

Programs & Activity Guide

SOUTH PORTLAND

PARKS, RECREATION, AND
WATERFRONT

2026 Winter Spring



southportlandme.myrec.com

207-767-7650

Registration Dates

Recreation & Winter Pool Programs

Residents: December 15, 2025

Non-Residents: December 18, 2025

Spring Pool Programs

Residents: March 9, 2026

Non-Residents: March 12, 2026

Online & Walk-in Registration begins at 7:00am

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For General Questions
SPCommunityCenter@southportland.gov | 207-767-7650

Locations & Hours

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

Online

southportlandme.myrec.com



@SoPoParksRec



Facility Rentals

A wide variety of spaces are available for rent at our Community Centers, Parks, and Outdoor Athletic Facilities. Whether you're looking 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 (or create a new 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 and choose the facility you would like.
3. Complete the required fields and review the facilities policies and rules.
4. Submit the request
5. Once submitted, the request will be reviewed by the appropriate Facility Manager.

Questions?

Community Centers

(South Portland Community Center & Redbank Community Center)
Anthony Johnson, Deputy Director
767-7650 ext. 7512
ajohnson@southportland.gov

Pool Parties

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

Policies & Registration

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 Closures

December 24- Closing at noon
December 25 (Christmas)
December 31- Closing at noon
January 1 (New Year's Day)
February 16 (President's Day)

Registration Dates

Recreation & Pool Programs

Residents: December 15
Non-residents: December 18

Spring Pool Programs

Residents: March 9
Non-residents: March 12

Opens at 7am online and in-person

Items For Sale

Frequent User Passes (FUP) 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.

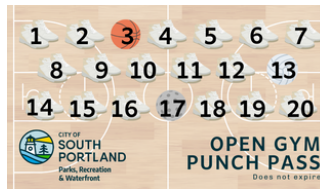
Passes

	Resident	Non-Resident
Pool Youth FUP (up to age 17)	\$80	\$120
Pool Adult FUP (ages 18-59)	\$100	\$140
Pool Senior FUP (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.

Item for Sale

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

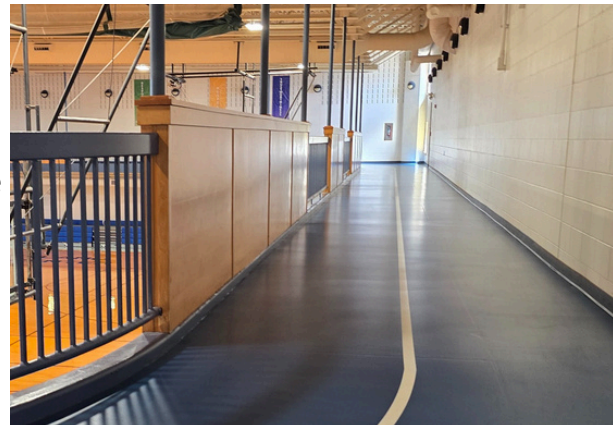


Indoor Track

The indoor track is located above the gymnasium in the South Portland Community Center. The track is available for your use during all open hours. Occasionally, there are times that the track may be closed to the public. Please sign-in at the front desk and bring your walking shoes with you to put on once you are inside. 12 laps around the track is equal to 1 mile.

Track Fees

South Portland residents – FREE
Non-residents under age 60 - \$1.00
Non-residents over age 60 - FREE



Youth Scholarships

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.

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



Senior Drop-in Center

Days & Hours of Operation

Monday — Thursday 9:00am - 3:00pm | Friday 9:00am - 12:00pm

The Senior Drop-in Center is available every Monday-Friday. Scheduled weekly activities are offered everyday or you may choose your own activities as space is available. Contact Karla Doyon (kdoyon@southportland.gov) for questions about the Senior Drop-in Center.

Scheduled Senior Drop-in Center Activities

MONDAYS:

Puzzle Club: 9:00-11:00am

Just for Fun Bingo: 9:00-10:30am

(2nd Monday of the month)

Monthly Birthday Celebrations: 10:00-11:00am

(1st Monday each month) (Registration Required)

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

TUESDAYS:

Mah Jongg: 12:00-3:00pm

Tea & Talk 1:00-2:00pm

WEDNESDAYS:

Bridge: 9:30-11:30am

Mexican Train Dominos: 9:00-11:00am

Psuedo Book Club 9:00-10:30am

(Last Wednesday each month)

Trivia Time: 1:00-2:30pm

THURSDAYS:

Create & Chat: 9:00-11:00am

Cards & Hand & Foot 12:00-3:00p.m

FRIDAYS:

Mah Jongg 9:00am-12:00pm

Laughter Yoga: 12:00-1:00pm *(Last Friday of the month)*

Additional free presentations or classes may also be added to the monthly schedules. Monthly schedules are available in the Senior Drop-in Center or online at southportlandme.myrec.com. If space is not available for your own activity, you are encouraged to join the scheduled activities.

Senior Programs

NEW! COLORING FOR CALM

Coloring time involves the mindful and creative activity of coloring in books with complex designs, which promotes a meditative state, reduces stress, improves focus, and enhances fine motor skills, offering a low-pressure, self-soothing form of relaxation. It's a restorative activity that provides a quiet, low-stakes way to disengage from daily pressures and reconnect with the present moment. Coloring books and colored pencils provided. Feel free to bring your own as well.

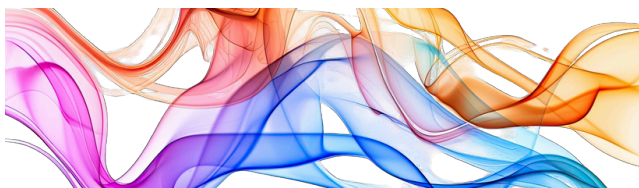
Dates: Tuesdays

Time: 9:00-11:00am

Location: Senior Drop-in Center

Fee: FREE

Staff Coordinator: Karla Doyon



NEW! OPEN BOARD GAME TIME

Come to the Senior Drop-in Center on Tuesdays mornings and play board games! We have cribbage, Scrabble, Boggle, Yahtzee, Rumikub, word games and more! Bring your own board game if you like!

Dates: Tuesdays

Time: 9:00-11:00am

Loc: Senior Drop-in Center

Fee: Free

Staff Coordinator: Karla Doyon

UKULELE SING-A-LONGS

Join Ray Glass from the Jolly Ukes for a fun hour of sing-a-long songs! *Min 3/Max 24*

Dates: Tuesdays, January 13, February 10, March 10 & April 14

Time: 10:00-11:00am

Location: Senior Drop-in Center

Fee: FREE

Staff Coordinator: Karla Doyon

Senior Programs

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: January 12, February 9, March 9 & April 13

Time: 9:00-10:30am

Location: SPCC Senior Drop-in Center

Fee: FREE

Staff Coordinator: Karla Doyon

AFFINITY CIRCLE OF GRATITUDE

Join us for a warm and uplifting gathering led by Hospice Liaison Janine Fifiield from Affinity Care of Maine as we celebrate simple joys and meaningful moments that enrich our lives. Explore the power of thankfulness through conversation and mindfulness activities that nurture comfort, peace and community. A journal and pen will also be provided for class reflections. *Min 5/Max 24*

Date: Tuesday, February 24

Time: 11:00am-12:00pm

Location: Senior Drop-in Center

Fee: FREE (*Registration required*)

Staff Coordinator: Karla Doyon

GRATITUDE GATHERING

Join us for a morning honoring all the wonderful volunteers the Senior Program and Senior Center have! We will serve tea/coffee, healthy treats, some sweets and more. This is our way to say thank you to each of them for their contributions.

Min 10/Max 25

Date: Monday, April 27

Time: 9:00am-10:30am

Location: Senior Drop-in Center

Fee: \$5.00

Staff Coordinator: Karla Doyon

NATURE THEMED PRESENTATIONS

Join our Park Ranger, Sydney Raftery for these themed presentations and dive deeper into these interesting nature topics. *Min 5/Max 24*

Times: 9:30-10:30am

Location: SPCC Senior Drop-in Center

Fee: FREE (*Please register - Drop-ins welcome if there is room!*)

Staff Coordinator: Karla Doyon

Dates & Topics:

Tuesday: January 27 - Constellation Stories

Tuesday: March 31 - Conservation in the City

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*

Date: 1st Monday of each month – January 5,

February 2, March 2 and April 6

Time: 10:00-11:00am

Location: SPCC Senior Drop-in Center

Fee: FREE (*Birthday bags & treats*

supplied by Orlando Insurance)

Staff Coordinator: Karla Doyon



CALL FOR ARTIST OF THE MONTH

Here is an opportunity to display your art at the SPCC Senior Drop-in Center! We are accepting drawings, paintings, photography, fabric art and mixed media flat works from a different artist each month. Display equipment will be provided. To be considered for this opportunity, email Judy Tourangeau @ jtourangeau@southportland.gov or come see her in person at the Senior Drop-in Center.

Date: Solo displays begin the first week of each month

Time: One month display time

Location: SPCC Senior Drop-in Center

Fee: FREE (*Open to all seniors with priority given to South Portland residents*)

Staff Contact: Judy Tourangeau, Senior Program Assistant

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: 9:00am-10:30pm

Location: SPCC Senior Drop-in Center

Fee: FREE

Staff Coordinator: Karla Doyon

Dates & Topics:

January 28: Investigative Journalism

February 25: Adaptations

March 25: Coming of Age Story

April 29: Dystopian

Senior Programs

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

\$10 Drop in Fee per class

Location: SPCC MPR

Staff Coordinator: Karla Doyon

Day	Dates	Time	Cost
Mondays	Jan 5–26*	5:30–6:30pm	\$27/\$37 NR
Fridays	Jan 9–30	10:30–11:30am	\$36/\$46 NR
Mondays	Feb 2–23*	5:30–6:30pm	\$27/\$37 NR
Fridays	Feb 6–27	10:30–11:30am	\$36/\$46 NR
Mondays	Mar 2–30	5:30–6:30pm	\$45/\$55 NR
Fridays	Mar 6–27	10:30–11:30am	\$36/\$46 NR
Mondays	Apr 6–27*	5:30–6:30pm	\$27/\$37 NR
Fridays	Apr 3–24	10:30–11:30am	\$36/\$46 NR

***No Class 1/19, 2/16, 4/20**

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

\$10 Drop in Fee per class

Day: Thursdays

Times: 11:15am-12:15pm

Location: SPCC MPR

Staff Coordinator: Karla Doyon

Dates	Cost
Jan 8–29 (8, 15, 22, 29)	\$36 / \$46 NR
Feb 5–26 (5, 12, 19, 26)	\$36 / \$46 NR
Mar 5–26 (5, 12, 19, 26)	\$36 / \$46 NR
Apr 2–30 (2, 9, 16, 23, 30)	\$45 / \$55 NR

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

Days: Tuesdays

Time: 1:00-2:00pm

Fee: \$14/\$24NR, \$8.00 drop-in

Location: SPCC Aerobic Room

Staff Coordinator: Karla Doyon

Dates:
January 6 & 20
February 3 & 17
March 10 & 24
April 7 & 21

LAUGHTER YOGA

Laughter Yoga works with the breathe 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

Dates: Fridays, Jan. 30, Feb. 27, Mar. 27 & Apr. 24

Time: 12:00-1:00pm

Location: Senior Drop-in Center

Fee: FREE (*Please bring water*)

Staff Coordinator: Karla Doyon

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, January 9- April 17 (**No program 1/2, 2/20 & 4/24**)

Time: 1:45-3:15pm

Location: SPCC GYM

Fee: FREE

Staff Coordinator: Karla Doyon



Senior Programs

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 for strength, posture, balance, and how to do them with proper form so you get both results and avoid injuries. Beginners will learn how to start, and intermediates will learn how to improve. All three classes are designed be taken individually, but they are also complimentary, so you can take two classes per week. *Min 6/Max 25*

Instructor: Gary Auritt is a Certified Personal Trainer with over 5 decades of experience in weight lifting and training, including training at several premier health clubs in the Boston area, and more recently at Foley's Fitness in Scarborough. His emphasis has always been on the fundamentals, not fads. Strength training done correctly can so improve the quality of anyone's life, at any age. Gary will get you going, keep you motivated and produce results that you will see and feel.

Location: SPCC Multi-Purpose Room

Cost: \$10 Drop-in fee

Staff Coordinator: Karla Doyon

MAKE ART - EAT CAKE

Creativity is a human trait. This applies to everyone, including you! Join us for a social gathering where we'll make art in a positive and relaxed atmosphere. Please bring a pair of small, sharp scissors. There will be a variety of decorative papers to choose from for you to cut and tear into shapes to create collages. (Think Kindergarten: Fun & Easy.) Cake will be served. *Min 5/Max 15*

Instructor: Cindy Fallows

Date: Tuesday, March 3, 2026

Time: 10-11:30am

Location: Senior Drop-in Center

Fee: FREE (Registration required)

Staff Coordinator: Karla Doyon

WAYSIDE FOOD PROGRAMS PRESENTATION

Wayside Food Programs in Portland, Maine works to reduce food insecurity by rescuing surplus food and turning it into nutritious community meals, grocery distribution and mobile food pantries. As Kitchen Manager, Eric Bufo coordinates meal preparation and leads volunteers who cook, serve, and share food with care and dignity. Volunteers, especially seniors, play a vital role in helping us nourish thousands of neighbors each week while building a stronger, more connected community. *Min 5/Max 24*

Date: Friday, January 2

Time: 9:30-10:30a.m.

Location: Senior Drop in Center

Fee: FREE

Staff Coordinator: Karla Doyon

Tuesdays, 9:30–10:30am

Dates	Cost
Jan. 6, 13, 20 & 27	\$36 / \$46 NR
Feb. 3, 10, 17 & 24	\$36 / \$46 NR
Mar. 3, 10, 17, 24 & 31	\$45 / \$55 NR
Apr. 7, 14, 21 & 28	\$36 / \$46 NR

Fridays, 9:00–10:00am

Dates	Cost
Jan. 2, 9, 16, 23 & 30	\$45 / \$55 NR
Feb. 6, 13, 20 & 27	\$36 / \$46 NR
Mar. 6, 13, 20 & 27	\$36 / \$46 NR
Apr. 3, 10, 17 & 24	\$36 / \$46 NR

Saturdays, 10:00–11:00am

Dates	Cost
Jan. 3, 10, 17, 24 & 31	\$45 / \$55 NR
Feb. 7, 14, 21 & 28	\$36 / \$46 NR
Mar. 7, 14, 21 & 28	\$36 / \$46 NR
Apr. 4, 11, 18 & 25	\$36 / \$46 NR

TOTAL JOINT HEALTH:

Strategies to preserve aging joints and/or prepare for upcoming joint replacement. Maintaining healthy joints is essential for staying active and independent. Join Physical Therapist Mackenzie Beaudoin, DPT, for an informative and friendly discussion about how to protect your joints, manage pain, and prepare your body before joint replacement surgery. You'll learn practical exercises, movement strategies, and lifestyle tips that support better recovery and long-term function. Whether you're considering surgery or want to keep your joints strong, this session offers valuable guidance for all. *Min 10/Max 24*

Date: Tuesday, February 10

Time: 9:30-10:30am

Location: Senior Drop-in Center

Fee: FREE

Staff Coordinator: Karla Doyon

FUNDAMENTAL FOOT CARE PRESENTATION

Why is routine foot care important? Topics of discussion: Common risk factors contributing to foot problems as we age. The benefits of routine foot care by a medical professional; medical model of care with podiatrist vs. nursing model of care by a certified foot care nurse. What you can expect during your appointment with a certified foot care nurse and the impact of foot health of overall well-being. Time for questions and answers. *Min 10 / Max 24*

Presenter: Heather Fogg, RN, BSN, CFCS,
Owner/CEO Fundamental Foot Care

Date: Thursday, April 23

Time: 10:00-11:30am

Location: SPCC Senior Drop-in Center

Fee: FREE (Registration Required)

Staff Coordinator: Karla Doyon

Senior Programs

WINTER BEACH PARTY

Join us and surrounding recreation departments for a Winter Beach Party! Wear your sandals/flip flops, shorts, beach hats, sunglasses and beach shirts! There will be music, food, drinks, games, prizes and fun! *Min 10/Max 25*

Date: Thursday, Jan. 29 (Snow date: Friday, Jan. 30)
Time: 11:00am-1:30pm
Location: SPCC Casco Bay Room
Fee: \$15

Staff Coordinator: Karla Doyon

OPEN ENROLLMENT

You're enrolled in a Medicare Advantage Plan (Part C) and realize you need to make a change. Licensed Medicare agents Matt Orlando and Cindy Cogswell will walk you through the options. This annual period runs from January 1 to March 31. During this time, beneficiaries can make one change to their coverage, with the changes taking effect on the first day of the month following the election. *Min 10/Max 30*

Date: Monday, January 26
Time: 10:00-11:00am
Location: SPCC Casco Bay Room
Fee: FREE (*Registration required*)

Staff Coordinator: Karla Doyon

WHAT IS THE MEDICARE HOSPICE BENEFIT AND HOW CAN IT HELP ME?

A workshop exploring the Medicare Hospice Benefit and what makes someone eligible for hospice. We will explore common myths and misperceptions and identify how hospice can help you be in control of writing your final chapter. Lecture will be followed by a question-and-answer session. *Min 5/Max 24*

Date: Tuesday, January 27
Time: 11:00am-12:00pm
Location: Senior Drop-in Center
Fee: FREE (*Registration required*)

Staff Coordinator: Karla Doyon

SHELL DECOUPAGE WORKSHOP

Join us for a morning of creativity as we transform clam shells with the art of decoupage. Refined through the art of decoupage, each piece is layered with delicate papers and sealed to create a polished, lasting finish. A simple coastal treasure, reimagined as art for a bedside table, coffee table or a special spot in your home! All materials will be provided. *Min 5/Max 15*

Instructor: Judy Hanscomb and Lisa McLaughlin

Dates: Monday, February 23
Time: 9:30am-11:30am
Location: Senior Drop-in Center
Fee: FREE (*Registration required*)

Staff Coordinator: Karla Doyon

MAH JONGG MADNESS AFTERNOON

Do you love to play Mah Jongg? Do you like fun? Join us for an afternoon of fun Mah Jongg games. We will be playing some creative unconventional games for some lighthearted fun - for example: flowers are also jokers, reverse the order of play, no joker discards, players swap hands and more! There will be Mah Jongg themed snacks and a few little Mah Jongg treats for winners of games. This is not a competition. *Min 8/Max 20*

Date: Wednesday, March 11
Time: 12:00-3:00pm
Location: Senior Drop-in Center
Fee: FREE (*Registration required*)

YOU MUST KNOW HOW TO PLAY MAH JONGG & BRING YOUR OWN CARD TO ATTEND

Staff Coordinator: Karla Doyon



South Portland Age Friendly News & Programs

Age Friendly (AF) South Portland supports active aging, health & wellness, engagement and safety in our community.

Winter Programs:

- Winter Sand Buckets: Stay safe underfoot this winter with a free bucket of sand for your walkways! Contact Public Works at (207-767-7635) to request a sand bucket be brought to your home.
- Heating Assistance: Call South Portland Social Services (207-767-7617) for options on heating assistance.

Emergency Preparedness: AF offers group presentations on how to plan & prepare for emergencies. Last year we did 7 presentations to more than 350 South Portland citizens. Contact ljoyce@southportland.gov to request a presentation.

Maine Ca\$H Program: Will you need help with you tax preparation? Contact United Way of Southern Maine at 207-347-2335

Smart Tech: AF recently completed a pilot project to install smart home technology for 23 city residents. A local Occupational Therapist worked with each person in their home to set up the devices and teach them how to use the tech for enhanced home safety.

Metro: AF has connected with Greater Portland Metro now running through South Portland. Contact Metro at 207-774-0351 or info@gpmetro.org for info about reduced senior rates, bus routes & to learn how to ride.

Senior Trips

Activity Level Key- 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, 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.

AMERICAN HERITAGE MUSEUM & LONGFELLOW'S WAYSIDE INN

3

Travel by coach bus to the American Heritage Museum, where you will explore America's conflicts, beginning with the Revolutionary War to today. You will discover, and interact with, our heritage through the History, the national effort developing new technologies of warfare, and the Human Impact of America's fight to preserve the freedom we all hold dear. A three-course meal will be included at Longfellow's Wayside Inn, a warm, historic setting radiating with charm serving hearty and award-winning meals in America's oldest continually operating inn (Menu options will be available by early March). Goody bag for the long ride. *Min 13/Max 13*

Date: Thursday, April 2

Time: Departs SPCC 7:15am /Approx. return 4:30pm

Location: Massachusetts

Fee: \$112/\$122NR (**DEADLINE FOR REGISTRATION & PAYMENT MARCH 6, NO REFUNDS.**)

Staff Coordinator: Karla Doyon



OXFORD CASINO

1

We are off to the slots! Join us for this fun trip up to the Oxford Casino! The Oxford Grill offers an extensive menu while the Oxford Express has quicker options, i.e., sandwiches, pizza and hot dogs. You will be on your own for lunch while we are there. Please play responsibly! *Min 10/Max 13*

Date: Wednesday, March 18

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

Location: Oxford

Fee: \$12.00 (*Transportation only*)

Staff Coordinator: Karla Doyon

MYSTERY TRIP

3

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: Tuesday, April 7

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

Fee: \$17/\$27NR

Location: It is a mystery!

Staff Coordinator: Karla Doyon

Senior Trips

DINNER & I LOVED, I LOST, I MADE SPAGHETTI? AT FOOTLIGHTS THEATRE

1

Giulia is a single New Yorker who really knows how to deliver in the one room where it counts -- the kitchen. Based on Giulia Melucci's bestselling memoir, this sizzling comedy serves up big laughs, bold flavors, and the messy, mouthwatering quest for Mr. Right. This deliciously funny story of food, flings, and figuring it out will be a hilarious way to start the new year! Dinner in the Senior Center before the show. Menu for dinner: spaghetti, sauce, garlic bread, salad and dessert. *Min 13/Max 13*

Date: Thursday, January 15
Time: Dinner at 4:30pm/Bus Departs SPCC 6:15pm/Approx. return 9:00pm
Fee: \$30/\$40NR (Includes transportation, ticket to show and dinner)
Location: Senior Drop-in Center & Falmouth
Staff Coordinator: Karla Doyon

RECYCLED PERCUSSION @ MERRILL AUDITORIUM

2

Get ready for a musical performance that will have you clapping your hands and stomping your feet as you marvel at what can be done musically with some humble materials. The band gained national fame with their groundbreaking performances on America's Got Talent. Using everyday objects like power tools, ladders, buckets, and trash cans, this performance is a dynamic mix of drumming, guitar playing, and DJ-spinning, all bended into the recyclable magic of "junk music." *Min 13/Max 13*

Date: Thursday, January 22
Time: Departs SPCC 9:15am/Approx. return 12:00pm
Location: Portland
Fee: \$15.00
Staff Coordinator: Karla Doyon



ALL IN THE TIMING (6 ONE ACT PLAYS) AT USM THEATRE

1

Winner of the John Gassner Playwriting Award, this critically acclaimed, award-winning morning of comedies combines wit, intellect, satire and just plain fun. *Min 13/Max 13*

Date: Wednesday, March 4
Time: Departs SPCC 9:15am/Approx. return 12:00pm
Location: Gorham
Fee: \$14.00
Staff Coordinator: Karla Doyon



CABARET AT USM THEATRE

1

In a Berlin nightclub as the 1920's draw to a close, a garish Master of Ceremonies welcomes the audience and assures them they will forget all their troubles at the Cabaret. With the Emcee's bawdy songs as wry commentary, Cabaret explores the dark, heady and tumultuous life of Berlin's natives and expatriates. Cabaret explores essential and timely themes as the audience watches the joyful and beautiful world of Bohemian Berlin slowly yield to the emerging Third Reich. *Min 13/Max 13*

Date: Wednesday, April 8
Time: Departs SPCC 9:15am/Approx. return 12:00pm
Location: Gorham
Fee: \$14.00
Staff Coordinator: Karla Doyon

OY, WHAT THEY SAID ABOUT LOVE AT FOOTLIGHTS THEATRE

1

One lovably confused mensch is on a quest to find his bashert... but somehow keeps looking in all the wrong places. While everyone else is getting hitched, he's stuck wondering, "Why not me?" Oy vey! So, he does what any desperate romantic would do—he starts interrogating happy couples to uncover their secrets. The result? A heartwarming, sidesplitting, and slightly nosy deep dive into what makes love tick (and what keeps it from blowing up). *Min 13/Max 13*

Date: Thursday, February 26
Time: Departs SPCC 6:15pm/Approx. return 9:00pm
Location: Falmouth
Fee: \$25/\$35NR
Staff Coordinator: Karla Doyon

Senior Trips

STILL AT THE LEWISTON PUBLIC THEATRE

Lost love is rekindled in this funny, heartbreaking, sexy and smart story, when a couple who broke up in their 30s reunite in their 60s. But can a “new you” meet an old expectation? What happens when you love someone but now hate what they believe. Second chances are given, secrets exposed, and an avocado goes flying in the Maine premiere of this recent Off-Broadway hit nominee for Best New American Play. *Min 13/Max 13*

Date: Wednesday, February 4
Time: Departs SPCC 8:00am/Approx. Return 1:00pm
Location: Lewiston
Fee: \$35/\$45NR
Staff Coordinator: Karla Doyon

1

LIKE FLIES AT PORTLAND STAGE

When a mysterious new midwife comes to town, a group of women think she might have solutions for more than just childbirth. She might also have something to remedy an epidemic of cruel men. New alliances are formed and each woman wonders who she can trust in this thrilling play. *Min 13/Max 13*

Date: Thursday, March, 19
Time: Departs SPCC at 1:15pm/Approx. Return 5:00pm
Location: Portland
Fee: \$46/\$56NR
Staff Coordinator: Karla Doyon

1

LEND ME A TENOR AT PORTLAND STAGE

Lend Me A Tenor follows the misadventures of Max and the Cleveland Grand Opera company. After preparing a lovely reception for Il Stupendo, the greatest tenor of his generation, for a one-night only performance in Pagliacci Max finds his star on the verge of death, the theater in potential ruins, and worst of all his fiance has a thing for tenors! As Max dons the makeup to stand in for Il Stupendo, hilarity and mischief ensue. *Min 13/Max 13*

Date: Thursday, February 19
Time: Departs SPCC 1:15pm/Approx. Return 5:00pm
Location: Portland
Fee: \$46/\$56NR
Staff Coordinator: Karla Doyon

1



WHIT'S END AT LEWISTON PUBLIC THEATRE

When a widowed father summons his grown children home to share some “big news”, they arrive in tears convinced he must be dying — why else would he pay for their plane tickets? But Dad has good news — he’s fallen in love and wants everyone to meet her! Whether you’re a parent or a child, this laugh-out-loud comedy about the people we love and the people they love, is for you! *Min 13/Max 13*

Date: Wednesday, March 25
Time: Departs SPCC 8:00am/Approx. return 1:00pm
Location: Lewiston
Fee: \$35/\$45NR
Staff Coordinator: Karla Doyon

1

LET'S GO TO THE MOVIES

Willy Wonka & the Chocolate Factory is a 1971 American musical *fantasy film* directed by Mel Stuart from a screenplay by Roald Dahl, based on his 1964 novel Charlie and the Chocolate Factory. It stars Gene Wilder as chocolatier Willy Wonka. The film tells the story of a poor child named Charlie Bucket (Peter Ostrum) who, upon finding a Golden Ticket in a chocolate bar, wins the chance to visit Willy Wonka's chocolate factory. *Min 10/Max 13*

Date: Friday, February 27
Time: Departs SPCC 9:15am/Approx. return 1:00pm
Location: Windham
Fee: \$17/\$27NR (Includes transportation, movie ticket, popcorn, and a fountain soda)
This trip is in coordination with surrounding recreation departments.
Staff Coordinator: Karla Doyon

1



Senior Trips

LET'S GET ACTIVE

Get off the couch and come get active with us! **3**
We will go bowling or snowshoeing depending on the weather! We will see what the weather is and if we have snow we will go snowshoeing. If there is no snow we will be off to the bowling alley! The decision on which activity we are going to be doing will be decided a few days ahead of schedule. Snacks provided. *Min 10/Max 13*

Date: Wednesday, January 21

Time: Departs SPCC 9:00am/Approx. return 12:30pm

Locations: TBD

Fee: \$7.00 (Transportation only/passes, rentals, bowling fees/shoes on your own)

Staff Coordinator: Karla Doyon

WATERHOUSE FAMILY FARM VISIT

March is maple season and we are off to visit **3**
Waterhouse Family Farm. Known for its high-quality maple syrup, they produce a variety of delicious maple products including syrup, maple cream, candy, and fudge. The farm also offers handmade goods like goat milk soap and body creams. They take pride in using sustainable and traditional methods, a true taste of Maine's farming heritage. We might even meet Mr. Maple, the farm's adorable bunny! Lunch out. *Min 10/Max 13*

Date: Thursday, March 12

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

Location: Hollis

Fee: \$7.00 (Transportation only - please bring money for lunch and purchases at the farm store)

Staff Coordinator: Karla Doyon



GREAT EAST ALPACAS AND LLAMAS FARM TOUR

This farm specializes in raising alpacas and llamas. **3**
We will have a tour of the farm, including all of the animals! There are some other cute little ones too! The farm also offers a variety of products made from alpaca fiber. Time to shop after the tour! Lunch out (on your own) following our time at the farm. *Min 10/Max 13*

Date: Wednesday, April 15

Time: Departs SPCC 9:00am/Approx. return 3:00pm

Location: Acton

Fee: \$15/\$25NR

Staff Coordinator: Karla Doyon

WALKING FIELD TRIP

Join us on our 1 walking trip this season **3**
as we venture to the majestic beauty of New Hampshire for a walk in 2 different settings. You must be physically able to walk at least 2 miles independently and sometimes over uneven terrain. Please wear appropriate footwear for walking, bring a water bottle, walking poles/bug spray/sunscreen. The awe of New Hampshire awaits you on these wonderful trails and paths. Bring picnic lunch. *Min 10/Max 13*

Date: Thursday, April 30

Time: Departs SPCC @ 8:30am /Approx. return 2:30pm

Locations: Greenland and Stratham, NH

Fee: \$7.00 per trip (Includes transportation, 1 small water & snack - pack picnic lunch)

Staff Coordinator: Karla Doyon

Senior Trips

OUT TO LUNCH BUNCH

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, January 9

Wednesday, April 1

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

Fee: \$7.00 (*transportation only*)

Locations: TBD

Staff Coordinator: Karla Doyon

NEWS CENTER MAINE TOUR AND LUNCH

Guided tour by our very own friend and South Portland neighbor Lee Goldberg! Tour the Channel 6 News Center Maine studios, which may include studio, weather, production and newsroom. You will be on your feet for the entire tour and there will be stairs to climb. Lunch out following the tour (on your own). *Min 10/Max 13*

Date: Wednesday, January 14

Time: Departs SPCC 9:30am/Approx. return 1:30pm

Location: Portland

Fee: \$6.00

Staff Coordinator: Karla Doyon

VALENTINE'S DAY PARTY

Join us as we head to Cumberland to join them for their Valentine's Day Party! There will be a buffet-style lunch with a chocolate fountain and LIVE MUSIC. This is a multi-town event. A cash bar will be offered by Rachel's. *Min 10/Max 13*

Date: Wednesday, February 11

Time: Departs SPCC 11:15am/Approx. return 2:30pm

Location: Cumberland

Fee: \$25/\$35NR

Staff Coordinator: Karla Doyon



1

LUNCH AT THE GREEN LADLE CULINARY ARTS SCHOOL

Part of the Lewiston Regional Technical Center, the ladle offers the opportunity for students to get real hands-on work in the positions of head chef, cook, waiter/waitress and hosting. Menu will be available 1 week prior. We will make a quick stop at the Italian Bakery after lunch. Please note that the TIP is not included. Please bring cash for the hard-working students for tips. *Min 10/Max 13*

Dates: Thursday, March 5 or Friday, April 10

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

Location: Lewiston

Fee: \$30/\$40NR (*Lunch only – bring money for tip*)

Staff Coordinator: Karla Doyon



1

IRISH SHOPPING & LUNCH

Dress in your best Irish green attire as we head out to do some unique themed shopping at some fine Irish stores. Following the Irish shopping fun, we are headed to a late lunch early dinner at an Irish themed restaurant (on your own). *Min 10/Max 13*

Date: Friday, March 13

Time: Departs SPCC 10:00am/Approx. Return 5:00pm

Location: Kennebunk, Ogunquit, Portsmouth

Fee: \$11.00 (*Transportation only - purchases and meal on your own*)

Staff Coordinator: Karla Doyon

2

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 at the South Portland Community Center front desk.

Staff Coordinator: Whitney Dorsett

Adult Basketball

Tuesdays

Wednesday (lunch time)

Wednesday (evening)

Fridays

Sundays (over 30)

Sundays (over 40)

Dates

Jan 6– April 28

Jan 7– April 29

Jan 7– April 29

Jan 2– April 24

Jan 4– April 26*

Jan 4– April 26*

Time

11:30am - 1:30pm

11:30am - 1:30pm

7:00pm - 9:00pm

11:30am - 1:30pm

2:00pm - 3:45pm

8:00am-9:30am

Location

SPCC Gym

SPCC Gym

Redbank Gym

SPCC Gym

SPCC Gym

Redbank Gym

***No programs 1/19, 2/16, 4/5, 4/20**

Adult Volleyball

Sundays

Dates

Jan 4– April 26

Time

4:00pm - 6:00pm

Location

SPCC Gym

***No programs 4/5**

Adult Pickleball

Monday - Friday

Mon & Wed (Novice)

Thursday

Dates

Jan 2– May 1*

Jan 5– April 29*

Mar 19– April 30*

Time

8:00am - 11:00am

8:00am - 11:00am

6:30pm - 8:30pm

Location

Redbank Gym***

SPCC Gym**

Redbank Gym***

***No programs 1/19, 2/16, 4/20**

**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.

Adult Programs

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 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 10/Max 30*

Dates:

Thursdays January 8- April 30 | 10:00-11:30am

Tuesdays March 17- April 28 | 6:00-7:30pm

Age: 18+

Location: SPCC Gym

Fee: FREE

Staff Coordinator: Whitney Dorsett



Adult Programs

BEGINNERS PICKLEBALL LESSONS

This program is designed to help you get off the couch and on to a pickleball court near you. Come learn from our veteran racket sport instructor, Dave Cousins. Dave 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 beginner 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. Wednesday Min 10/Max 24, Friday Min 4/Max 12, Sunday Min 10/Max 24

Location: SPCC Gym

Staff Coordinator: Whitney Dorsett

Wednesdays 5:30-6:30pm	Fee
April 1, 8, 15, 22	\$70/\$80 NR
Fridays 8:00–9:00am	Fee
January 2, 9, 16, 23	\$70/\$80 NR
February 6, 13, 20, 27	\$70/\$80 NR
March 6, 13, 20, 27	\$70/\$80 NR
April 3, 10, 17, 24	\$70/\$80 NR
Sundays 10:00-11:00am	Fee
January 4, 11, 18, 25	\$70/\$80 NR
February 1, 8, 15, 22	\$70/\$80 NR
March 1, 8, 15, 22	\$70/\$80 NR
March 29 & April: 12, 19, 26	\$70/\$80 NR

IMPROVERS PICKLEBALL LESSONS

This 4-day program is structured for you to gain the confidence to get on the court with advanced beginners and other improving players. Work on your Pickleball skills with Coach Dave! 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.

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. Wednesday Min 10/Max 24, Friday Min 4/Max 12, Sunday Min 10/Max 24

Location: SPCC Gym

Staff Coordinator: Whitney Dorsett

Wednesdays 6:30-7:30pm	Fee
April 1, 8, 15, 22	\$70/\$80 NR
Fridays 9:00–10:00am	Fee
January 2, 9, 16, 23	\$70/\$80 NR
February 6, 13, 20, 27	\$70/\$80 NR
March 6, 13, 20, 27	\$70/\$80 NR
April 3, 10, 17, 24	\$70/\$80 NR
Sundays 11:00-12:00pm	Fee
January 4, 11, 18, 25	\$70/\$80 NR
February 1, 8, 15, 22	\$70/\$80 NR
March 1, 8, 15, 22	\$70/\$80 NR
March 29 & April: 12, 19, 26	\$70/\$80 NR



Adult Programs

BEGINNER SOFT PASTEL

Each five class series will teach beginner pastelists how to utilize soft pastels with a different focus each session. No experience needed. We will be learning about value, composition, and color while enjoying the beauty of painting. 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. Supplies are included in class. *Min 4 / Max 14*

Instructor: Joan Quinn

Days: Saturdays

Time: 10:30am-12pm

Location: Casco Bay Room

Fee: \$75/\$85NR (No senior discounts)

Staff Coordinator: Whitney Dorsett

Topics & Session Dates

Birds: January 17 - February 21 (no class 2/7)

Still Life: February 28 - March 28

Flowers: April 4 - May 2



BEGINNER WATERCOLOR SKETCH BOOKING

Each five class series will teach beginners how to complete bird sketches with ink and watercolor. No experience needed. We will be learning how to use gestures and value to effectively capture an image or scene. All classes will include step-by-step instructions. Supplies are included in class.

Min 4 / Max 14

Days: Saturdays

Time: 9am-10:15am

Location: Casco Bay Room

Fee: \$75/\$85NR (No senior discounts)

Staff Coordinator: Whitney Dorsett

Topics & Session Dates

Birds: January 17 - February 21 (no class 2/7)

Still Life: February 28 - March 28

Flowers: April 4 - May 2



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! (No Senior Discount) *Min 4 / Max 20*

Instructor: Linda Peters

Day: Wednesdays

Time: 10:45 – 11:45a

Location: SPCC MPR

Fee: \$5.00 Drop-in

Staff Coordinator: Whitney Dorsett

Winter 1 Session

January 7 - February 25 | \$32/\$42NR

Winter 2 Session

March 4 - April 29 | \$36/\$46NR

Adult Programs

STRICTLY STRENGTH 8AM AND 9AM

Strictly Strength is a co-ed group strength training class utilizing free weights, body weight, resistance bands, and stability balls. This program can be tailored to all fitness levels. *Min 5 / Max 25*

Instructor: Karen McCue Bodyflex2011@gmail.com

Days: Mondays & Thursdays

Time: 8:00-8:50am OR 9:00-9:50am

Location: SPCC Multi-purpose room

Fee: \$13.00 Drop-in

Staff Coordinator: Whitney Dorsett

January 5-29 (no class 1/19) | \$63/\$73NR
February 2-26 (no class 2/16) | \$63/\$73NR
March 2-30 | \$81/\$91NR
April 2-30 (no class 4/20) | \$72/\$82NR

YOGA: MINDFUL MOVEMENT

Let's get strong, calm and connected! Mindful movement with Liz Merci 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 levels 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 is adaptable and accessible to all adults. Meet Liz online: lizmerci.com. *Min 5/Max 20*

Instructor: Liz Merci

Day: Thursdays

Time: 6:30-7:30pm

Location: SPCC Multi-purpose room

Staff Coordinator: Whitney Dorsett

Winter 1

January 8 - February 26 | \$80/\$90NR

Winter 2

March 5 - April 30 | \$90/\$100NR

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 25*

Instructor: Karen McCue Bodyflex2011@gmail.com

Days: Tuesdays & Thursdays

Time: 5:00-5:50pm

Location: SPCC Multi-purpose room

Fee: \$13.00 Drop-in

Staff Coordinator: Whitney Dorsett

January 6-29 | \$64/\$74NR
February 3-26 (no class 2/16) | \$64/\$74NR
March 3-31 | \$72/\$82NR
April 2-28 (no class 4/30) | \$64/\$74NR

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 30*

Instructor: Martha Williams

Day: Wednesdays

Time: 9:00 – 10:15am

Location: SPCC Multi-Purpose Room

Fee: \$15.00 Drop-in

Staff Coordinator: Whitney Dorsett

Winter 1: January 7 - 28 | \$45/\$55NR
Winter Express (taught by Heather Lundin)
February 4 – 25 | \$45/\$55NR
Winter 2: March 4 – April 29 | \$101.25/\$111.25NR

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

Day: Mondays

Time: 7:00-8:00pm

Location: SPCC Multi-purpose room

Staff Coordinator: Whitney Dorsett

Winter 1

Jan. 5 - Feb. 23 (no class 1/19, 2/16) | \$60/\$70NR

Winter 2

Mar. 2 - Apr. 27 (no class 4/20) | \$80/\$90NR

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. No Senior Discount
League registration closes 1 week before each session starts.

Game times are between 6:00 PM - 9:30 PM

Cost: \$75/\$85NR

Location: SPCC Gym

Staff Coordinator: Whitney Dorsett

Monday League Spring: March 2- May 11
Thursday League Spring: March 5- May 7

ADULT SOFTBALL LEAGUES

Join the South Portland Adult Leagues for the Co-ed Softball Spring and Summer Leagues! Whether you are a seasoned player or new to the sport, this is the perfect opportunity to get active, meet new people, and enjoy some friendly competition. We are excited to bring together individuals who share a passion for recreational sports and a love for the great outdoors. These leagues will feature team formation, preseason practice sessions, and a chance to socialize with fellow softball enthusiasts. Do not miss the opportunity to be part of a fun and inclusive community that values sportsmanship and camaraderie. Let us swing into action, make this spring, and summer a memorable one on the softball field! SP Rec will not provide bats or gloves.

Team Roster Minimum: 12

Game times: 5:30-8:30pm

Location: Wainwright Recreation Complex

Cost: \$75/\$85NR

Staff Coordinator: Whitney Dorsett

ADULT GOLF LEAGUE

Join our 7-week Adult Golf League, a fun and relaxed co-ed scramble format designed for golfers of all skill levels! Enjoy a social and friendly atmosphere while playing in teams each week. Whether you're a seasoned player or new to the game, this league is a great way to meet fellow golf enthusiasts, improve your game, and have a great time on the course. Grab your clubs and join us for a season of enjoyable competition and camaraderie!

Spring Dates: May 4 – June 18

Location: South Portland Municipal Golf Course

Tee Times: Monday – Thursday 4:30p, 4:45p, 5:00pm, 5:15pm, 5:30pm, 5:45pm, 6:00pm.

-Teams will choose a day of the week and tee time for the whole season

Cost: \$50.00 Residents, \$60.00 Non-Residents

-Players are responsible to pay their green fees at the pro shop or use a play pass.

Staff Coordinator: Whitney Dorsett



Monday League: May 4- July (no games 5/25)

Tuesday League: May 5- June 30

40 and Over League: June 3-August (Wednesdays)

Summer League: July 7- August 25 (Mon & Tues)

Game and League Format

8 games for regular season top 10 teams make playoffs
10 v 10 format, a minimum of 4 female and 4 male on the field

7 innings, no new innings after 60 minutes from scheduled start time.

Champion teams wins - Adult League Championship items

Out of School

SCHOOL 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, swimming, inside and outside play and arts and crafts. There are no sibling discounts for this program. *Min 20/Max 40*

FEBRUARY VACATION CAMP

Dates: February 17-20, 2026

APRIL VACATION CAMP

Dates: April 21-24, 2026

Time: 8:00 am – 5:00 pm

Grades: K – 5

Location: SPCC

Fee: \$200.00

Staff Coordinator: Kari Filieo



2026 Summer Camp

CAMP DETAILS

Camp Dates: Monday through Friday, June 22nd to August 7th (**no camp July 3rd**)

*Mega Riots Camp is only Monday through Thursday

Camp Hours: 8:00am-5:30pm (8:00am-2:00pm on Friday, August 7th)

*Mega Riots Camp is 8:30am-5:30pm

Kindercamp is for children entering Kindergarten, location TBD

Mini Riots Camp is for children entering 1st and 2nd grade, location TBD

Little Riots Camp is for children entering 3rd and 4th grade, location TBD

Big Riots Camp is for children entering 5th and 6th grade, location TBD

Mega Riots Camp is for children entering 7th and 8th grade, location Redbank Community Center

CAMP PAYMENT INFORMATION

Camp Fee: \$195.00/week

DEPOSIT: \$195.00 due at the time of registration will go towards your child's first week.

*Registration Deadline for week 1 is Friday, June 5th

*Weeks 2-7 deadlines are the Wednesday prior to that week if spots are available.

Remaining camp balances are due in full by June 5, 2026. There will be no changes made or refunds given after this date unless the spot can be filled from the waiting list.

Scholarship Info

Scholarship applications are available and will be accessible during the registration process online or at the Community Center front desk. Your child **MUST** be registered with deposit paid for your scholarship application to be processed. **Scholarship applications are due by March 31, 2026.**

REGISTRATION PROCEDURE -February 2, 2026

Register online at southportlandme.myrec.com OR at the South Portland Community Center

Registration Start Times:

8:00am-Mini Riots (entering 1st & 2nd grade)

9:00am-Little Riots (entering 3rd & 4th grade)

10:00am-Big Riots (entering 5th & 6th grade)

11:00am-Mega Riots (entering 7th & 8th grade) & Kindercamp (entering Kindergarten)

Please contact Kari Filieo with any questions regarding Summer Camp- kfilieo@southportland.gov

Redbank Teen Center

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 Newsletter)

Address: 95 MacArthur Circle West, South Portland

Teen Center Number: (207) 347 - 4145

Staff Coordinator: Joe Gleason
jgleason@southportland.gov



Teen Programs

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.

This program is ineligible for scholarship.

Instructor: Tim O'Carroll, Right Choice Driving School

Ages: 15 +

Location: SPCC Conference Room

Fee: \$645/\$655 NR

Staff Coordinator: Anthony Johnson

Session	Dates	Days	Times	No Class
Winter Session 1	February 2-26	M-Th	2:30-5:00pm	February 16-20
Winter Session 2	April 6-30	M-Th	2:30-5:00pm	April 20-24

Youth Programs

RHYTHMIC GYMNASTICS

Inspiring the next generation of gymnasts. In Rhythmic Gymnastics, we aim to build a strong body and spark your curiosity while inspiring you to discover your talents and have fun! This program will shape your young ladies into strong, passionate, and disciplined individuals. We are dedicated to helping every child learn the art of rhythmic gymnastics and have fun while doing it. Our mission goes far beyond gymnastics – We strive to create a healthy and positive environment for families and individuals to come and grow. We aim to inspire a new generation of gymnasts to work on their balance, flexibility, and body control while developing their confidence and self-esteem.

Instructor: Asya Vinokur

Day: Wednesdays

Time: 4:00-5:15pm

Age: 5-10

Fee: \$120/\$130NR

Location: SPCC Multipurpose Room

Staff Coordinator: Brianne Maloney

Session Dates:

January 7-28

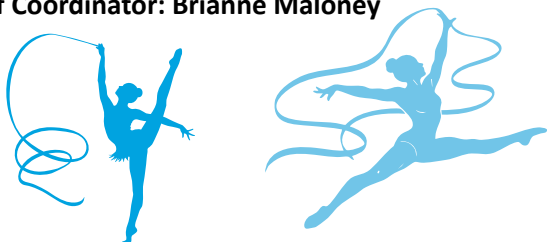
February 4-25

March 11-April 1

April 8- 29

May 6-27

June 3-24



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: Dragon Fire Martial Arts

Day: Fridays

Winter 1: January 9-February 13

Winter 2: February 27- April 3

Spring 1: April 17- May 22

Time: 4:00-5:00pm

Age: 5-12

Fee: \$65/\$75NR

Location: SPCC Multipurpose Room

Staff Coordinator: Brianne Maloney



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

Day: Mondays

Time: 4:30-5:15pm

Age 5-10

Fee: \$75/\$85NR

Location: SPCC Aerobic Room

Staff Coordinator: Brianne Maloney

Session Dates:

December 8-January 12

January 26- March 9

March 23- May 4

May 11- June 22

(No Class 2/16, 4/20, 5/25)



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

Day: Mondays

Time: 5:30-6:15

Fee: \$75/\$85NR

Location: SPCC Aerobic Room

Staff Coordinator: Brianne Maloney

Session Dates:

December 8-January 12

January 26- March 9

March 23- May 4

May 11- June 22

(No Class 2/16, 4/20, 5/25)

Youth Programs

TINY TYKES

TinyTykes is where your child's soccer journey begins — and the adventure never stops! Through the magic of soccer and storytelling, TinyTykes introduces kids to the beautiful game in a fun, imaginative, and nurturing environment. While learning the basics — like what a soccer ball is and how to move with it — children will also build essential motor skills, confidence, and social connections with their teammates. From superhero flights across Soccer City to awesome adventures on the magic farm — every class is filled with laughter, learning, and energy. TinyTykes isn't just their first soccer class — it's the start of a lifelong love for play, teamwork, and sport! *Min 7/Max 13*

Winter 2: Sunday January 11- February 15

Spring: Sunday, May 3-June 7

Cubs (Age 2-3): 10:00-10:45am

Lions (Age 4-5): 11:00-11:45am

Fee: \$120/\$130NR

Location: Redbank Gym/Athletic Fields

Staff Coordinator: Brianne Maloney

LAX MAGIC

This is an opportunity to learn the skills of Lacrosse in a fun and informal setting. There are no games against other teams. Children in grades K – 2 will be introduced to lacrosse 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, catching, shooting, and pick-ups as well as participate in some fun skill development games. *Min 10/Max 15*

Date: Thursdays, May 7-June 11

Time: 5:30-6:30pm

Grade: K-2

Fee: \$50/\$60NR

Location: Wainwright Athletic Complex

Staff Coordinator: Brianne Maloney

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: Tuesdays, January 6-June 9

Time: 9:30-11:00am

Age: 5 years of age and under accompanied with an adult

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

Location: Redbank Gym

Staff Coordinator: Brianne Maloney

START SMART- BASEBALL

South Portland Rec will be offering 6 week sessions, each session 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 10/Max 15*

Date: Saturday, March 7-April 11

Time: 9:00-9:45am

Ages: 3-5

Fee: \$60/\$70NR

Location: Redbank Gym

Staff Coordinator: Brianne Maloney

HOOP MAGIC

This program is for boys and girls in grades K – 1. By rotating through stations, we will teach the children the basics in passing, dribbling, shooting, and defense. Participants will spend the majority of their time in stations learning the basic skills and will be wrapping up each station by playing fun games that help use the skills learned that day. Depending on numbers, sessions may need to be combined. *Min 12/Max 25*

Date: Sundays, January 4-February 8

Time: 9:45-10:45am

Grades: K-1

Fee: \$60/\$70NR

Location: Redbank Gym

Staff Coordinator: Brianne Maloney

STORYTIME

The South Portland Youth Librarians will host story time at the Redbank Community Center. The librarians will read stories and lead fun family songs. This program is free! If you have any questions about the program please reach out to Jessica Milton at jmilton@southportland.gov. You may leave and return to the Preschool Open Play program to attend storytime.

Date: Tuesdays, January 6-June 9

Time: 10:30-11:00am

Age: 5 years of age and under accompanied with an adult

Fee: FREE

Location: Redbank Gym

Staff Coordinator: Brianne Maloney

Youth Programs

CHALLENGERS FUTSAL

Keep your child active this winter with our exciting indoor futsal program! Designed for boys and girls of all skill levels, this fast-paced game helps young players improve footwork, ball control, and decision-making in a fun, supportive environment. Great for staying sharp during the offseason. *Min 7/Max 15*

Day: Sundays
Winter 1: January 11-February 15
Time: 1:00-2:00pm
Age 6-10
Fee: \$120/\$130NR
Location: Redbank Gym
Staff Coordinator: **Brianne Maloney**



PILLOW HOCKEY

It's Pillow Hockey season! This program has been a spring tradition in South Portland for many years. This is a co-ed league for children who would like to have a chance to play with others on Saturday mornings. Pillow Hockey is a modified form of floor hockey, using soft round "Q-tip" - like sticks and a soft ball. All children will receive a T-shirt. Parents will hear from their child's coach the week prior to the first game. There are no practices for this program. *Min 20/Max 60*

Date: Saturday, March 7-April 11
Time: 10:00am-12:00pm
Grades: K-2
Fee: \$55/\$65NR
Location: Redbank Gym
Staff Coordinator: **Brianne Maloney**

YOUTH LACROSSE (GRADES 3-6)

We invite you to get involved in one of the fastest-growing sports in the country! This program emphasizes individual skill development and game concepts. All players are welcome and will be placed on gender and age-appropriate teams (grades 3/4 together and grades 5/6 together).

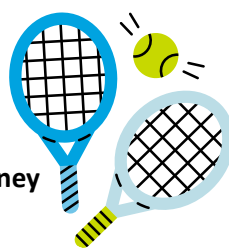
Please note that travel is required for this program. **The final registration deadline is March 4th, 2026.** Registrations submitted after this date will only be accepted if there is space available on a team. This program is for South Portland Residents Only. *Min 12/Max 24*

Date: Games Weekends starting Early May-Mid June, Practices Weeknights starting April- Mid June
Time: Games Mornings & Afternoons, Practices between 5-7pm
Grades 3-6
Fee: \$85
Location: Wainwright and other towns
Staff Coordinator: **Brianne Maloney**

TENNIS IN THE PARKS - LEARN & PLAY

The tennis program where kids play while they learn! This program is for brand-new, beginner, or returning novice youth players. Led by a USTA-approved coach, we focus on FUN and learning the basics. This program uses modified tennis balls, age-appropriate rackets, and engaging activities that help players successfully learn and play the game quicker. Each youth participant in their first session will receive a free age-appropriate tennis racket and ball! Sundays. *Min 7/Max 15*

Instructor: **Resty Sapaun**
Day: Sundays, May 3- June 14
Grades 6-8: 10:15-11:30am
Grades 3-5: 9:00-10:15am
Fee: \$80/\$90NR
Location: SPHS Tennis Courts
Staff Coordinator: **Brianne Maloney**



FLOOR HOCKEY

Leave the skates behind and join the best (and only) floor hockey league in town. This co-ed league is for children who would like to have a chance to play floor hockey with others on Saturday mornings (no weekday practices). *Min 20/Max 60*

Date: Saturday, March 7-April 11
Time: 11:00am-1:00pm
Grades: 3-5
Fee: \$55/\$65NR
Location: Redbank Gym
Staff Coordinator: **Brianne Maloney**

GAMES & PRACTICES:

- * Games will be held on weekends, starting May 2nd and concluding on June 13th.
- * Practices will begin in early April at Wainwright Fields.
- * Practice days and times are tentative and subject to change based on coach availability.
- * There will be no games on Memorial Day Weekend.

Equipment Needs:

- * Boys will need shoulder pads, arm pads, a helmet, gloves, a mouthguard, and a stick.
- * Girls will need a mouthguard, eye guard, and a stick.

Youth Programs

STEAMWORKS FOR KIDS

STEAMworks for Kids understands that every child learns best while having fun. Our workshops are designed to spark curiosity through hands-on, STEAM-based (Science, Technology, Engineering, Art, and Math) activities. Each session is Universally Designed and NGSS-aligned (Next Generation Science Standards) to meet a range of ages and learning styles. While we maintain academic alignment, we prioritize engagement and fun to encourage confidence in learning and an enduring interest in STEAM subjects. Our professional instructors utilize classroom management techniques that promote social-emotional learning through community-building. *Min 7/Max 14*

Ages: 6-11

Location: SPCC

Staff Coordinator: Brianne Maloney



Topic	Dates	Time	Cost
Wizardry School of Science	February 17- 20	9:00am-12:00pm	\$140/\$150NR
Creative Engineering	February 17- 20	12:30-3:30pm	\$140/\$150NR
Robot Factory: Build & Battle	April 21-24	9:00am-12:00pm	\$140/\$150NR
Space Robot: Mars Mission	April 21- April 24	12:30-3:30pm	\$140/\$150NR
The Wizardry School of Science	June 15- June 18	9:00am-12:00pm	\$140/\$150NR
Bubbles Bonanza	June 15- June 18	12:30-3:30pm	\$140/\$150NR
Creative Constructions	June 22-June 26	9:00am-12:00pm	\$172/\$182NR
Wind Bots	June 22- June 26	12:30-3:30pm	\$172/\$182NR

FUN CHEFS VIRAL VIDEO COOKING CLASS

Calling all wannabe influencers who love to cook! The internet is full of fun and exciting cooking videos. Ever thought, "Wow, that's so interesting; I want to make that"? Well, here is your chance. 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. *Min 12/Max 20*

Date: Mondays, April 6-May 11

Time: 4:15-5:15pm

Ages: 7-13

Fee: \$137/\$147NR

Location: SPCC Casco Bay Room

Staff Coordinator: Brianne Maloney



Youth Programs

WINTER ART FOR KIDS

In this four week program, we will celebrate winter by creating winter-themed art! We will make paper snowflakes, paper plate snowmen, paint wintry scenes, penguin paper bag puppets, Valentines, and more. *Min 5/Max 15*

Instructor: Lindsay Larsen

Date: Saturdays, January 17-February 7

Time: 10:00-11:00am

Grade: K-5

Fee: \$40/\$45NR

Location: SPCC Activity Room

Staff Coordinator: Brianne Maloney

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 30*

Date: Tuesdays, April 7-May 26

Time: 6:30-8:00pm

Fee: \$65/\$75NR

Location: SPCC Gym

Staff Coordinator: Brianne Maloney



TRACK MAGIC

Children will take their first steps into track & field with Coach Green. Each session includes warm-up exercises and running up to 100 meters at a time. Introductory skills such as running in a straight line, throwing, and jumping into a sand pit will be taught in a non-competitive environment. *Min 10/Max 13*

Instructor: Matt Green

Date: Saturdays, April 18 - May 16

Time: 9:00-9:45am

Grades: K-2

Fee: \$55/\$65NR

Location: SPHS Track

Staff Coordinator: Brianne Maloney

TRACK & FIELD- ELEMENTARY

Children in grades 2-5 will be introduced to a variety of track and field events. Each session includes warm up drills and running up to 400 meters at a time. Each week will cover a different aspect of the sport including race distances, starting and finishing technique, running form, throwing, and jumping. *Min 10/Max 50*

Instructor: Matt Green

Date: Saturdays, April 18 - May 16

Time: 10:00-11:00am

grades: 2-5

Fee: \$55/\$65NR

Location: SPHS Track

Staff Coordinator: Brianne Maloney

MESSY ART CLASS

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

Instructor: Lindsay Larsen

Date: Saturdays, May 2-May 16

Time: 10:00-11:00am

Grade: K-5

Fee: \$40/\$45NR

Location: SPCC Activity Room

Staff Coordinator: Brianne Maloney



CROSS COUNTRY

The cross country program introduces beginners to long distance running while offering experienced runners a chance to continue their training between seasons. Over the five weeks, runners will work to complete 1km, 1 mile, or a 1½ mile course. Specific strategies and techniques for practices and races will be discussed including a weekly focus on running form and injury prevention. *Min 10/Max 50*

Instructor: Matt Green

Date: Sundays, May 30- June 27

Time: 9:00-10:00am

Grades: 3-8

Fee: \$55/\$65NR

Location: SPHS Track

Staff Coordinator: Brianne Maloney

MIDDLE SCHOOL TRACK & FIELD

This program provides beginners an introduction to the varied events offered at this level while those already participating in a track program will have a chance to work on events of choice to enhance their season. Each session will be run similar to a middle school practice with the coach giving instruction, and athletes sometimes working directly with the coach and other times working independently. *Min 10/Max 50*

Instructor: Matt Green

Date: Saturdays, April 18 - May 16

Time: 11:00am-12:00pm

Grades: 5-8

Fee: \$55/\$65NR

Location: SPHS Track

Staff Coordinator: Brianne Maloney

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.

Grades 7-8 Time: 2:15-2:55p (Bus leaves at 3p)

Grades 5-6 Time: 3:05-3:45p

Location: SPMS

Staff Coordinator: Whitney Dorsett

Karate- 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.

Instructor	Dates	Time	Cost	Location
Dragon Fire Martial Arts	Winter 1: Jan 15-Feb 12 Winter 2: Mar 5- April 2	3:05-3:45pm	\$50	SPMS Cafeteria

First Aid Certification (grade 5/6)- Each 2-day session will prepare and certify each attendee on adult and pediatric first aid and CPR/AED. Each person will take home a Pediatric Course Book, Pediatric Course Digital Certification Card and CPR Mask. This certification partners well with Babysitting and Child Care Courses.

Instructor	Dates	Time	Cost	Location
Lou Cavallaro, City of South Portland Safety Coordinator	Mar. 30 - Apr 1 April 13-14	3:05-3:45pm	\$25	SPMS Classroom B1-09

Middle School Intro to Yoga

This is a fun and supportive space for older youth to discover yoga. Through exploring different styles of yoga we will learn how to utilize breath, movement and mindfulness as a way to reduce anxiety, create focus and be well, mind, body and soul. No experience is necessary, Students will be able to take the late bus home.

Instructor	Dates	Time	Cost	Location
Michelle Moody Adshead, 500hr RYT and Reiki Master	Winter 1: Jan 12-Feb 23 Winter 2: March 2-30	3:05-3:45pm	\$25	SPMS

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

South Portland Residents:

Adults \$6.00 | Children/Seniors \$5.00

Non-Residents:

Adults \$8.00 | Children/Seniors \$7.00

Punch Passes* (20 punches):

South Portland Residents:

Adults \$100 | Child/Senior \$80

Non-Residents:

Adults \$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

Up to date Pool Schedules are available at southportlandme.myrec.com

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. The 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/Falmouth Schools: A private pool rental for a school group. The pool is closed to the general public during this rental time.

Water Aerobics: Daily fees or punch pass apply to all classes.

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 floatation 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 floatation 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.

Pool Questions? Contact Patrick McArdle: pmcardle@southportland.gov

Swim Lesson Registration

Winter Pool Registration Dates:

South Portland Residents:
Monday, December 15 at 7am
Non-residents:
Thursday, December 18 at 7am

Spring Pool Registration Dates:

South Portland Residents:
Monday, March 9 at 7am
Non-residents:
Thursday, March 12 at 7am

Swimming lesson sessions run for a total of 7 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.

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.

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.

Progressive Lessons

Youth Progressive Lessons

Min 3/Max 8
Ages: 6-13
Location: SPCC Pool
Fee: \$70/\$80NR

Winter Sessions:

Thursdays, January 8-February 19
Saturdays, January 3- February 14
Sundays, January 4- February 15

Spring Sessions:

Thursdays, April 2-May 14
Saturdays, April 4-May 16
Sundays, April 12-May 17 (\$60/\$70NR)*
*6 weeks of lessons due to Easter holiday

	Saturday	Sunday	Thursday
Level 1	10-10:45a	10:15-11:00a	6-6:45p
Level 2	11-11:45a	10:15-11:00a 12-12:45p	6-6:45p
Level 3	10-10:45a 11-11:45a	10:15-11:00a 11-11:45a	6-6:45p
Level 4	9-9:45a	12-12:45p	6-6:45p

Progressive Lessons

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.

Mini Swimmers

If you have questions about level placement for your child, please contact us **BEFORE REGISTRATION**. We are here to help! Contact us at 207-767-7650 and ask for Lesley, Mike, or Emily.

Participants in Mini Swim Lessons must be between 3-5 years old. All swimming abilities are welcome in this program. Due to space and staff limitations, children must be registered for the proper level. Level placement will also be verified during the first class and staff will do their best to accommodate necessary level switches. If we are unable to do so, 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. 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 comfortable getting their faces wet, swim on their front with minimal assistance/floatation and float/swim on their back with minimal assistance. Students must 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.

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 and building endurance for swimming.

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, endurance level, comfort in deep water and their full understanding of pool safety rules and willingness to pay attention and participate in the class.

Mini Swimmer Lessons

Min 3/Max 5

Ages: 3-5

Location: SPCC Pool

Fee: \$70/\$80NR

Winter Sessions:

Tuesdays, January 6-February 17
Wednesdays January 7-February 18
Thursdays, January 8-February 19
Saturdays, January 3- February 14
Sundays, January 4- February 15

Spring Sessions:

Tuesdays, April 7-May 19
Wednesdays April 1-May 13
Thursdays, April 2-May 14
Saturdays, April 4-May 16
Sundays, April 12-May 17 (\$60/\$70NR)*
*6 weeks of lessons for Easter holiday

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.

Caregivers are not in the water with their children for these classes. Class is led by the instructor only.

	Mini 1	Mini 2	Mini 3
Tues	9-9:30a 6:30-7p	9:30-10a 6-6:30p	6-6:30p
Wed	9-9:30a		
Thurs	9-9:30a	9:30-10a	
Sat	9-9:30a 10-10:30a 11-11:30a	9:30-10a	10:30-11a
Sun	11:30a-12p 12-12:30p	12:30-1p	

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.

Pre-Mini Swimmer Lessons

Min 3/Max 6

Ages: 2.5 to 4 years

Location: SPCC Pool

Fee: \$70/\$80NR

Winter Sessions:

Tuesdays | 6-6:30p | January 6-February 17

Wednesdays | 9:30-10a | January 7-February 18

Saturdays | 11:30a-12p | January 3- February 14

Sundays | 11-11:30a | January 4- February 15

Spring Sessions:

Tuesdays | 6-6:30p | April 7-May 19

Wednesdays | 9:30-10a | April 1-May 13

Saturdays | 11:30a-12p | April 4-May 16

Sundays | 11-11:30a | April 12-May 17

(\$60/\$70NR)*

*6 weeks of lessons due to Easter holiday

Family Lessons

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 their 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 class focuses on water introduction with songs, and skill based activities focused on acclimating children to swim lessons, being safe, and enjoying water. The class will then focus on swim skills, safety components in and around the water, as well providing fun activities, songs, games that work for practicing at home, in pools or in open water.

Your child will gain so much more from this class if they can sit up on their own. Please wait to register until your child can sit up on their own independently.

We STRONGLY encourage parents to register their children for this class, if it is their first experience in swimming lessons. Please ask the swim staff if you have any questions about this recommendation.

Min 5/Max 15

Family Lessons

Min 5/Max 15

Ages: 9 months (able to sit up)- 3years

Location: SPCC Pool

Fee: \$70/\$80NR

Winter Sessions

Thursdays, January 8- February 18

Saturdays, January 3- February 14

Sundays, January 4- February 15

Spring Sessions

Thursdays, April 2- May 14

Saturdays, April 4-May 16

Sundays, April 12-May 17 (\$60/\$70NR)*

*6 weeks of lessons due to Easter holiday

Day	Family Lesson Times
Thursday	9-9:30a 9:30-10a
Saturday	9-9:30a 9:30-10a
Sunday	11-11:30a 11:30a-12p

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 3/Max 9*

Winter Session: Sunday, January 4-February 15
Fee: \$70/\$80NR

Spring Session: Sunday, April 12- May 17
Fee: \$60/\$70NR

Times: 4-4:30p OR 4:30-5p

Ages: 14+

Location: SPCC Pool

STROKE REFINEMENT CLASS

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 for lap swimmers with an effective technique (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 3/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.

Winter Session:

Sunday | January 4-February 15 | 5-5:45pm
Tuesday | January 6-February 17 | 8-8:45am
Thursday | January 8-February 19 | 8-8:45pm
Fee: \$70/\$80NR

Spring Session:

Sunday | April 12-May 19* | 5-5:45pm
Tuesday | April 7-May 19 | 8-8:45am
Thursday | April 2- May 14 | 8-8:45pm
Fee: \$70/\$80NR, *(\$60/\$70NR) 6 weeks of lessons due to Easter holiday

Ages: 14+

Location: SPCC Pool

AMERICAN RED CROSS LIFEGUARDING CLASS

Register today for an American Red Cross Lifeguard Course to learn lifesaving skills to help keep people safe in, on and around the water. Skills taught include CPR, how to respond in an emergency, and proper technique for rescues in the water. These jobs are in high demand! Plus, the American Red Cross certification is recognized nationwide so you can work anywhere in the US. There are physical prerequisites required for this course: a swimming, treading and submersion challenge. Please read the specific prerequisites on the registration page BEFORE registering. You will be asked to complete these challenges on the first class in order to continue with the course. *Min 4/Max 12*

Course Dates:

Saturday, March 14, 8am-4pm

Sunday, March 15, 8am-4pm

Saturday, March 21, 8am-4pm

Sunday, March 22, 8am-4pm

Course length: approx. 32 hours in-class/in-water with a REQUIRED 9-12hrs of online course work (completed BEFORE the beginning of the class)

Fee: \$260/\$300NR

Ages: 15+

Location: SPCC Pool



Riptide Swim Club

Riptide Swim Club

Riptide Swim Club is designed for swimmers ages 8-13 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
****PLEASE NOTE: Your child MUST attend the Evaluation and Placement session PRIOR to registration IF you have NOT done RipTide in the past year.**

Winter Session

Coaches: Mike Blanchard and pool staff
Dates: January 12-March 18
Practice Nights: Monday & Wednesdays (*no practice 1/19, 2/11, 2/16*)
Time: 6:00 – 6:55pm
Ages: 8-13
Fee: \$120/\$130NR

Spring Session

Coaches: Mike Blanchard and pool staff
Dates: April 6-June 10
Practice Nights: Monday & Wednesdays (*no practice 4/20*)
Time: 6:00 – 6:55pm
Ages: 8-13
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: 18 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.**

Winter Session

Coaches: Mike Blanchard and pool staff
Dates: January 12-February 25
Practice Nights: Monday & Wednesdays (*no practice 1/19, 2/11, 2/16*)
Time: 7:00 – 7:55pm
Grades: 6-8
Fee: \$100/\$110NR

Spring Session

Coaches: Mike Blanchard and pool staff
Dates: April 6-June 10
Practice Nights: Monday & Wednesdays (*no practice 4/20*)
Time: 7:00 – 7:55pm
Grades: 6-8
Fee: \$120/\$130NR

Winter 2026

Evaluation & Placement Session:**
Wednesday, 1/7 at 6pm

Online Registration:

Thursday, 1/8 for residents starting at 7am
Friday, 1/9 for non-residents starting at 7am

Spring 2026

Evaluation & Placement Session:**
Wednesday, 4/1 at 6pm

Online Registration:

Thursday, 4/2 for residents starting at 7am
Friday, 4/3 for non-residents starting at 7am



Parks Programs

NATURE STORY TIMES

Park Rangers are 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: Fridays

January 9- Snow

February 20- Crabs and Lobsters

March 20- Snails

April 24- Clouds

Ages 0-4: 10:30am

Ages 5-12: 3:30pm

Location: South Portland Public Library

Fee: FREE

Staff Coordinator: Sydney Raftery

EARTH DAY RESOURCE FAIR

Join us for our second annual Earth Day Fair to celebrate all things nature, get resources from sustainable organizations, meet like-minded people in your community, and clean up the city! This fair is a partnership between the City of South Portland, the South Portland Land Trust, and Dirigo Science Connection.

Date: Saturday, April 25

Time: 10:00am-2:00pm

Age or Grade: all ages

Location: Mill Creek Park (rain location at South Portland Community Center)

Fee: FREE

Staff Coordinator: Sydney Raftery



ECOLOGY LECTURE SERIES: PETS AND NATURE

Our beloved pets once held a place in the natural environment, but now their role is quite different. Join us at this presentation to learn about how we came to domesticate some of our most beloved animals, what their current impacts are on the environment, and how some of them can play an active role in conservation.

Date: Thursday, February 19

Time: 6:30pm-7:30pm

Age: Geared towards adults

Fee: FREE

Location: South Portland Public Library

Staff Coordinator: Sydney Raftery



ECOLOGY LECTURE SERIES: CONSERVATION IN THE CITY

Want to get involved in conservation, but don't know where to start? In this presentation, we'll explore a wide array of opportunities, ranging from hands-on citizen science initiatives to volunteering with local conservation-focused groups. Discover how, no matter your background or experience, you can make a meaningful impact on protecting our natural world.

Date: Thursday, April 16

Time: 6:30pm-7:30pm

Age: Geared towards adults

Fee: FREE

Location: South Portland Public Library

Staff Coordinator: Sydney Raftery

Family & Special Events

FAMILY BINGO NIGHT

Family Bingo Night returns this winter! Don't miss this fun chance for a night of family fun with many opportunities to win prizes! Pizza and drinks are included for up to four family members.

Min 20/Max 60

Dates:

January 22

February 19 (*vacation week*)

March 19

April 9

Times: 5:30pm – 7:00pm (Pizza served at 5:30, Bingo starts at 6)

Ages: Fun for the whole family!

Location: SPCC

Fee: \$25/\$35NR per family of 4, \$5 for additional family members

Staff Coordinator: Jenna Martyn-Fisher

FLICK & FLOAT

We'll be showing a family friendly movie in the pool! Selected movie will have a run time of ~80mins. Kids must be accompanied by an adult. *Min 15/Max 60*

Date: Friday, February 20 (*vacation week*)

Time: 5-7pm

Fee: Regular pool rates apply, see pg 29

Location: SPCC Pool

Staff Coordinator: Jenna Martyn-Fisher



COLLETTE TRAVEL: ICELAND'S MAGICAL NORTHERN LIGHTS DISCOVERY

Join us for an informational session with Collette Travel on a trip to Iceland scheduled for October 13-19, 2026. Collette staff will give a presentation on the itinerary, what to expect during travel, and answer questions.

Date: Wednesday, January 21

Time: 5:30-6:30pm

Location: SPCC Casco Bay Room

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

FAMILY VALENTINE'S DANCE

Be part of this magical evening of dancing, fun activities, and good times. Light refreshments will be served and music for all ages will be provided.

Max 300

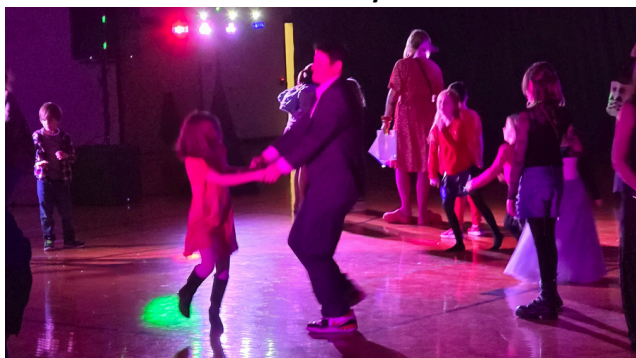
Date: Saturday, February 14

Time: 6-8pm

Fee: \$14/\$24NR (*adults free with registration of a child*)

Location: SPCC

Staff Coordinator: Jenna Martyn-Fisher



KID'S NIGHT OUT

Give your kids an evening of fun while you enjoy a night out on the Town. Kids will enjoy pizza for dinner, swimming in the pool (when available), games, crafts, and a movie. This program is for children in grades K-5. *Min 10/Max 30*

Dates:

December 30

February 6

March 6

April 10

Times: 5:00pm – 8:55pm

Ages: K-5

Location: SPCC

Fee: \$30/\$40NR, sibling discount

Staff Coordinator: Jenna Martyn-Fisher



Community Connections

SOUTH PORTLAND LITTLE LEAGUE

South Portland Little League is introducing our NEW Junior Riots Program. This is an expanded juniors program with clinic and off-season work running from January through middle school baseball season for players ages 13-15 or grades 7 & 8. The focus of this program is for team and individual work in the off-season to prepare baseball players for middle school and junior's baseball season. Games for juniors start after middle school baseball- usually in June and run through end of July. However, registration for training opportunities only is ok if not ready to commit to games. A great alternative to travel ball that keeps you working on baseball in the off season but keeps it right here in South Portland and with the teammates you have been playing with! Registration open: 12/1/25 at www.southportlandlittleleague.com.

Staff Highlight: Kate Volz

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

I make sure that the administrative tasks our offices rely on, like payroll, invoice processing, and cash reconciliation, are completed in an accurate and efficient manner, and coordinate with our Front Desk team to ensure we provide quality customer service!

What do you like most about your job?

No two days are ever the same, and I get to work with a great team!

What is your favorite park in South Portland?

I proposed to my wife at Willard Beach, so it'll always hold a special place in my heart!

What do you do for fun?

I'm an avid sports fan, so you can usually find me watching a sporting event if I'm not in the office. Up the Hearts!

What is your favorite restaurant?

If we're talking breakfast, it's Ugly Duckling hands down. If we're talking lunch or dinner, Terlingua for the win.

What are you watching/reading/listening to now?

I recently decided to read all of Agatha Christie's Poirot mystery novels, which has been fun. I'm currently on "Poirot Investigates", which is a series of short stories. I love podcasts too, and have been enjoying This Might Get Weird and The Women's Game lately.



Winter Equipment Rental

YOUTH WINTER EQUIPMENT RENTAL PROGRAM

In an effort to promote getting kids outside during the winter months, South Portland Parks, Recreation, and Waterfront will be leasing outdoor equipment (acquired through the Keep ME Healthy Grant) for South Portland youth only. Available rental equipment includes snowshoes and/or ice skates, in various youth sizes. Rentals are good for 5 days then must be returned to the Community Center to allow others to use. There is no upfront cost to rent the equipment, but instead, a balance will be put on your account (\$75 for snowshoes, \$50 for ice skates). The balance will be removed when the equipment is returned in the same condition it was found.

EQUIPMENT USE RULES

- Equipment MUST be returned within 5 days of when picked up.
- All users will be registered in our online registration system, MyRec. Must register in person at the Community Center front desk.
- A \$75.00 balance will be applied to your account for each set of snowshoes. This charge will be removed when the equipment is returned.
- A \$50.00 balance will be applied to your account for each set of ice skates. This charge will be removed when the equipment is returned.
- We reserve the right to limit and/or suspend your right to participate in any future South Portland Parks & Recreation programs until the above fee is paid on your account if the equipment is returned damaged or not returned.

Thank you Sponsors!



ORLANDO INSURANCE AGENCY



Thank you Volunteers!

Community Center Volunteers

Helen Walsh

Senior Center Volunteers

Chris Chapman	Lisa McLaughlin
Linda Fearon	Doug Rader
Ray Glass	John Roediger
Linda Laverriere	Judy Simpson

Field Hockey Coaches

Kate Foley
Meredith Inosencio

Parks Volunteers

PSL Services STRIVE group

Volunteer Soccer Coaches:

Joni Baker	Mat Leighton
Richard Baker	Nicole Lesavoy
Glenn Barnes	Daniel Lukin-Beck
Jeremy Boone	Ben Marshall
Vanessa Bissell	Lynne Mckeown
Thomas Cooper	Elizabeth Mulchy
Kevin Demers	Katya Neff
Ryan Facey	Tristin Richards
Dave Faulk	Lauren Saxon
Caitlin Gagne	Connor Schratz
Lee Goldberg	Jimmy Suggs
Jesse Johnson	Berry Wolford
Eliza Kehew	Korik Vargas

