

South Portland Municipal Pool Schedule November 17-30, 2025

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

21 Nelson Road

207-767-7650

<https://southportlandme.myrec.com>

	Monday	Tuesday	Wednesday	Thursday **	Friday **	Saturday	Sunday
6 AM	Adult Lap Swim 18+ (circle swim)	Adult Lap Swim 18+ (circle swim)**	Adult Lap Swim 18+ (circle swim)	Adult Lap Swim 18+ (circle swim)	Adult Lap Swim 18+ (circle swim)	CLOSED	CLOSED
7 AM	Deep Water Aerobics & Lap Swim 7-8am	Hydro Fitness & Lap Swim 7-8am**	Deep Water Aerobics & Lap Swim 7-8am	Hydro Fitness & Lap Swim 7-8am	Deep Water Aerobics & Lap Swim 7-8am		
8 AM	Shallow Water Aero (no laps) 8-9am	J.A.M. & Lap Swim 8-9am**	Shallow Water Aero (no laps) 8-9am	J.A.M. & Lap Swim 8-9am	Shallow Water Aero (no laps) 8-9am	Shallow Water Aero & 3 lap lanes 8-9am	
9 AM	Open Swim w/ laps 9-11am	Open Swim w/ laps 9-10am**	Open Swim w/ laps 9-11am **	Open Swim w/ laps 9-10am	Open Swim w/ laps 9-10am	Open Swim w/ lap lanes (NO diving board) 9-11am	
10 AM		Scarborough Schools 10-11am		Open Swim & SPSW Swim Club 10-11am (NO laps)	Falmouth Schools & 3 lap lanes 10-11am		
11 AM	Senior Swim 60+ 11-12pm	Senior Swim 60+ 11-12pm	Senior Swim 60+ 11-12pm	Senior Swim 60+ 11-12pm	Senior Swim 60+ 11-12pm	Open Swim w/ diving board (NO lap lanes) 11-1pm	Open Swim w/ laps (NO diving board) 10-12pm
12 pm	Open Swim w/ laps 12-4pm (no diving board)	Open Swim w/ laps 12-4pm (no diving board)	Open Swim w/ laps 12-4pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-4pm (no diving board)	RENTAL 1-2pm	Open Swim w/ diving board (NO laps) 12-3pm
1 PM				Maintenance 3-4pm		RENTAL 2-3pm	
2 PM						Lap Swim w/ 6 lanes 3-4:30pm	RENTAL 3-4pm
3 PM							Adult 18+ Open Swim 4-5pm (no laps)
4 PM	ABF (Closed to public) 4-6pm	Lap Swim w/ 6 lanes 4-5pm	ABF (Closed to public) 4-6pm	Lap Swim w/ 6 lanes 4-5pm	ABF (Closed to public) 4-6pm	CLOSED @ 4:30pm	Lap Swim w/ 6 lanes 5-5:50pm
5 PM		ABF (Closed to public) 5-6pm		ABF (Closed to public) 5-6pm			
6 PM	RipTide Swim Club 6-7pm	Open Swim w/ diving board 6-7pm	RipTide Swim Club 6-7pm	Open Swim w/ diving board 6-7pm	Open Swim w/ diving board 6-8pm		CLOSED @ 5:50pm
7 PM	Deep Water Aerobics & RT PLUS 7-8pm	Shallow Water Aerobics & 3 lap lanes 7-8pm	Deep Water Aerobics & RT PLUS 7-8pm	Shallow Water Aerobics & 3 lap lanes 7-8pm			
8 PM	Lap Swim-circle swim (closing at 8:50pm)	Lap Swim-circle swim (closing at 8:50pm)	Lap Swim-circle swim (closing at 8:50pm)	Lap Swim-circle (closing at 8:50pm)	Lap Swim-circle swim (closing at 8:50pm)	CLOSED	

****There are MANY EXCEPTIONS to this short 2 week schedule! Please note these dates/times on the reverse side!**

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

****CLOSURES/EXCEPTIONS****

Tuesday, 11/18 SPCC & pool open AT 10am due to an employee recognition event

Wednesday, 11/26 NO Open Swim or laps from 10-11am for a Rec program

Thursday, 11/27 & Friday 11/28 CLOSED for the Thanksgiving holiday

Daily Fees (including aerobics classes) :	Frequent User Pass (20 Swims) :
<u>SoPo Resident</u> : Adult \$6 ~ Youth/Senior \$5	<u>SoPo Resident</u> : Adult \$100 ~ Youth/Senior \$80
<u>Non-Resident</u> : Adult \$8 ~ Youth/Senior \$7	<u>Non-Resident</u> : Adult \$140 ~ Youth/Senior \$120

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