

# South Portland Municipal Pool Schedule February 23- March 31, 2026

DAILY fee for pool/spa use and aerobics classes

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

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

**SP Residents:** Adults \$5  
Children/ Seniors 60+ \$4

**Non-Residents:** Adults \$6  
Children/ Seniors 60+ \$5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>6 AM</b>	Adult Lap Swim (circle swim only)	Adult Lap Swim (circle swim only)	Adult Lap Swim (circle swim only)	Adult Lap Swim (circle swim only)	Adult Lap Swim (circle swim only)	CLOSED	CLOSED	
<b>7 AM</b>	Lap Swim & Deep Water Aerobics 7-8am	Lap Swim & Hydro Fitness 7-8am	Lap Swim & Deep Water Aerobics 7-8am	Lap Swim & Hydro Fitness 7-8am	Lap Swim & Deep Water Aerobics 7-8am			
<b>8 AM</b>	Shallow Water Aerobics 8-9am (no laps available)	Lap Swim & J.A.M. 8-9am	Shallow Water Aerobics 8-9am (no laps available)	Lap Swim & J.A.M. 8-9am	Shallow Water Aerobics 8-9am (no laps available)			Shallow Water Aero & laps 8-9am
<b>9 AM</b>	Open Swim w/ laps 9-11am	Open Swim w/ laps 9-10am	Open Swim w/ laps 9-10am	Open Swim w/ laps 9-11am	Open Swim w/ laps 9-10am	Open Swim w/ lap lanes; no board 9-11am	Lap Swim 10-11am	
<b>10 AM</b>		Scarborough Schools 10-11am	SPHS Swim Club & 3 lap lanes		Falmouth Schools & 3 lap lanes			
<b>11 AM</b>	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm	Open Swim w/ diving board; no laps 11-1pm	Open Swim w/ laps; NO board 11-1pm	
<b>12 pm</b>	Open Swim w/ laps <b>12-2:30pm</b> (NO diving board)	Open Swim w/ laps <b>12-2:30pm</b> (NO diving board)	Open Swim w/ laps <b>12-2:30pm</b> (NO diving board)	Open Swim w/ laps <b>12-2:30pm</b> (NO diving board)	Open Swim w/ laps <b>12-2:30pm</b> (NO diving board)	RENTAL 1-2pm	Open Swim w/ board/ NO laps 1-3pm	
<b>1 PM</b>						RENTAL 2-3pm		
<b>2 PM</b>								
<b>3 PM</b>	SP Swim Practice <b>2:30-5pm</b>	SP Swim Practice <b>2:30-5pm</b>	SP Swim Practice <b>2:30-5pm</b>	SP Swim Practice <b>2:30-5pm</b>	Middle School Swim Meets <b>2:30-6pm</b>	Lap Swim 3-4:30	RENTAL 3-4pm	
<b>4 PM</b>							Adult ONLY Open Swim (NO laps) 4-5pm	
<b>5 PM</b>	ABF 5-6pm (Closed to public)	ABF 5-6pm (Closed to public)	ABF 5-6pm (Closed to public)	ABF 5-6pm (Closed to public)		Pool CLOSED for Maintenance 6-7pm	CLOSED	Lap Swim 5-5:50pm*
<b>6 PM</b>	Riptide Swim Club 6-7pm	Open Swim w/diving board; no laps 6-7pm	Riptide Swim Club 6-7pm	Open Swim w/diving board; no laps 6-7pm				Open Swim w/ diving board; no laps 7-8pm
<b>7 PM</b>	Deep Water Aero & 2-3 Lap Lanes 7-8pm (laps begin March 2nd)	Shallow Water Aero & 2-3 Lap Lanes 7-8pm	Deep Water Aero & 2-3 Lap Lanes 7-8pm (laps begin March 4th)	Shallow Water Aero & 2-3 Lap Lanes 7-8pm				
<b>8 PM</b>	Lap Swim (closing at 8:50pm*)	Lap Swim (closing at 8:50pm*)	Lap Swim (closing at 8:50pm*)	Lap Swim (closing at 8:50pm*)	Lap Swim (closing at 8:50pm*)	CLOSED		

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

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## POOL CLOSURES:

**Wednesdays 3/4 due to Rec Campers using the pool from 2-3pm:**  
-NO laps available during Open Swim

**Please note: this calendar ends on Tuesday, March 31st!**  
**The next one will begin on Wednesday, April 1<sup>st</sup>**

**Pool Party Rentals:** Looking for a great way to celebrate a birthday?! Rentals for Saturday and Sunday afternoons can be completed online. Check it out at [www.sopoparksrec.com](http://www.sopoparksrec.com) and contact the Customer Service Desk with any questions about this process.

## Swim Definitions

**LAP SWIM** – Participants (of any age) must be swimming laps for exercise benefit. Generally, there are 6 lap lanes available, although not always. Patrons should be aware of the different speeds (marked on cones) and pick a lane that best represents their pace. When the orange cones at the end of the lanes, please circle swim! No water jogging allowed during these swim times.

**ADULT LAP SWIM** – For those 18 years and older, 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. When the orange cones at the end of the lanes, please circle swim! No water jogging allowed during these swim times.

**OPEN SWIM** – Generally, 2 lap lanes are available, but not always! The diving board may/may not be open. Please check the schedule carefully. Children under 10 must be accompanied and supervised by a swimmer 16 yrs or older. Non-swimming patrons wearing a life-jacket/PFD MUST stay within arms-reach of a parent or guardian at all times.