon/Wed	M: 6:30-8pm, W: 7-8:00pm	SPHS	\$265
Shining Stars I	6	Tues/Thurs	5:30-7pm	SPHS Cafeteria	\$265
Super Stars	7-8	Tues/Thurs	7:00-8:30pm	SPHS Cafeteria	\$265
Shimmering*	6+	Mondays	5:45-6:15pm	SPHS Cafeteria	\$100/\$110NR

*Shimmering stars is a new Unified program open to athletes from any town.

YOUTH PROGRAMS

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

Location: SPMS

Staff Coordinator: Whitney Dorsett

Karate– Dragon Fire Martial Arts | \$50

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.

Session	Dates	Time	Day	Location
Fall 1	October 2– 30	3:05-3:45pm	Thursdays	SPMS Cafeteria
Fall 2	November 6– December 11*	3:05-3:45pm	Thursdays	SPMS Cafeteria

*(no class 11/27)

Cheerleading– Tracy Bissonette | \$50

Join the South Portland Middle School Cheerleading Team to cheer on the sidelines at Shark basketball games.

Session	Dates	Time	Day	Location
MS Winter Sideline Cheerleading	November 3– January 30	3:05-4:35pm	M/Th	SPMS MPR

Pickleball– Dave Cousins | \$50

Each session will cover essential skills like serving, volleying, and teamwork, along with friendly games to put your new techniques into practice.

Session	Dates	Time	Day	Location
Fall	September 10-October 8	3:05-3:45pm	Wednesdays	SPMS Gym/Outdoor Courts

First Aid Certification– Lou Cavallaro, City of South Portland Safety Coordinator | \$25

Each 2-day session will prepare and certify each attendee on adult and pediatric first aid and CPR/AED .

Session	Dates	Time	Day	Location
October (grade 7/8)	October 27 & 28	2:15-3:45pm	Mon/Tues	SPMS Classroom B1-09
November (grade 7/8)	November 17 & 18	2:15-3:45pm	Mon/Tues	SPMS Classroom B1-09
December (grade 5/6)	December 15 & 16	3:05-4:35pm	Mon/Tues	SPMS Classroom B1-09



2025 Spring Middle School First Aid with Lou



2025 Spring Middle School Pickleball

MIDDLE SCHOOL VOLLEYBALL CLINICS

We are pleased to have Coach Emily Savage back to offer middle schoolers a chance to come to learn how to play volleyball! Open to all skill levels. This program will introduce skills and playing format for middle school students interested in learning how to play volleyball!

Min 12/Max 24

Instructor: Emily Savage

Date: Tuesdays, November 18- December 23

Time: 6:30pm –8:00pm

Grades: 5-8

Location: SPCC Gym

Fee: \$65/\$75NR

Staff Coordinator: Brianne Maloney

MIDDLE SCHOOL VOLLEYBALL LEAGUE

Our Middle School Volleyball Program fosters teamwork, skill development, and a love for the game in a fun, supportive environment. Open to all skill levels, players will learn the fundamentals of volleyball through drills, games, and team play while building confidence and sportsmanship. *Min 12/Max 24*

Instructor: Emily Savage

Dates: September 9 – November 4

Day: Tuesdays & Fridays

Time: 6:30 –8:00pm

Grades: 5-8

Location: SPCC Gym

Fee: \$85/\$95NR

Staff Coordinator: Brianne Maloney

YOUTH PROGRAMS

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

FALL FIELD HOCKEY

The Purpose of this program is to promote field hockey 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. The program will focus on the fundamentals of the game through skill work, fun games, and drills. There will be 1 -2 practices during the week, and play days against other towns on weekends. Dates and locations TBD, TRAVEL REQUIRED for play days. A game schedule will be available early September. Participants will receive a program shirt. Participants must have their own gear including mouth guard, stick, shin guard and goggles. **COACHES NEEDED!** Please contact Brianne Maloney at bmaloney@southportland.gov

Dates: End of August- Mid October

Practice: Days and Times TBD (**Coach needed**)

Days: Mondays & Wednesdays

Time: TBA

Grade: 3-4 & 5-6 (*will combine teams if needed*)

Location: Wainwright Complex

Fee: \$85/\$95NR

Staff Coordinator: Brianne Maloney

TRACK & FIELD

Children in grades 2 – 5 will be introduced to all aspects of track and field. There will be a warm-up and stretching time. We will focus on a different area of track and field each week. Participants will learn about race distances, starting and finishing technique, proper running form and relay running. There will be an introduction to the field events with a focus on the long jump. Runners will compete in an inter-squad meet. *Min 10/Max 50*

Instructor: Coach Green

Dates: Saturdays, September 13 - October 11

Time: 10:00-11:00am

Grade: 2-5

Location: SPHS Track

Fee: \$55/\$65NR

Staff Coordinator: Brianne Maloney

TRACK MAGIC

Children in Kindergarten - 2nd grade, or a child who has turned 5, will get the chance to take their first steps into track and field. Each session will incorporate games and varied relays that focus on teamwork. Proper warm-up techniques will be introduced and beginning track skills such as running in a straight line, throwing, and jumping into a sand pit will be practiced in a non-competitive environment. Program held at SPHS track. *Min 10/Max 50*

Instructor: Coach Green

Dates: Saturdays, September 13 - October 11

Time: 9:00-9:45am

Grade: K-2

Location: SPHS Track

Fee: \$55/\$65NR

Staff Coordinator: Brianne Maloney

YOUTH PROGRAMS

STEAMWORKS FOR KIDS- WORKSHOPS

Explore STEAM Topics this fall in fun and creative ways! *Min 8/Max 20*

Grade: 1-6

Location: SPCC

Staff Coordinator: **Brianne Maloney**

Session	Day	Dates	Time	Cost
Robot Factory	Tuesdays	September 16-October 21	3:30-5:00pm	\$155/\$165NR
Vending Machine Engineers	Thursdays	September 18-October 23	3:30-5:00pm	\$155/\$165NR
CSI	Friday	October 10 (no school day)	9:00am-3:30pm	\$125/\$135NR
Dino Dig	Friday	October 10 (no school day)	9:00am-3:30pm	\$125/\$135NR
Wizardry School	M/T/W	December 22-24	MT9-3:30/W9a-12p	\$155/\$165NR
Chemistry Creations	M/T/W	December 29-31	9:00am-12:00pm	\$175/\$185NR

FUN CHEFS HOLIDAY COOKING

The holidays are one of the most delicious times of the year. Join Fun Chefs on Monday afternoons to cook. Each week, we will make an amazing holiday recipe. We will prepare both savory and sweet dishes while learning about culinary arts, kitchen safety, and culinary math. We will also create a cookbook so students can keep the recipes for a lifetime. *Min 10/ Max 20*

Date: Mondays, November 3-December 15

Time: 4:15pm-5:15pm

Ages: 7-13

Location: SPCC Casco Bay Room

Fee: \$127/ \$137NR

Staff Coordinator: **Brianne Maloney**



2025 Fun Chefs Summer Cooking Challenge

LOST VALLEY SUNDAY SKI/RIDE PROGRAM - 2026

Join us for another fun season of skiing and riding at Lost Valley this winter! The program will be held on the following Sundays: January 11, 18, 25, February 1, 8, 15 (makeup date February 22). Participants must sign up for all six weeks – no individual trip rates.

Unfortunately, no refunds or vouchers can be issued for missed or cancelled trips. The program will depart SPCC each week via school bus at 9:00 am and return by 4:00 pm.

Helmets are required and included with rentals. All participants are strongly encouraged to enroll in lessons. Lessons will run from 10:30 am – noon each Sunday. Participants will meet for lunch in the lodge from 12:00 – 12:30pm, then are free to ski/ride with friends and chaperones until departure at 3:00pm.

Option	Fee
Transportation Only	\$95/\$105 NR
All options below include transportation	
Lift Only	\$205/\$215 NR
Lift & Rental	\$310/\$320 NR
Lift & Lesson	\$335/\$345 NR
Lift, Lesson & Rental	\$435/\$445NR
*Rentals include helmet	

Registration Deadline - January 2, 2026.

Registrations will only be accepted beyond this date if there is space available.

Program Details

Dates: Sundays, January 11 – February 15 (makeup date February 22)

Depart SPCC: 9:00 am, Approx. Return: 4:00 pm

Ages: 7-12

Staff Coordinator: **Sydney Raftery**

Chaperones Needed!

Must commit to all trips and ski/ride. All chaperones must complete a volunteer application and are subject to a criminal background check. If interested please contact Sydney Raftery at sraftery@southportland.gov

YOUTH PROGRAMS– Rec Basketball

Coaches Needed for all grades!

Please contact Brianne Maloney at
BMaloney@southportland.org.

BASKETBALL (GRADES 1-2)

Through practice, clinics and games, this in-house league will provide a safe and fun recreational experience, emphasizing skill development and teamwork in a non-competitive atmosphere. During games, one coach from each team will join players on the floor to coach and help referee. The score will not be kept. Teams will practice 1 time a week in the evening at our elementary schools (day/time TBA once teams are formed) and have one game on Saturday mornings at the Community Center. Practices will begin the week of November 10. A game schedule will be provided at your team's first practice. Teams will be separated by gender and grade if numbers allow. Fee includes team shirt.

Dates: November 10– January 17 (Make-up days 1/24, 1/31)

Days: Saturday games, 1 Weekday practice

Grades: 1-2

Location: SPCC Gym

Fee: \$80.00

Staff Coordinator: Brianne Maloney

**Registration
deadline:
October 27**

BASKETBALL (GRADES 3-4)

The focus of this recreational basketball league will be to continue to develop basketball skills with a concentration on fundamentals, teamwork, sportsmanship and having fun. Score will be kept but not emphasized. Coaches are not permitted on the court during games. Teams will practice 1-2 times per week (space dependent) at local schools or SPCC. Practices will begin the week of November 11. Teams will be separated by gender and grade if numbers allow. Games will be played on Saturday mornings, a game schedule will be provided at the first practice.

Dates: November 10– January 17 (Make-up days 1/24, 1/31)

Days: Saturday games, 1 Weekday practice

Grades: 3-4

Location: SPCC Gym

Fee: \$80.00

Staff Coordinator: Brianne Maloney

**Registration
deadline:
October 27**

Mandatory coaches meetings will be held for all leagues.

Grades 1-4: Week of October 27

Grades 5-12: Week of December 15

BASKETBALL (GRADES 5-6)- Travel Required

The focus of this recreational basketball league will be to continue to develop basketball skills with a concentration on fundamentals, teamwork, sportsmanship and having fun. The score will be kept but not emphasized. Coaches are not permitted on the court during games. Teams will practice 1-2 times per week (space dependent) at local schools or SPCC and Redbank. Practices will begin the week of December 5. Teams will be separated by gender and grade if numbers allow. Games will be played on Saturday at nearby towns so travel is required. A game schedule will be provided at the first practice.

Dates: January– February

Days: Saturday games, 1-2 Weekday practice

Grades: 5-6

Location: Practice South Portland

Fee: \$80.00

Staff Coordinator: Brianne Maloney

**Registration
deadline:
December 1**

BASKETBALL (GRADES 7-8)

This informal program is designed to give middle school players an opportunity stay active this winter through games and scrimmages. South Portland plans to invite Gorham, Cape and other neighboring towns to schedule games against. There will be 9 regular season games and 2 weeks of playoffs based on the number of teams.

Dates: January 7– March 7; Playoffs March 11 & 18

Days: Wednesdays

Times: Between 5-8pm

Grades: 7-8

Location: SPCC Gym

Fee: \$80/\$90NR

Staff Coordinator: Brianne Maloney

**Registration
deadline:
December 8**

HIGH SCHOOL BASKETBALL LEAGUE

This league provides an opportunity for any boy or girl in grades 9-12 **not playing on their school team** to play basketball this winter. HS players can make their own teams however each team must have a qualified coach. Coaches must be 21, complete a volunteer coach's application and are subject to a criminal background check. The coach will submit the roster to Brianne Maloney bmaloney@southportland.gov. Each player on the roster must be registered through the rec. All games and practices are weeknights (schedule TBD). All players and coaches must complete a Code of Conduct Form to participate in this league.

Dates: January 6 – March 10; Playoffs March 17 & 24

Days: Tuesday Games

Times: Practice & games between 5-9pm

Location: Redbank or SPCC Gym

Fee: \$80/\$90NR

Staff Coordinator: Brianne Maloney

**Registration
deadline:
December 8**

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 \$6.00 Children/Seniors \$5.00
Non-Residents: Adults \$8.00 Children/Seniors \$7.00

Punch Passes (20 punches):

Residents:	Adults- \$100	Child/Senior- \$80
Non-Res:	Adult- \$140	Child/Senior- \$120

*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 lap 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: \$6 (adult), \$5 (senior) per class

Non-residents: \$8 (adult), \$7 (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

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 Emily.

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

Fall Swim Registration Dates

Residents: Monday, September 8

Non-Residents: Thursday, September 11

Online & In-person Registration begins at 7am.

Swimming lesson sessions run for a total of 7 weeks, with the exception of Tuesdays and Saturdays this session which will run for 6 weeks. In the event of a facility closure due to weather or a pool related issue, we will try to extend one week longer to make up for the missed class. We will not allow individuals to make up a missed class due to safety standards we must maintain for class sizes, instructor ratios and pool spacing.

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.
- **We will NO LONGER allow children to wear a mask during swim lessons. Please do not have your child bring a mask (that covers their nose) to swimming lessons. Masks impede a child's ability to learn proper breath control and will ultimately hinder their progress in learning to swim. Goggles (that only cover their eyes) are perfectly acceptable. Thank you for respecting this policy**

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.

PROGRESSIVE SWIM LESSONS FOR KIDS 6-13

Youth Progressive Lessons

Min 2/ Max 8

Ages: 6-14

Location: SPCC Pool

Fee: \$70/\$80NR, Saturdays \$60/\$70NR

Fall 2025 Session:

Thursdays, October 2 – November 13

Saturdays, October 4 – November 15

(No class on 10/18)

Sundays, October 5 – November 16

	<u>Saturday</u>	<u>Sunday</u>	<u>Thursday PM</u>
Level 1	10:00-10:45am	11:00- 11:45 AM	6:00-6:45pm
Level 2	11:00-11:45 AM	10:00-10:45am	6:00-6:45pm
		12:00- 12:45 PM	
Level 3	10:00-10:45 AM	10:00-10:45 AM	6:00-6:45pm
	11:00-11:45 AM	11:00-11:45 AM	
Level 4	9:00-9:45am	12:00- 12:45 PM	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

Mini Swimmers

Min 2/ Max 5

Tuesdays: September 30 – November 4

Wednesdays: October 1 – November 12

Thursdays: October 2 – November 13

Saturdays: October 4 – November 15 (**no class 10/18**)

Sundays: October 5 – November 16

Ages: 3-5

Location: SPCC Pool

Wed, Thurs, Sun Fee: \$70/\$80NR (7 classes)

Tues & Sat Fee: \$60/\$70NR (6 classes)

PLEASE NOTE: 3yo children may be in Family, Pre-Mini OR Mini 1 lessons. Please consult with Aquatic Supervisors, Lesley, Emily or Mike if you have any questions about which level to start with.

	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Saturdays</u>	<u>Sundays</u>
Mini 1 (Ages 3+)	9:00-9:30am	9:00-9:30am	9:00-9:30am	9:00-9:30am	11:30-12:00pm
				10:00-10:30am	12:00-12:30pm
	6:30-7:00pm			11:00-11:30am	
Mini 2 (Ages 3+)	9:30-10:00am		9:30-10:00am	9:30-10:00am	12:30-1:00pm
	6:00– 6:30pm				
Mini 3 (Ages 3+)	6:00– 6:30pm			10:30-11:00am	

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.*

Fall Session 2025

Instructors: Pool Staff

Fee: \$70/\$80NR, Tues & Sat: \$60/\$70 (6 classes)

Age: 2.5-4yo

Tuesdays September 30 – November 4

Time: 6:00-6:30pm

Wednesdays October 1 – November 12

Time: 9:30-10:00am

Saturdays October 4 – November 15 (**no class on 10/18**)

Time: 11:30am-12pm

Sundays October 5 – November 16

Time: 11:00-11:30am



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*

FALL 2025 SESSION

Thursdays October 2– November 13

Saturdays October 4– November 15

(NO class on October 18th)

Sundays October 5– November 16

Location: SPCC Pool

Fee: \$70/\$80NR, Saturdays \$60/\$70NR

Family Lessons	Thursday AM	Saturday AM	Sunday AM
9 months*-3 years <small>*Must be able to sit up on their own and easily hold their head up</small>	9:00-9:30am	9:00-9:30am	10:00-10:30am
	9:30-10:00am	9:30-10:00am	10:30-11:00am

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: 44 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.

Fall 2025 Session:

Dates: October 6– December 10

(no practice 10/13, 11/26)

Practice Days: Mondays and Wednesdays

Time: 6:00 – 6:55pm

Ages: 8-13yo

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.

Fall 2025 Session:

Dates: October 6– December 10

(no practice 10/13, 11/26)

Practice Days: Mondays and Wednesdays

Time: 7:00 – 7:55pm

Grades: 6-8

Fee: \$120/\$130NR

Riptide Swim Club & RT+ Evaluation & Placement Session:

Fall 2025 Session

Evaluation Date: Wednesday, September 22 at 6pm

Online Registration:

Thursday, September 23 for residents starting at 7am

Friday, September 24 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 2/Max 6*

Fall 2025

Instructor: Pool Staff

Dates: Sundays, October 5– November 16

Time: 4:00- 4:30 PM (Group 1)

Time: 4:30-5:00 PM (Group 2)

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, Tuesdays \$60/\$70NR (6 classes)

FALL SESSIONS

Tuesday Morning (Coaches Lesley & Hildi)

Dates: September 30 – November 4

Time: 8:00 – 8:45 AM

Thursday Evening (Coach Mike)

Dates: October 2– November 13

Time: 8:00– 8:45 PM

Sunday Evening (Coach Emily)

Dates: October 5– November 16

Time: 5:00– 5:45 PM

HIGH SCHOOL SWIM TEAM PREP COURSE

We are once again pleased to offer a High School Prep program. Under Head Coach Mike Blanchard this program is designed for high school swimmers (those not actively swimming on a club team) who are looking to amplify their accomplishments during their high school season by getting a jump start on conditioning. This group will spend about 80% of their time conditioning and 20% of the time will be taking advantage of the low swimmer-to-coach ratio working on technique.

Min 4/Max 18

Please e-mail any questions to
mblanchard@southportland.gov

Dates: Mon & Wed, September 8– November 12

Time: 2:45-4:00pm

Grades: 9-12

Fee: \$160/\$170NR

**REGISTRATION
OPENS AUGUST 11**

STAFF SPOTLIGHT - Emily Keefe



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

I am the weekend supervisor and head lifeguard at the pool. During the summers I split my time between teaching swimming lessons, guarding the pool, and guarding the beach.

What do you like most about your job?

I love being around the water! I also really enjoy teaching swim lessons.

What is your favorite park in South Portland?

Fisherman's Point

What do you do for fun?

I love going to see live music with my friends, going to the beach, and playing field hockey.

What is your favorite restaurant?

Taco Trio, they make the best Quesadilla!

What are you watching/reading/listening to now?

I'm currently watching Bob's Burgers, I'm reading "Nothing to See Here" by Kevin Wilson, and I've been
34 *listening to a lot of Mac Miller, SZA, and Sublime.*

PARKS PROGRAMS

NATURE JOURNALING

Join the library and parks for an introduction to Nature Journaling! This monthly program, running from October to May, will feature guest speakers covering diverse topics such as birds, trees, and the natural world. Attendees will receive a journal and writing implements to help them get started with their very own nature journal.

Dates: Thursdays, October 9, November 6, December 11
Time: 2:00pm-3:00pm

Ages: Adults

Location: South Portland Public Library

Fee: FREE

Staff Coordinator: Sydney Raftery

ECOLOGY LECTURE SERIES

Our Park Ranger is returning to the library this fall to dive into more nature topics. During these lectures, we will look at the topic of the day through the lenses of folklore, natural history, ecology, and conservation.

Dates:

October 16- Nature in Horror Films and Books

December 4- Human Health and the Natural Environment

Time: 6:30pm-7:30pm

Ages: Adults

Location: South Portland Public Library

Fee: FREE

Staff Coordinator: Sydney Raftery

NATURE STORY TIME

Park Rangers are once again partnering with the South Portland Public Library to bring nature stories to you!! Join us at the library each month for a nature-themed story time, followed by crafts and activities based on that topic.

Dates:

Sept 19: Trees

Nov 21: Bobcats and Linx

Oct 24: the Moon

Dec 12: Puffins

Ages 0-4: 10:30am

Ages 5-12: 3:30pm

Location: South Portland Public Library

Fee: FREE

Staff Coordinator: Sydney Raftery



2025 Summer Nature Story Time

GRANDPARENTS DAY NATURE WALK

Grandparents and grandchildren, join us for a special walk at Hinckley Park! Explore the trails around the pond together and discover engaging discussion questions along the way. Prompts like "If you could be any animal, what would you be?" and "What was your first day of school like?" will help you connect and learn more about each other.

Dates: Sunday, September 7

Time: 10:30am-11:30am

Ages: Grandparents with their grandchildren

Location: Hinckley Park

Fee: FREE

Staff Coordinator: Sydney Raftery

POLLINATOR BIOBLITZ

Bioblitz is back for our fourth year of celebrating pollinators in South Portland. Join us for a walk around the city's brand new nature preserve, the Petrlik Conservation Area, help contribute to citizen science, and learn all about the importance of the amazing creatures who work so hard for South Portland's ecosystems.

Dates: Saturday, September 13

Time: 1pm-3pm

Ages: All ages

Location: Petrlik Conservation Area

Fee: FREE

Staff Coordinator: Sydney Raftery



2023 Dementia-friendly walk

DEMENTIA-FRIENDLY NATURE WALK

Studies have shown that exposure to nature can help reduce stress, anxiety, and agitation while promoting relaxation and a sense of calm for individuals with dementia. People living with dementia and their caretakers are invited to join us at Wainwright Sports Complex for a leisurely nature walk and talk along the Greenbelt. Stay after the walk for snacks and to get to know others. Register at southportlandlibrary.com or call Lisa at 207-7670-7660 ext 5

Date: Thursday, September 25

Time: 10:00am-12:00pm

Location: Wainwright Sports Complex

Fee: FREE

Staff Coordinator: Sydney Raftery

PARKS PROGRAMS

(RE)DISCOVER SOUTH PORTLAND TRAILS

There are always new things to discover in South Portland and this fall, we are going to do just that. The South Portland Land Trust is teaming up with our Parks department to re-discover (or discover for the first time) some of the lovely trails that we have around our city. Each month will feature a unique trail and experienced guides. Participants are encouraged to attend as many of the hikes as they can, to truly discover South Portland trails. Bring your binoculars, questions, and enthusiasm! More details and optional registration process will be available soon on the South Portland Land Trust website.

Time: 10:00am-12:00pm

Fee: FREE

Staff Coordinator: Sydney Raftery

September 6: Cloutier to Petrik (South Portland's newest preserved open space)
October 4: Dow's Woods
November 1: Clark's Pond
December 6: The Greenbelt (Dock's to the Municipal Service Facility)

SCARECROW BUILDING DAY

The Scarecrow Patch will be returning to Hinckley park in October and we need your help to build the best scarecrows possible! Participants will receive all the basic materials needed to build and decorate a scarecrow (straw, pants, shirt, burlap sack head, markers & paint). You are also encouraged to bring any fun accessories or clothes you would like to add. Scarecrows will be up in Hinckley Park all of October for the community to visit!

Dates: Saturday, September 27

Time: 10:00am-12:00pm

Location: Hinckley Park

Fee: FREE

Staff Coordinator: Sydney Raftery



2024 Hinckley Park Scarecrow Patch

FAMILY & SPECIAL EVENTS

POOL PUMPKIN SPLASH

Start your spooky season off right with the annual Floating Pumpkin Patch! We will have the pool filled with real pumpkins, and each participant will get to swim, splash, and pick a pumpkin of their choice. After making a splash in the "pumpkin patch", join us in decorating your pumpkin with paint and stickers (no carving) and enjoy some light refreshments.

Parents need to register if they plan to participate in the swimming portion or to receive a pumpkin. Any child who cannot swim independently **must** have a parent/guardian in the water with them. Lifeguards will be on duty, but please plan to stick close to your child, if they cannot swim independently.

The pool will be open from 5-6:30p to select your pumpkin, this will be drop-in style so arrive at your leisure. The Casco Bay Room will be open from 5:30-7:30 for refreshments and pumpkin decorating.

Date: Friday, October 3

Location: SPCC Pool & Casco Bay Room

Fee: \$8/\$14NR

Staff Coordinator: Jenna Martyn-Fisher

Time	Age
10-11am	PreK w/ adult
5-7:30pm	Families of all ages



Hot dog at the 2024 Mongrel Mash

THE MONGREL MASH

The Mongrel Mash is back- and better than ever- for its second year! Join us for this Howl-o-ween party of epic proportions to celebrate all of the South Portland dogs. The event will include:

- a dog Halloween costume contest (judging takes place at 11:30am)
- local dog-themed vendors
- a vaccine clinic
- a pet supplies swap
- adoption information

So start planning a costume for you and your 4-legged friend! Note: all dogs must be on a leash for the entirety of the event.

Dates: Saturday, October 18

Time: 10:00am-12:00pm

Location: Mill Creek Park

Fee: FREE

Staff Coordinator: Sydney Raftery

FAMILY & SPECIAL EVENTS

BUG LIGHT CAR SHOW

This event brings over 200 vehicles to Bug Light Park. Bring your vintage, restored, or unique vehicles down to share or just come down to view them. Food trucks are available on site to enjoy your dinner while the sun sets!

Date: Wednesdays, September 3 (rain date: 9/10)

Time: 4:00pm-Sunset

Ages: All

Location: Bug Light Park

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

HEALTH & WELLNESS FAIR

The South Portland Parks and Recreation Department is excited to invite you to participate in our first annual Health & Wellness Fair! This event promotes community wellness by providing access to free and low-cost health screening and preventive care education, such as:

- healthy eating information and demonstrations
- Primary Care Provider information
- blood pressure and blood sugar screening
- active living education and demonstrations
- and more!

Date: Saturday, November 15

Time: 10am-2pm

Location: SPCC

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

SWAP SERIES

Soccer cleats too small but in great shape? Yarn stash starting to over flow? Changing up your home décor? Bring your items and swap them for something to better suit you in your next season. Each month will have a specific theme for items we'll be swapping (keep an eye out for lists with more info on what will be accepted). All items that go unclaimed at the end of the evening will be donated to a local organization to help get those items into the hands of those who need them. **Please only bring items that are in good and working condition.**

Time: 4:00pm-7:00pm (10/18 & 11/15 10am-2pm)

Location: SPCC

Fee: FREE

Staff Coordinator: Sydney Raftery

August 25: Back to School (kids clothes, youth sports equipment)
October 2: Cozy up for Fall (arts/crafts, books, puzzles)
October 18*: Pet supplies (part of the Mongrel Mash)
November 15*: Health & Wellness (exercise equipment, adult sports, medical assistance equipment)
December 11: Re-gift it (Toys, tools, household items/décor)

*These swaps are part of other events, please refer to the event details for the Mongrel Mash and Health & Wellness Fair for event times/location

TRUNK OR TREAT

Let's see your Halloween costumes! Join us along with the South Portland Police Department and many other non-profits and service providers for an afternoon of touch-a-truck, games, and treats.

Date: Saturday, October 25

Time: 11:00am-3:00pm

Ages: All

Location: SPCC Parking Lot

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

LIGHTING OF THE TREES CEREMONY

Celebrate the holiday season with hot cocoa, baked goods, and more holiday fun as we flip the switch to light up Mill Creek Park!

Date: Friday, December 5

Time: 4:30-7pm

Ages: All

Location: Mill Creek Park

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

BREAKFAST WITH SANTA

Come one come all! Enjoy breakfast in our senior wing, with a visit from the Jolly ol' Elf himself! Children will have an opportunity to visit Santa and have their pictures taken, so bring your camera! Breakfast will consist of pancakes, sausage, and beverages. The proceeds from this program will be donated to the South Portland Police Department VIPS Program. Participants must pre-register. Registration is required for all who attend. Children under 3 are FREE!

Date: Saturday, December 13

Time: 8:00-10:00am

Location: SPCC Casco Bay Room

Fee: \$10 Adults, \$5 Kids 4-11 (*kids under 3 free*)

Staff Coordinator: Jenna Martyn-Fisher

NORTH POLE CALLING

"NORTH POLE CALLING" is a special holiday program for children in pre-school (ages 4 & 5), kindergarten, first, and second grade. **The South Portland Parks, Recreation and Waterfront Department** has been offering this program **since 1983!** We've become great friends with Santa in this time and he's agreed to once again call children who live in South Portland before the holidays. This opportunity is free, but we do ask that you register and answer a few questions about your child to help Santa out. The deadline to sign-up is December 9th, 2022

Date: December 15-18

Time: 5:00-7:00pm

Grade: PK-2

Location: Your own home!

Fee: FREE (*resident only*)

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.

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

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

COMMUNITY CONNECTIONS

SUPPORT CIRCLES FOR SOPO PARENTS

A community-led, drop-in space for caregivers to connect, share stories, and support one another through honest, nonjudgmental conversation using a simple restorative circle framework. Come with a willingness to listen, speak openly, and build understanding. Whether you're facing challenges, feeling isolated, or simply want to strengthen relationships at home and in your community, this open group offers connection, empathy, and a sense of belonging.

For more information contact Andrew Forsthoefer (forsthoefer@cumberlandcounty.org) or Lee Anne Dodge (ldodge@southportland.gov).

Dates: Sept 15, Oct 20, Nov 17, Dec 15

Time: 7-8pm with optional snacks after the circle

Location: SPS Learning Commons



SOPO HOOPS

SoPo Hoops is a youth basketball club located in South Portland, Maine which is dedicated to offering South Portland youth entering grades 3-8 a competitive space to learn and play the game of basketball. Above all, SoPo Hoops' focus is to get as many South Portland kids playing basketball as we can.

Geared towards the athlete that is looking for a competitive environment, SoPo Hoops provides opportunities for town-to-town travel competition and age specific clinics emphasizing fundamentals, sportsmanship and hard work.

SoPo Hoops works closely with the South Portland Recreation Department to provide opportunities in the game of basketball and to find the right programs for all talent levels.

Registration:

Registration for the 2025-2026 season opens this summer!

Follow us to get all the information on clinics and travel leagues:

facebook.com/sopohoops

instagram.com/sopohoops

www.sopohoops.com



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.gov

THANK YOU VOLUNTEERS!

Eben Adams
Terri Bellas
Ben Bettez
Courtney Bowers
Gerry Brown
Jae Casella
Chris Chapman
Cindy Cogswell
Lee Anne Dodge

Linda Fearon
Erick Giles
Ray Glass
Lee Goldberg
Linda Halleran
Sarah Jorgensen
Linda Laverriere
Andrew Moore
Laurie Nielsen

Matt Orlando
Tara Pelletier
Linda Peters
Doug Radar
John Roedniger
Julie Shephard
Judy Simpson
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Diane Wood
South Portland Girls
Basketball Team
South Portland Boys
Basketball Team
South Portland Girls
Soccer Team