



Newsletter | November 2025

SOUTH PORTLAND

PARKS, RECREATION, AND WATERFRONT

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[Health & Wellness Fair](#)

South Portland Community
Center
November 15 | 10a-2p

[View the Details](#)



[Turkey Trot](#)

Bug Light Park
November 27

[View the Details](#)

CONNECT WITH US

South Portland Community Center

21 Nelson Rd, South Portland, ME 04106
Hours: M-F 6a-9p, Sat 8a-5p, Sun 10a-6p
207-767-7650

www.southportlandme.myrec.com

@SoPoParksRec



Community Calendars

The South Portland Community Center and Redbank Community Center offer scheduled programs, open use, and drop-in programs. View the calendars to learn more about when these spaces are available for use.

Teen Center

Hours:

Monday-Friday
2:30pm-6:00pm

[More Info](#)

Pool

Hours:

Monday-Friday
6am-9pm
Saturday 8am-5pm
Sunday 10am-6pm

[Calendar](#)

Senior Drop-in Center

Hours:

Monday-Thursday
9am-3pm
Friday
9am-12pm.

[Event Calendar](#)

Open Gym

Hours vary by
activity

[Basketball](#)

[Volleyball](#)

[Pickleball](#)

Announcements



Closures

The South Portland Community Center and all City buildings will be closed on the following days:

November 11 (Veteran's Day)
November 27 (Thanksgiving)
November 28 (Day After Thanksgiving)

Youth Programs



Middle School

After School Clubs

First Aid

Dates: Nov 7 & 18
Times: 2:15-3:45p
Grades: 7/8

Program Cost
\$25

[Register](#)

After School Clubs

Karate

Dates: Nov 6-Dec 11
Times: Thursdays,
3:05-3:45p
Grades: 5-8

Program Cost
\$50

[Register](#)

Pleasant Mtn Ski/Ride Program

Dates: Jan 5- Feb 9
Times: Mondays,
3:30-10p
Grades: 7-12
Location: Departs from
SPCC
Program Cost
Costs vary depending on
rental needs

[Register](#)

7th & 8th Grade Rec Basketball

Dates: December-March
Time: 1 weeknight practice & 1
Wednesday evening game
Location: SPCC Gym

Program Cost
Residents: \$80
Non-Residents: \$90

[Register](#)

Winter Sideline Cheering

Dates: Nov 3- Jan 29
Time: 3:05-4:35p
Location: SPMS

Program Cost
Residents: \$50

[Register](#)



Gymnastics

Rhythmic Gymnastics

Dates: Nov 12- Dec 10

Times: Wednesdays,
4p-5:15p

Ages: 5-10

Location: SPCC
Multipurpose Room

Program Cost

Residents: \$120

Non-Residents: \$130

[Register](#)



Karate

Karate Kids

Dates: Nov 7- Dec 19

Times: Fridays, 4p-5p

Ages: 5-12

Location: SPCC
Multipurpose Room

Program Cost

Residents: \$65

Non-Residents: \$75

[Register](#)



Yoga

Youth Yoga

Dates: November 23

Times: 10:15-11a

Ages: 5-8

Location: SPCC
Multipurpose Room

Program Cost

\$12

[Register](#)



Cooking

Fun Chef's Holiday Cooking

Dates: Nov 11- Dec 8

Times: 4:15-5:15p

Ages: 7-13

Location: SPCC Casco Bay Room

Program Cost

Residents: \$127

Non-Residents: \$137

[Register](#)



Drivers Ed

Driver's Ed

Dates:

Fall Session 2: Nov 10- Dec 4

Times: M-Th, 2:30p-5p

Ages: 15+

Location: SPCC Conference Room

Program Cost

Residents: \$645

Non-Residents: \$655

[Register](#)

Preschool

POP- Preschool Open Play

Dates: Oct 7- Dec 30

Times: Tuesdays, 9:30-11a

Ages: 5 and under

Location: Redbank Gym

Program Cost

Residents: \$4

Non-Residents: \$5

[More Info](#)



Soccer

Challenger Sports Futsal

Dates: Nov 9- Dec 14

Times: Sundays, 1-2p

Ages: 6-10

Location: Redbank Gym

Program Cost

Residents: \$120

Non-Residents: \$130

[Register](#)

Tiny Tykes Soccer Magic

Dates: Nov 9- Dec 14

Times: Sundays

Cubs (age 2-3): 11-11:45a

Lions (age 4-5): 12-12:45p

Location: Redbank Gym

Program Cost

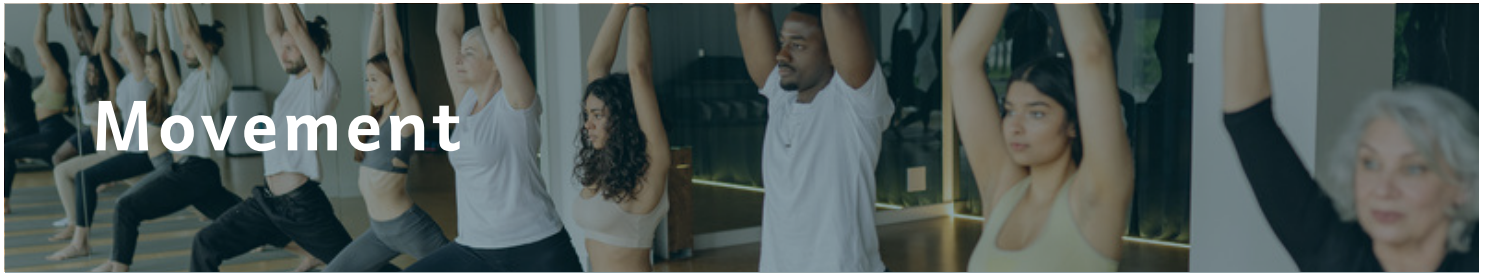
Residents: \$120

Non-Residents: \$130

[Register](#)



Adult Programs



Beginner Line Dance

Date: Nov 5- Dec 17
Time: Wednesdays,
10:45-11:45a
Location: SPCC Multi-
purpose Room

Program Cost

Residents: \$28
Non-Residents: \$38
Drop-in: \$5

[Register](#)

Mindful Movement Yoga

Date: Oct 30- Dec 18
Time: Thursdays, 6:30-7:30p
Location: SPCC Multi-
purpose Room

Program Cost

Residents: \$70
Non-Residents: \$80
Drop-in: \$12

[Register](#)

Intro to Bellydancing

Dates: Nov 6- Dec 18
Time: Thursdays, 6:15-
7:15p
Location: SPCC
Aerobic Room

Program Cost

Residents: \$72
Non-Residents: \$82
Drop-in: \$13

[Register](#)

Wake up with Meditation

Dates: Nov 7- Dec 19
Time: Sundays, 8:00-8:45a
Location: SPCC Multipurpose Room

Program Cost

Residents: \$72
Non-resident: \$82
Drop-in \$13

[Register](#)

Yin Yoga

Dates: Nov 5- Dec 29
Time: Mondays, 7-8p
Location: SPCC Casco Bay Room

Program Cost

Residents: \$90
Non-Residents: \$100
Drop-in: \$12

[Register](#)

A background image for the Pickleball section showing several yellow pickleballs.

Pickleball

Beginner Pickleball Lessons

Dates: Nov 2-26

Time: Wednesdays, 5:30-6:30p

Location: SPCC Gym

OR

Time: Fridays 8a-9a

Location: Redbank Gym

OR

Time: Sundays 9a-10a

Location: SPCC Gym

Program Cost

Residents: \$70 (Fridays \$52.50)

Non-resident: \$80 (Fridays \$62.50)

[Register](#)

Improvers Pickleball Lessons

Dates: Nov 2-26

Time: Wednesdays, 6:30-7:30p

Location: SPCC Gym

OR

Time: Fridays 9a-10a

Location: Redbank Gym

OR

Time: Sundays 10a-11a

Location: SPCC Gym

Program Cost

Residents: (Fridays \$52.50)

Non-resident: \$80 (Fridays \$62.50)

[Register](#)

A background image for the Health section showing a serene lake with mountains in the distance.

Health

Group Health Workshop

Dates: Nov 26- Dec 17

Time: 6-7p

Location: SPCC Conference Room

Program Cost

Residents: \$48

Non-resident: \$58

[Register](#)

MainlyNP Wellness Series

What labs and vitals really tell you

Dates: November 20

Time: 3-4p

Location: SPCC Casco Bay Room

Program Cost

FREE

[Register](#)

A background image for the Art section showing various pottery and ceramic items.

Art

Beginner Soft Pastels Animals

Dates: Nov 22-Dec 20

Time: Saturdays, 10:30a-12p

Location: SPCC Casco Bay Room

Program Cost

Residents: \$75

Non-Residents: \$85

[Register](#)



Adult Basketball Leagues

Thursday League

Dates: Nov 13- Feb 5

Game Times: Between 6:30-9:30p

Location: SPCC Gym

Program Cost

Residents: \$75

Non-resident: \$85

[Register](#)

Monday League

Dates: Nov 2-26

Time: Wednesdays, 6:30-7:30p

Location: SPCC Gym

Program Cost

Residents: \$75

Non-resident: \$85

[Register](#)



Sports

Unified Sports Drop-in

Dates: Sept 4- Dec 18

Time: 10-11:30a

Location: Redbank Gym

Program Cost

FREE

[More Info](#)

Open Gyms

[Basketball](#)

[Volleyball](#)

[Pickleball](#)

Senior Programs



Coffee with a Cop

Date: November 24

Times: 9:30-10:30a

Location: SPCC Senior Drop-in Center

Program Cost

FREE (please register)

[Register](#)

Monthly Birthdays

Date: November 3

Times: 10-11a

Location: SPCC Senior Drop-in Center

Program Cost

FREE (please register)

[Register](#)

Ukulele Sing-a-long

Date: November 4

Times: 10-11a

Location: SPCC Senior Drop-in Center

Program Cost

FREE

[Register](#)

Just for Fun Bingo

Date: November 10

Times: 9-10:30a

Location: SPCC Senior Drop-in Center

Program Cost

FREE

[Register](#)

Presentations

New England Curiosities Event

Date: November 6

Departs: 12:30-2:30p

Location: SPCC Casco Bay Room

Program Cost

\$14

[Register](#)

Nature Themed Presentation

Date: November 17

Departs: 9:30-10:30a

Location: SPCC Senior Drop-in Center

Program Cost

FREE

[Register](#)

Trips

Lilac Casino

Date: November 5

Times: 9am Departure

Location: Rochester, NH

Program Cost

\$15

4
Spots!

[Register](#)





Laughter Yoga | January 2023

Fitness

Vitality T'ai Chi

Date: November 4 & 18
Time: Tuesdays, 1-2p
Location: SPCC Aerobic Room

Program Cost

Residents:\$14
Non-resident: \$24
Drop-in: \$8

[Register](#)

Senior Corn Hole

Date: November 7-21
(no program 11/28)
Time: Fridays, 1:45-3:15p
Location: SPCC Gym

Program Cost

FREE

[Register](#)

Dance Fit

Date: November 6-20
Time: Thursday, 11:15a-12p
Location: SPCC Multi Purpose Room

Program Cost

Residents:\$27
Non-resident: \$37
Drop-in: \$10

[Register](#)

Strength & Weight Training the Right Way

Date: November 4-25
Time: Tuesday, 9:30-10:30a
Location: SPCC Senior Drop-in Center

Program Cost

Residents:\$21
Non-resident: \$31
Drop-in: \$8

[Register](#)

Zumba

Tuesdays: Nov 4, 18, 25
Time: 11a-12p
Fridays: Nov 7, 14, 21
Time: 10:30a-11:30a
Location: SPCC Multi-purpose Room

Program Cost

Tuesdays:\$27/\$37NR
Fridays: \$27/\$37NR
Drop-in: \$10

[Register](#)

Laughter Yoga

Date: November 21
Time: Friday, 12-1p
Location: SPCC Senior Drop-in Center

Program Cost

FREE

[Register](#)

Aquatics Programs

Daily Fees:

Residents: Adults \$6 | Youth/Seniors \$5

Non-Residents: Adult \$8 | Youth/Seniors \$7

Frequent User Passes:

Residents: Adults \$100 | Youth/Seniors \$80

Non-Residents: Adult \$140 | Youth/Seniors \$120

[View Pool Calendar](#)
[\(Sept 30-Nov 16\)](#)

Fall swim lessons will be wrapping up up November!

Instructors of Youth Lessons will pass out Progression cards to all participants. The card will evaluate your child's progress for the session and give a recommendation for which level to register for next.

Registration for Winter Swim Programs:

Residents: Monday, December 8

Non-residents: Thursday, December 11

Lesson End Dates

Tuesday 11/4
Wednesday 11/12
Thursday 11/13
Saturday 11/15
Sunday 11/16

Riptide & Riptide+ Swim Club

Fall Sessions will wrap up on Wednesday, December 10. More information will be sent to participating families about end of season activities!

NO OPEN SWIM November 5 from 3-4pm

Golf Course

**The South Portland
Municipal Golf Course
is closing November 9.
See you in the spring!**

Call 775-0005 for tee times.

Greens Fees (18 holes per day):

Monday-Friday: \$18

Saturday, Sunday & Holiday: \$20

Play Passes:

10 Play Pass: \$155

5 Play Pass: \$80

Conservation and Parks

Visit the Scarecrow Patch in Hinckley Park!



Learn

Nature Story Time Bobcats

Date: November 21

Time:

Ages 0-4 at 10:30a

Ages 5-12 at 3:30p

Location: South Portland Public Library

Program Cost: FREE

[Learn More](#)

Nature Journaling Intro to Drawing

Date: November 6

Time: 2-3p

Ages: Adults

Location: South Portland Public Library

Program Cost: FREE

[Learn More](#)

Special Events

Trunk or Treat Highlights!



Special Events





CITY OF
**SOUTH
PORTLAND**
Parks, Recreation
& Waterfront

Health & Wellness Fair



This event promotes community wellness by providing access to free and low-cost health screening, preventative care education, and healthy living resources & demos.

Join us for:

- Healthy eating information & demonstrations
- Primary Care Provider information
- Active living education/demonstrations
- Blood Drive
- Free HIV & STD testing
- Blood Pressure testing
- Car Seat Installations
- Health Care & Exercise Equipment Swap
- Eye exams (under age 20)
- and more!

Onsite child care
available while you
attend the fair!

November 15 | 10a-2p
South Portland Community Center

More Info:
southportlandme.myrec.com





10th Annual Savage Family Turkey Trot 5K

South Portland, Maine

Thanksgiving Day - November 27th, 2025

Family 5k Run/Walk

Race Start 9:00 a.m. ~ Check-In Starts @ 8:00 a.m.

Register Online @ RunSignUp.com \$30 (ends noon, Nov 26)

Dog & Stroller Friendly ~ Same Day Registration Allowed

Short sleeve T-Shirt for online registrations
made prior to November 18

All proceeds **donated to the Nathan Savage Memorial
Scholarship Fund.**

FMI: Visit our



or email us at atsavagefamilyturkeytrot@gmail.com

Thank you Generac for supporting the summer concert series at Mill Creek Park!



GENERAC®

Generac is a global total energy solutions company that empowers people to use energy on their own terms. Founded in 1959, the company provides power generation equipment, energy storage systems, energy management devices & solutions, and other power products serving the residential, light commercial, and industrial markets. The company is leading the evolution to more resilient, efficient and sustainable energy solutions. Fittingly, their corporate purpose is to Power a Smarter World and this includes engaging with communities where they have employees living and working. **They have an office in South Portland and supporting the Parks, Recreation and Waterfront is one of the many ways Generac strives to be a good neighbor and give back to a community they are proud to be part of.**