

South Portland Municipal Pool Schedule December 1-31, 2025

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

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

Daily Fees:

SP Residents:

Adults \$6

Children/ Seniors 60+ \$5

Non-Residents:

Adults \$8

Children/ Seniors 60+ \$7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM	Adult Lap Swim (circle swim)	Adult Lap Swim (circle swim)	Adult Lap Swim (circle swim)	Adult Lap Swim (circle swim)	Adult Lap Swim (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 Aerobics 8-9am (no laps available)	J.A.M. & Lap Swim 8-9am	Shallow Water Aerobics 8-9am (no laps available)	J.A.M. & Lap Swim 8-9am	Shallow Water Aerobics 8-9am (no laps available)	Shallow Water Aero & Lap Swim 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/ laps NO diving board 9-11am	
10 AM		Scarborough Schools 10- 11am		SPHS Swim Club & Open Swim (NO laps) 10-11am	Lap Swim & Falmouth Schools 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 laps 11-1pm	Open Swim w/ laps (NO diving board) 10-12pm
12 pm	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	RENTAL 1-2pm	Open Swim w/ diving board (NO laps) 12-3pm
1 PM						RENTAL 2-3pm	
2 PM							
3 PM	SPHS Swim & Dive Team 3-5pm	SPHS Swim & Dive Team 3-5pm	SPHS Swim & Dive Team 3-5pm	SPHS Swim & Dive Team 3-5pm	SPHS Swim & Dive Team 3-5pm	Lap Swim (6 lanes) 3-4:30	RENTAL 3-4pm
4 PM							Adult Only 18+ Open Swim (No laps) 4-5pm
5 PM	ABF Swim Team 5-6pm (Closed to public)	ABF Swim Team 5-6pm (Closed to public)	ABF Swim Team 5-6pm (Closed to public)	ABF Swim Team 5-6pm (Closed to public)	Open Swim w/ Diving Board + laps 5-7pm	CLOSED	Lap Swim (6 lanes) 5-5:50pm
6 PM	RipTide Swim Club 6-7pm	Open Swim 6-7pm w/ Diving Board + laps	Rip Tide Swim Club 6-7pm	Open Swim 6-7pm w/ Diving Board + laps			
7 PM	Deep Water Aero & RipTide PLUS 7-8pm	Shallow Water Aerobics + 2-3 laps 7-8pm	Deep Water Aero & RipTide PLUS 7-8pm	Shallow Water Aerobics + 2-3 laps 7-8pm	Maintenance 7-8pm		
8 PM	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	CLOSED	

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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.

POOL CLOSURES:

Wednesday, 12/24-Christmas Eve CLOSING at NOON

Wednesday, 12/31-New Year's Eve CLOSING at NOON

Thursday, 12/25 -CLOSED for Christmas

Thursday, 1/1/26-CLOSED for New Year's Day

Planning Ahead...Winter Swim Lessons: Registration is Mon 12/15 for residents and Thurs 12/18 for non-residents.

Youth Lessons will be offered, one lesson per week, starting in January. Our program will run for 7 weeks. Lessons will be offered during weekday mornings and evenings, as well as on Saturdays and Sundays. Check out the classes with specific dates/times/cost at southportlandme.myrec.com in the Winter/Spring brochure. Classes will appear online in time for registration.

The **Stroke Refinement Clinic** (ages 14+) will be offered on Tuesday mornings, Thursday evenings or Sunday early evenings starting in January. Participants must meet the pre-requisites to take this course.

Adult Beginner lessons (ages 14+) will be offered on Sundays at 4pm or 4:30pm beginning in January. If you want to learn to swim, this is the course for you!

Buy a punch pass and make it easier on yourself to come and use the pool!! Passes are non-refundable and do not expire!

Frequent User Pass (20 Swims)

SoPo Resident: Adult \$100 ~ Youth/Senior \$80

Non-Resident: Adult \$140 ~ Youth/Senior \$120