

Programs & Activity Guide

SOUTH PORTLAND

PARKS, RECREATION, AND
WATERFRONT



2026
Spring
Summer



southportlandme.myrec.com

207-767-7650

Registration Dates

Recreation & Winter Pool Programs

Residents: April 6, 2026

Non-Residents: April 9, 2026

Spring Pool Programs

Residents: June 8, 2026

Non-Residents: June 11, 2026

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

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 THANK YOU VOLUNTEERS.....Back Cover



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Vacant
Park Ranger

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 (Labor Day- Memorial Day):

Monday – Friday: 6:00am – 9:00pm

Saturdays: 8:00am – 5:00pm

Sundays: 10:00am – 6:00pm

Summer Hours (Memorial Day- Labor Day):

Monday – Thursday: 6:00am – 9:00pm

Fridays: 6am-5pm

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

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

PARKS DEPARTMENT

Address: 929 Highland Ave

Telephone: 207-767-7670

Hours of Operation: Mon-Fri - 7:00am – 3:00pm

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 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 through May 17, 2026. Availability resumes in the fall.

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. Refunds of less than \$25 will be issued as an account credit.

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. Refunds less than \$25 will be issued as an account credit.

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

April 20 (Patriot's Day)

May 25 (Memorial Day)

June 19 (Juneteenth)

July 3 (Independence Day)

September 7 (Labor Day)

Registration Dates

Recreation Pool Programs

Residents: April 6

Non-residents: April 9

Spring Pool Programs

Residents: June 8

Non-residents: June 11

Opens at 7am online and in-person

Items For Sale

Punch Passes 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.

Punch Passes	Resident	Non-Resident
Pool Youth (up to age 17)	\$80	\$120
Pool Adult (ages 18-59)	\$100	\$140
Pool Senior (ages 60+)	\$80	\$120
Open Gym (includes pickleball, basketball, volleyball)	\$80	\$120

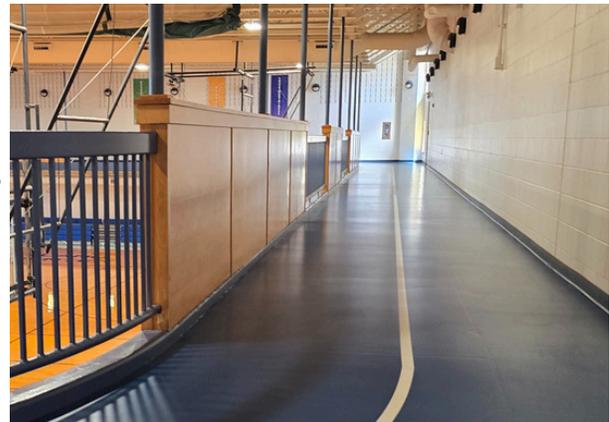
We also offer a military rate at \$1/drop-in for open gyms and swims. Must show military ID.

Item for Sale	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:

Open Board Games: 9:00-11:00am

Coloring Time: 9:00-11:00am

Ukelele Sing-a-long: 10:00-11:00am (*May/June only*)

Mah Jongg: 12:00-3:00pm

Tea & Talk 1:00-2:00pm

WEDNESDAYS:

Bridge: 9:30-11:30am

Mexican Train Dominos: 9:00-12:00pm

Pseudo Book Club 9:00-10:30am (*See Schedule*)

Trivia Time: 1:00-2:30pm

THURSDAYS:

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

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

FRIDAYS:

Mah Jongg 9:00am-12:00pm

Laughter, The Best Medicine: 12:00-1:00pm (*May/June Only*)

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

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

MAH JONGG LESSONS FOR BEGINNERS

Join one of our very own Mah Jongg players in a very informal setting as they teach you the basics of playing Mah Jongg. This activity is limited to four people and you must attend all four classes. Please only sign up for one session. Fee includes your 2026 card and fee is non-refundable. *Min 4/Max 4*

Instructor: Volunteer Jae Casella

Date: Session 1: May 4, 5, 11, 12

Session 2: August 3, 4, 10, 11

Time: 9:00am-12:00pm

Location: Senior Drop-in Center

Fee: \$15 (*Includes 2026 card, NON-REFUNDABLE*)

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: May 11, June 8, July 13 & August 10

Time: 9:00-10:30am

Location: SPCC Senior Drop-in Center

Fee: FREE

Staff Coordinator: Karla Doyon

ARMCHAIR TRAVEL – ITALY

Have you ever wanted to travel to a different country but never had the time or money? Join us as we will travel across the globe visiting Italy without needing to board a plane or go through customs. We will enjoy snacks while learning about the heritage, language, customs of Italy, and view pictures and information on the TV screen. If you've traveled to Italy, join us and tell us your story! *Min 10/Max 24*

Date: Tuesday, June 2

Time: 9:30am-11:30am

Location: Senior Drop-in Center

Fee: FREE (*Registration required*)

Staff Coordinator: Judy Tourangeau

EVERGREEN CREDIT UNION WELLNESS SERIES

Join EVCU for a 4 week financial wellness series. Each week will be discussing different topics. More detailed information regarding the topics can be found described in My Rec. Week 1 will be Financial Exploitation & Scams, Week 2 is about Protecting Personal Information & Digital Banking, Week 3 we will discuss Safe Use of Checks and Payments and Week 4 the last session will focus on Estate and Legacy Planning Basics. Snacks, games & fun as well. *Min 10/Max 24*

Date: Thursday, June 4, 11, 18 & 25

Time: 9:30am-10:30am

Location: Senior Drop-in Center

Fee: FREE (*Registration required*)

Staff Coordinator: Karla Doyon

UKELULE 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, May 12, June 9

Time: 10:00-11:00am

Location: Senior Drop-in Center

Fee: FREE

Staff Coordinator: Karla Doyon

MONTHLY BIRTHDAY CELEBRATIONS

Monthly birthday celebrations with 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 – May 4, June 1, July 6 & August 3

Time: 10:00-11:00am

Location: SPCC Senior Drop-in Center

Fee: FREE (*Birthday bags & treats supplied by Orlando Insurance*)

Staff Coordinator: Karla Doyon



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 (*note July & Aug dates*)

Staff Coordinator: Karla Doyon

Dates & Topics:

- May 27: Best Seller from Your Birthday Month
- June 24: Book with Month or Number in the title
- July 22: Beach Read/ Nostalgic summer
- August 19: Reread of a favorite book

PORTLAND JETPORT LUNCH & LEARN

A presentation titled "Everything PWM" will feature Katherine Glidden, Customer Experience Service Manager from the Portland International Jetport (PWM). Ms. Glidden will offer a comprehensive overview of the Jetport's vital regional role, current operations, and future state, covering topics such as sustainability, careers, operations, and future plans/expansions. The event includes a Q&A session and a simple lunch. *Min 10/Max 24*

Date: Wednesday, July 22

Time: 12:00pm-1:30pm

Location: Senior Drop-in Center

Fee: \$2 (*Registration required*)

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. Classes are designed to 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

Tuesdays, 9:30–10:30am

Dates	Cost
May 5, 12, 19 & 26	\$36 / \$46 NR
June 2, 9, 16, 23 & 30	\$45 / \$55 NR
July 7, 14, 21 & 28	\$36 / \$46 NR
Aug. 4, 11 & 18	\$27 / \$37 NR

Fridays, 9:00–10:00am

Dates	Cost
May 1, 8, 15, 22 & 29	\$45 / \$55 NR
June 5, 12 & 26	\$27 / \$37 NR
July 10, 17, 24 & 31	\$36 / \$46 NR
August 7, 14, & 21	\$27 / \$37 NR

ALL ABOUT BALANCE WORKSHOP & EXERCISE SERIES

A free class series hosted by the balance experts from the Maine Strong Balance Center. Week 1 is a lecture style workshop where participants will learn about the anatomy and physiology of their balance systems, how these systems change with aging and evidenced based interventions to improve the function of these balance systems. Weeks 2-4 are exercise classes focused on improving the functioning of the major balance systems in the body. All levels and balance abilities are welcome. YOU MUST REGISTER! *Min 10/Max 24*

Instructor: Maine Strong Balance Center

Date: Thursdays, May 7, 14, 21 & 28

Time: 11:00am-12:00pm

Location: Senior Drop-in Center

Fee: FREE (Registration required)

Staff Coordinator: Karla Doyon

HEART HEALTH:

Join us for an engaging session led by a cardiac rehab professional focused on exercise, heart health, and lifestyle medicine. You'll learn what types of physical activity are safest and most effective, how nutrition and stress impact your heart, and simple habits that lower cardiovascular risk. Expect practical tips, interactive discussion, and realistic strategies you can use right away to support lifelong heart health. Heart healthy snacks included! *Min 8/Max 24*

Date: Wednesday, August 12

Time: 1:00-2:00pm

Location: Senior Drop-in Center

Fee: FREE (Registration required)

Staff Coordinator: Karla Doyon



American Red Cross

RED CROSS PRESENTS: EXTREME HEAT

Extreme heat events are a series of hot days - much hotter than average for a given area. Extreme heat is deadly and kills more people than any other weather event. Climate change is making extreme heat events more frequent, more severe, and longer, but we can take action to prepare. Join the Red Cross to learn how to protect yourself and your loved ones during extreme heat events! *Min 5 / Max 24*

Date: Monday, July 20

Time: 10:00-11:00am

Location: SPCC Senior Drop-in Center

Fee: FREE (Registration Required)

Staff Coordinator: Karla Doyon

RED CROSS PRESENTS: HOME FIRE SAFETY

Home fires are by far the most common disaster nationwide; the Red Cross responds to nearly 60,000 annually. On average, 7 people die in home fires every day, and 2023 saw a record number of deaths in Maine. This Red Cross training explores common causes of home fires and the importance of smoke alarms and escape plans. It can help you prevent fires outright and prevent injury or loss of life when they do occur. *Min 5 / Max 24*

Date: Monday, July 27

Time: 10:00-11:00am

Location: SPCC Senior Drop-in Center

Fee: FREE (Registration Required, Attendees will receive a free smoke alarm)

Staff Coordinator: Karla Doyon

Senior Programs

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

Location: SPCC Aerobic Room

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

Staff Coordinator: Karla Doyon

Dates:

May 5 & 19
June 9 & 23
July 7 & 21
August 4 & 18

LAUGHTER, THE BEST MEDICINE

Laughter the Best Medicine works with the breath 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 the Best Medicine 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 Leader

Dates: Fridays, May 29 & June 26

Time: 12:00-1:00pm

Location: Senior Drop-in Center

Fee: FREE (*Please bring water*)

Staff Coordinator: Karla Doyon

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-12:00pm

Location: SPCC MPR

Staff Coordinator: Karla Doyon

Dates	Cost
May 7-28 (7, 14, 21, 28)	\$36 / \$46 NR
June 4-25 (4, 11, 18, 25)	\$36 / \$46 NR
July 2-30 (2, 9, 16, 23 & 30)	\$45 / \$55 NR
August 6-20 (6, 13, 20)	\$27 / \$37 NR



Laughter, The Best Medicine with Chris Chapman



Senior Cornhole

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, May 1- June 12

Time: 1:45-3:15pm

Location: SPCC GYM

Fee: FREE

Staff Coordinator: Karla Doyon

Senior Programs

PIZZA PALOOZA

Get your taste buds ready as we host a “blind” pizza taste testing party! We will vote for Best Round, Square, Gluten Free and Overall pizza from local pizza places! There will also be a “Seniors Choice Award”! Also, best taste, sauce, crust and toppings categories! Appetizers, sides, desserts, drinks as well as a make your own (english muffin) pizza station. Gluten free options. Games, goody bags and prizes as well. *Min 10/Max 24*

Date: Friday, August 14
Time: 11:00am-1:00pm
Location: Senior Drop-in Center
Fee: \$14
Staff Coordinator: Karla Doyon

MAINE HERITAGE BEANS & BEANHOLE SUPPAH PROGRAM

Taste your way through Maine’s heritage beans - like Jacob’s Cattle, Cranberry, and Marfax - in this tasting and lecture exploring traditional recipes, beanhole supper history, and the farmers keeping these heirloom varieties alive today. Learn what makes each bean unique and enjoy a hearty sample of Maine Tasting Center’s own beanhole-style beans. Presented by Sara Gross of Maine Tasting Center. *Min 15/Max 30*

Dates: Date: Wednesday, June 17
Time: 12:00pm-1:30pm
Location: Senior Drop-in Center
Fee: \$17/\$27NR
Staff Coordinator: Karla Doyon

STAY SAFE! AGE FRIENDLY ADAPTATIONS TO MAKE IN YOUR HOME

It may be time to think about adapting your home so you can stay there longer, safer and independently. Modifying your home may be easier than you think. Kathy Adams will go through the aspects of how to assess your home and present many options for modifications. She will share resources to help you and show many types of adaptive devices that can be useful in your home. *Min 5/Max 24*

Presenter: Kathy Adams, Retired Occupational Therapist

Date: Monday, May 18
Time: 9:30-10:30am
Location: Senior Drop-in Center
Fee: FREE (Registration required)
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.

Committee Updates:

The Age Friendly (AF) Committee welcomes Andy Chandler, newly appointed to the committee. Meetings are open to the public. FMI, check the Committee page at southportland.gov

Getting Around: Go to Greater Portland Metro, gpmetro.org, to learn about routes, reduce fares for seniors, tickets and “How to Ride” information.

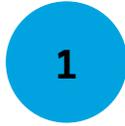
Savings Through Weatherization: Age Friendly along with the Sustainability Office are collaborating on a new project to provide information and weatherization kits at local events to help older citizens make basic home improvements to lower their energy costs, increase comfort and age in place at home.

Make Connections at Events & Programs:

- Tai Chi classes continue at the South Portland Library, please register, no fee. FMI contact Barbara.j.bock@gmail.com
- Attend the S. Portland Senior Center: many events, games, lectures, classes, trips & tours offer wonderful opportunities to learn, grow, and socialize.
- Join the SPPD on Monday’s for the new Senior Walk program beginning on April 6th at the Cottage Rd. Hannaford. This is a great way to connect with our SPPD, get some exercise and fresh air & socialize. Bring a friend! For details contact Caleb Gray at cgray@southportland.gov
- The 2026 Age Friendly Resource Fair will be back on Sept 18, 2026. We will have lots of local exhibitors sharing resource information about programs and services geared toward supporting seniors living healthy independent lives.

Senior Trips

Activity Level Key- Look for a number paired with each trip description indicating the activity level of each trip!



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.



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.



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.



AFTERNOON TEA PARTY

We are off to join our friends from surrounding recreation departments for an afternoon tea party! Each table will have their own selection of elegant tea sandwiches, delicate desserts, and piping hot tea. A concert will follow the tea service. Formal attire and hats are encouraged (but not mandatory). *Min 10/Max 13*

Date: Wednesday, May 6
Time: Departs SPCC 11:00am/Approx. return 3:00pm
Location: Cumberland
Fee: \$25/\$35NR
Staff Coordinator: Karla Doyon



TOUR OF MAINE COAST ROAST

A one hour standing tour. Discussion about coffee beans, the “coffee belt”, how it’s processed at origin, observe a batch being roasted and hear about the roasting process. The owner will answer questions about the infrared machine they use. Discussion on climate change and tariffs on the coffee industry. After the beans drop hot and toasty into the cooling bin we will mosey over to the cafe side where you may purchase treats and coffee. *Min 8/Max 8*

Date: Thursday, May 7
Time: Departs SPCC 12:00pm /Approx. return 2:30pm
Location: Biddeford
Fee: \$7.00
Staff Coordinator: Karla Doyon



MAINE TASTING CENTER WITH LUNCH

Take your tastebuds on a trip down Maine's coast and explore the aquatic flavors that make Maine special. Participants will be introduced to Maine's wild and farmed seafood industries, hear stories of local farmers, fishermen and other producers - while sampling delicious products that represent them! The guide will walk you through a snack-sized tasting menu of local products that represent Maine fisheries, aquaculture and value-add products. Lunch consists of chowder, cornbread & salad. Notify coordinator of allergies. *Min 10/Max 13*

Date: Wednesday, July 29
Time: Departs SPCC 9:45am/Approx. return 3:00pm
Fee: \$35/\$45NR
Location: Wiscasset
Staff Coordinator: Karla Doyon



Senior Trips

3 GOAT SNUGLING @ LIVING PROOF FARM

The baby goats born in mid May will be ready for snuggles by you! We are off to Living Proof Farm in Dayton to snuggle with the baby goats. Please do not dress in your best clothes, wear good sturdy shoes or boots and bring a hair tie (baby goats like to eat hair!). There will be goat soaps and other products to purchase or you may donate cash to the herd. Lunch out.
Min 13/Max 13



Date: Wednesday, June 3
Time: Departs SPCC 9:15am/Approx. return 2:00pm
Location: Dayton
Fee: \$7.00
Staff Coordinator: Karla Doyon

3 LAVENDAR HILL FARM

This trip includes a walking tour of LHF, a Q&A with the farmer, meeting their friendly Christmas Tree ambassador sheep Milken, and refreshments. The Lavender will be in bloom and you will have the opportunity to pick your own lavender bundle which is included. You may purchase extra bundles on your own. A visit to the farm store will provide you with opportunities to purchase their lavender products. Pack your picnic lunch and picnic in the pavilion or fields. *Min 13/Max 13*

Date: Friday, June 26
Time: Departs SPCC 8:15am/Approx. return 2:30pm
Location: Berwick
Fee: \$35/\$45NR (Transportation, tour, lavender bundle included)
Staff Coordinator: Karla Doyon

3 TOUR OF SPENCER PIERCE LITTLE FARM, WALK & PICNIC

SPLF is a 230 acre National Historical Landmark. Guided tour of the 1690 manor house, attached farmhouse, and the attic where you will see graffiti and carvings from the 1800's. Picnic on the grounds and trail walk following tour. Please note that this tour involves standing, walking and steep stairs. The site is NOT handicap accessible and the house has no AC. Neglected rescued farm animals on site as well if you want to visit! *Min 13/Max 13*

Date: Wednesday, August 5
Time: Departs SPCC 8:45am/Approx. return 4:00pm
Location: Newburyport, MA
Fee: \$25/\$35NR
Staff Coordinator: Karla Doyon

3 HIDDEN GRACE FARM TOUR

Tucked away in Hollis, Hidden Grace Farm is a small, family-run farm that will give us a chance to slow down and savor the simple joys of farm life. We will have a guided walking tour of the entire farm and be introduced to the horses, goats, pigs, chickens and more. Hands on time with their mini horses and free time to visit the goats or other animals at your leisure. Picnic following tour. *Min 13/Max 13*

Date: Wednesday, July 15
Time: Departs SPCC 9:15am/Approx. return 2:00pm
Location: Hollis
Fee: \$20/\$30NR (Bring picnic lunch)
Staff Coordinator: Karla Doyon

3 MOONSET FARM TOUR & PICNIC

Moonset Farm is a family run, small operation that has become the place to go for local, farm-fresh premium meat and the choice floral farm for weddings and events in Western, ME and NH. Walking tour with the owner which will cover 1-2 acres of the 140-acre property visiting 3 different garden areas, a few flowers to cut and a small flower arrangement to take home. There are animals around the farm. Bring picnic lunch. *Min 13/Max 13*

Date: Wednesday, Aug. 19
Time: Departs SPCC 8:45am/Approx. return 1:30pm
Location: Porter
Fee: \$30/\$40NR (Includes transportation, tour, small flower arrangement, water & snacks)
Staff Coordinator: Karla Doyon

3 SUNFOX FARM SUNFLOWER FESTIVAL

Wander through 20 acres of breathtaking sunflowers, the largest sunflower field in NH. Whether you're capturing the perfect photo, enjoying a leisurely stroll, or simply taking in the awe inspiring views, the beauty of the sunflowers will leave you feeling enchanted. Food trucks on site as well as craft vendors. Please bring the \$12.00 entrance fee to the festival, and money for flowers, food and any other purchases you want to make. *Min 10/Max 13*

Date: Wednesday, August 12
Time: Departs SPCC 8:15am/Approx. return 2:00pm
Location: Concord, NH
Fee: \$15 (Transportation only - see above instructions)
Staff Coordinator: Karla Doyon

Senior Trips

AIN'T TOO PROUD @ THE OGUNQUIT PLAYHOUSE

1

The Life and Times of The Temptations. Electrifying Broadway musical that follows The Temptations' extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame, how they met, the groundbreaking heights they hit and how personal and political conflicts threatened to tear the group apart as the United States fell into civil unrest. This thrilling story of brotherhood, family, loyalty and betrayal is set to the beat of the group's treasured hits. *Min 13/Max 13*

Date: Thursday, May 21

Time: Departs SPCC 12:15pm/Approx. Return 5:30pm

Location: Ogunquit

Fee: \$85/\$95NR

Staff Coordinator: Karla Doyon

HAIRSPRAY AT MAINE STATE MUSIC THEATRE

1

It's 1962 and Tracy Turnblad has a big heart, even bigger hair, and one big dream: to dance on The Corny Collins Show. Her once-in-a-lifetime shot turns into a chance to stand up for what's right. An unlikely heroine on a mission to integrate the airwaves and bring people together—with rhythm, soul, and style. Packed with infectious songs, outrageous fun, a celebration of self-love, social change, and the power of dance to shake things up. *Min 13/Max 13*

Date: Friday, June 5

Time: Departs SPCC 12:30pm/Approx. return 5:00pm

Location: Brunswick

Fee: \$125/\$135NR

Staff Coordinator: Karla Doyon

HELLO DOLLY! @ THE OGUNQUIT PLAYHOUSE

1

Join socialite-turned-matchmaker Dolly Levi as she travels to Yonkers, New York to find a wife for the curmudgeonly "half-a-millionaire" Horace Vandergelder. Dolly's romantic scheming soon entangles Horace's two clerks and a lovestruck young artist. As she busies herself finding mates for the suitors, Dolly realizes it's her turn to find her perfect match. One of the most entertaining musical comedies of all time, Hello, Dolly! is a beguiling romp in the universal search for love. *Min 13/Max 13*

Date: Wednesday, June 24

Time: Departs SPCC at 12:15pm/Approx. Return 5:30pm

Location: Ogunquit

Fee: \$85/\$95NR

Staff Coordinator: Karla Doyon



GILLIGAN'S ISLAND THE MUSICAL @ CAROUSEL THEATER

1

A matinee performance of Gilligan's Island the Musical at Carousel Theater in Boothbay. Please note that this performance does not include lunch. Please bring money for lunch out following the show. *Min 13/Max 13*

Date: Wednesday, July 1

Time: Departs SPCC 9:30am/Approx. Return 5:00pm

Location: Boothbay

Fee: \$35/\$45NR

Staff Coordinator: Karla Doyon



CITY OF ANGELS @ THE OGUNQUIT PLAYHOUSE

1

When New York novelist Stine is lured to Hollywood to adapt his detective stories for the silver screen, he trades the gritty East Coast for a land of sunshine and palm trees. City of Angels seamlessly weaves between two worlds: the vivid Technicolor reality of 1940s Hollywood and the gritty, black-and-white film noir of Stine's imagination. As his fictional detective navigates a world of shadows, Stine faces his own dangerous temptations—sultry distractions, the hollow promise of fame, and the relentless pressure to compromise his art. *Min 13/Max 13*

Date: Thursday, July 23

Time: Departs SPCC 12:15pm/Approx. return 5:30pm

Location: Ogunquit

Fee: \$85/\$95NR

Staff Coordinator: Karla Doyon

Senior Trips

WALKING FIELD TRIPS

Join us on our 4 walking trips this season as we venture through Maine's majestic beauty for walks in 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 water bottle**, walking poles/bug spray/sunscreen if you have them. The awe of Maine awaits you on these wonderful trails and paths. *Min 10/Max 13*

Dates: Friday, May 22 - Viles Arboretum, Augusta
(Bring picnic lunch)

Wednesday, June 10 - Hilton Winn Preserve, Cape Neddick

Thursday, July 9 - Witts End Trail, Norway *(Bring money for lunch)*

Friday, Aug. 7 - Bauneg Beg Hill, North Berwick
Time: Departs SPCC 8:30am/Approx. return 2:00pm
Fee: \$7.00 per trip *(Includes transportation, 1 small water & snack – bring own water as well)*

Staff Coordinator: Karla Doyon

CASCO BAY MAILBOAT RUN

Hop aboard the Maquott 11, the most unique and interesting way to see Casco Bay. As the oldest running service of its kind, the mailboat run not only delivers mail and goods to islanders it offers landlubbers a glimpse at island life and the opportunity to adventure along Maine's rugged coastline. Pack your sunscreen and cooler to take along. The cruise stops at 5 islands to unload cargo: Little Diamond, Great Diamond, Long, Cliff & Chebeague. *Min 10/Max 13*

Date: Friday, July 31

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

Fee: \$25/\$35NR *(Includes transportation, ferry ticket, water/snacks)*

Staff Coordinator: Karla Doyon

TOUR OF DEERING OAKS PARK & PICNIC

Two-hour tour of Deering Oaks Park with City of Portland Park Ranger, Liz Collado. The tour begins at the Ranger Station where we will learn some history then wander through the park where we will touch upon the important areas such as the area where the battle of 1689 took place and where some of the oldest trees in the city are located. You must be able to navigate the park independently over uneven terrain. *Min 10/Max 13*

Date: Thursday, August 13

Time: Departs SPCC 8:30am/Approx. return 12:30pm
Location: Portland

Fee: \$5.00 *(Coffee included, Bring picnic lunch)*

Staff Coordinator: Karla Doyon

FOSTERS CLAMBAKE

Travel with us to Foster's in York Harbor for a traditional New England clambake. This noontime luncheon features New England clam chowder, fresh steamers and mussels and Maine lobster with drawn butter, corn on the cob, roasted red potatoes and onions, homemade rolls, and blueberry cake for dessert. You may substitute chicken or polenta for lobster. Please indicate alternate meal choice only to Senior Coordinator @ kdoyon@southportland.gov. No refunds after June 3rd. *Min 10/Max 13*

Date: Thursday, June 11

Time: Departs SPCC 9:45am/Approx. return 3:00pm

Location: York Harbor

Fee: \$55/\$65NR

Staff Coordinator: Karla Doyon

MORNING MUNCHIES ON THE COAST

Join us for an early start to find the best morning munchies in Old Orchard Beach (OOB). Walk to 6-7 venues for mini donuts, bagels, pastries, muffins, or gluten-free treats and drinks to enjoy then or take home. We'll end at Camp Ellis General Store for optional breakfast purchases, followed by a walk to the jetty and parking lot to watch the morning boat activity. You must be able to walk independently over uneven surfaces. *Min 10/Max 13*

Date: Monday, June 15

Time: Departs SPCC @ 8:00am /Approx. return 12:00pm

Locations: OOB & Camp Ellis

Fee: \$6.00

Staff Coordinator: Karla Doyon

CONWAY SCENIC RAILROAD RIDE/SHOPPING & LUNCH

All Aboard! A heritage train ride with an elevated view in air-conditioned comfort in the train's vista Dome Car! The train travels an 11-mile 55-minute ride where you will travel through farmland, and mountain views, recreating an old-fashioned railroading experience. The train has a snack bar. No outside food allowed on the train. Following the ride, there will be time allocated for lunch and shopping. There are 8 stairs up to the dome car. *Min 10/Max 13*

Date: Friday, August 21

Time: Departs SPCC 7:45am/Approx. return 3:30pm

Location: North Conway, NH

Fee: \$52/\$62NR

Staff Coordinator: Karla Doyon

Senior Trips



TABER'S MINI GOLF & ICE CREAM

3

Come enjoy a relaxing fun-filled day with friends golfing at Taber's Miniature Golf Course. You will be playing on a beautifully landscaped 18-hole course, while taking in the fountain, stream, 18 foot waterfall, and the beautiful view of the lake. This course is fun yet challenging for all ages!!! There is also a practice green and a nineteenth hole for a chance to win a free game. Mini Golf and 1 small ice cream included! You will be on your own for lunch at Taber's. *Min 10/Max 13*

Dates: Wednesday, May 27
Time: Departs SPCC 9:00am /Approx. return 3:00pm
Location: Auburn
Fee: \$20/\$30NR
Staff Coordinator: Karla Doyon

TOUR OF YCSA

2

Walking tour of York Community Service Organization, including offices, food pantry and sorting areas. We will hear about the organization and what they do to help people in the community. Time to shop at the amazing thrift store following the tour. Please bring a can good (that has not expired) and/or a piece of clothing to donate while we are there! Lunch out. *Min 10/Max 13*

Date: Friday, May 29
Time: Departs SPCC 9:00am/Approx. return 2:30pm
Location: York
Fee: \$7.00
Staff Coordinator: Karla Doyon

WENTWORTH-COOLIDGE MANSION, WALK & PICNIC

3

Former home of New Hampshire's first royal governor. The rambling 40-room mansion which overlooks Little Harbor, is one of the most outstanding homes remaining of the colonial era. Its stateliness and impressive interior and furnishings reflect aristocratic life in the 1700s. It is one of the few royal governors' residences to survive almost unchanged. The Mansion reflects five distinct periods of architecture. Picnic and walk on the Little Harbor 1.5 mile Loop Trail. *Min 10/Max 13*

Date: Friday, July 17
Time: Departs SPCC 9:00am/Approx. return 3:00pm
Location: Portsmouth, NH
Fee: \$17/\$27NR
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 anything else you need for the day. Lunch out. Please note that this trip involves a lot of walking; a lot of stairs and time in and outside. Dress for hot and cold temps! *Min 10/Max 13*

Date: Tuesday, August 18
Time: Departs SPCC 7:30am/Approx. Return 5:00pm
Location: It is a mystery!
Fee: \$38/\$48 (Includes transportation, 2 admission fees, snacks, water - lunch on your own)
Staff Coordinator: Karla Doyon

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

May 4 - June 9

May 5 - June 10

May 5 - May 27

May 1 - June 12

May 3 - 17

May 3 - 17

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

Adult Volleyball

Sundays

Dates

May 3 - 17

Time

4:00pm - 6:00pm

Location

SPCC Gym

Adult Pickleball

Monday - Friday

Mon & Wed

***No programs 5/25**

Dates

May 1 - June 12*

May 4 - May 27*

Time

7:30am - 11:00am

8:00am - 11:00am

Location

SPCC Gym**

Redbank Gym***

**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 May 7 - 28 | 10:00-11:30am

Tuesdays May 5 - 26 | 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. *Min 10/Max 24*

Instructor: Dave Cousins

Location: SPCC Gym

Staff Coordinator: Whitney Dorsett

Wednesdays 5:30-6:30pm	Fee
May 6, 13, 20, 27	\$70/\$80NR
June 3, 10, 17, 24	\$70/\$80NR
July 1, 8, 15, 22	\$70/\$80NR
August 5, 12, 19, 26	\$70/\$80NR
Location: SPCC Gym	

Sundays	Time	Fee
May 3, 10, 17	10-11a	\$52.50/\$60NR
June 7, 14, 21, 28	9-10a	\$70/\$80NR
July 12, 19, 26	9-10a	\$52.50/\$60NR
August 2, 9, 23, 30	9-10a	\$70/\$80NR
<i>(No class 8/16)</i>		
Location: SPHS Tennis Courts (May session indoors at SPCC)		

TENNIS SKILLS & DRILLS

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 tennis skills with Coach Dave! This program is intended for those who have already completed our Beginner Lessons, or those who have the fundamentals of tennis already down and are looking to bring themselves to the next level. **Items to bring:** Sneakers (non-street shoes), water bottle, comfortable clothes, and tennis racket. There will be basic rackets available for use during the lesson. *Min 8/Max 16*

Instructor: Dave Cousins

Time: 8:00-9:00am

Location: SPHS Tennis Courts

Staff Coordinator: Whitney Dorsett

Saturdays	Fee
May 9, 16, 23	\$52.50/\$62.50NR
June 6, 13, 20, 27	\$70/\$80NR
July 11, 18, 25	\$52.50/\$62.50NR
August 1, 8, 22, 29	\$70/\$80NR
<i>(No class 8/15)</i>	

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. *Min 10/Max 24*

Instructor: Dave Cousins

Location: SPCC Gym

Staff Coordinator: Whitney Dorsett

Wednesdays 6:30-7:30pm	Fee
May 6, 13, 20, 27	\$70/\$80NR
June 3, 10, 17, 24	\$70/\$80NR
July 1, 8, 15, 22	\$70/\$80NR
August 5, 12, 19	\$52.50/\$62.50NR
Location: SPCC Gym	

Sundays	Time	Fee
May 3, 10, 17	11a-12p	\$52.50/\$62.50NR
June 7, 14, 21, 28	10-11a	\$70/\$80NR
July 12, 19, 26	10-11a	\$52.50/\$62.50NR
August 2, 9, 23, 30	10-11a	\$70/\$80NR
<i>(No class 8/16)</i>		
Location: SPHS Tennis Courts (May session indoors at SPCC)		

MONDAY NIGHT TENNIS PRACTICE

Monday Night Tennis Practice is a point based drills clinic. Instructional, yet upbeat, this clinic is a way to improve your strokes while under the pressure of victory or defeat. Fun games will be added in as well. Intermediate (USTA rated 3.0+) players levels are welcome. You must have tennis experience to take this class. **Items to bring:** Sneakers (non-street shoes), water bottle, comfortable clothes, and tennis racket. There will be basic rackets available for use during the lesson. *Min 8/Max 16*

Instructor: Dave Cousins

Location: SPHS Tennis Courts

Fee: \$80/\$90NR, \$25 drop-in

Staff Coordinator: Whitney Dorsett

Mondays	Time
June 1, 8, 15, 22	6:00-7:30pm
July 6, 13, 20, 27	5:30-7:00pm
August 3, 10, 24, 31 (No class 8/17)	5:30-7:00pm

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

May 4-28 (no class 5/25) | \$63/\$73NR
June 1 - 25 | \$72/\$82NR
July 6 - 30 | \$72/\$82NR
August 3 - 20 | \$54/\$64NR

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. No senior discount. *Min 5 / Max 25*

Instructor: Karen McCue Bodyflex2011@gmail.com

Days: Tuesdays & Thursdays
Time: 5:00-5:50pm
Location: SPCC Multi-purpose room
Fee: \$64/\$74NR, \$13.00 Drop-in

Staff Coordinator: Whitney Dorsett

Session Dates
May 5-28
June 2 - 25
July 7 - 30

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 25*

Instructor: Martha Williams

Day: Wednesdays
Time: 9:00 – 10:15am
Location: SPCC Multi-Purpose Room
Fee: \$15.00 Drop-in

Staff Coordinator: Whitney Dorsett

Spring: May 6-June 24 | \$90/\$100NR
Summer: July 1-August 12 | \$101.25/\$111.25NR

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
Fee: \$12 Drop-in

Staff Coordinator: Whitney Dorsett

Spring 1
May 7 - June 25 | \$80/\$90NR
Spring 2
July 2 - August 13 | \$70/\$80NR

ADULT INTRO TENNIS LESSONS

This program is designed to help you get off the couch and on to a tennis court near you. Come learn from our veteran racket sport instructor, Dave Cousins. Dave will teach participants the basic rules and skills of tennis. 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 and comfortable clothes. There will be rackets available for use during the lesson. *Min 4 / Max 12*

Instructor: Dave Cousins

Day: Mondays, June 1, 8, 15, 22
Time: 5:00pm-6:00pm
Location: SPHS Tennis Courts
Fee: \$70/\$80NR

Staff Coordinator: Whitney Dorsett



Adult Programs

MOVING THROUGH THE CHAKRAS

Through various types of yoga, meditation and breathwork we will explore and balance the energy within the chakra system. Each class will be focused on a different chakra, root to crown. This series is created for beginner yogis who would like to balance their energy through gentle movement, and explore different yogic practices, such as Hatha, Vinyasa, Yin, Kundalini and Restorative. *Min 4 / Max 15*

Instructor: Michelle Moody Adshead 500RYT and Reiki Master

Days: Mondays, May 4- June 22 (no class May 25)

Time: 7:00-8:00pm

Location: SPCC MPR

Fee: \$70/80NR, Drop-in: \$12

Staff Coordinator: Whitney Dorsett

PORTRAIT DRAWING WORKSHOP

Have you ever wanted to draw a friend or loved one but didn't feel you had the skills? This two-part workshop will give you the tools and confidence to begin.

Week One: Learn facial structure, measuring techniques, and proportion through a visual presentation and live demonstration. Practice drawing from a live model with individual guidance.

Week Two: Continue working from a live model to build accuracy and confidence. Advanced students will learn how to transfer drawings to canvas for painting. *Min 4 / Max 12*

Instructor: Victoria Zurkan

Days: Saturdays, May 9 & 16

Time: 10am-1:00pm

Location: SPCC Casco Bay Room

Fee: \$50/\$60NR per week (No senior discounts)

Staff Coordinator: Whitney Dorsett

MOSAIC MIRROR

Learn the art of Mosaic! Participants will make a mosaic mirror in a two-part class. Mirrors will be provided. Students are encouraged to bring items to cover a mirror. Stain glass, shells, stones and pottery are all good items to use in mosaic. Tools and some materials will be provided. *Min 4 / Max 8*

Instructor: Rachel Mills

Day: Wednesdays

May: May 11 & 18

June: June 15 & 22

Time: 5:30pm-8:30pm

Location: SPCC Activity Room

Fee: \$75/\$85NR

Staff Coordinator: Whitney Dorsett

STAIN GLASS ORNAMENTS AND SUN CATCHERS

Students will go home with an ornament or sun catcher. Learn the surprisingly easy copper foil technique. All materials provided. No senior discount will apply to this program. *Min 4 / Max 8*

Instructor: Rachel Mills

Session 1: July 13

Session 2: July 30

Time: 5:30pm-8:45pm

Location: SPCC Activity Room

Fee: \$75/\$85NR

Staff Coordinator: Whitney Dorsett



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

Beginner: 10:45 – 11:45a

Advanced: 11:45a-12:15p

Location: SPCC MPR

Fee: \$5.00 Drop-in

Staff Coordinator: Whitney Dorsett

Spring Sessions	Beginner	Advanced
May 6 - June 24	\$36/\$46NR	\$24/\$34NR
Summer Sessions		
July 1 - August 12	\$32/\$42NR	\$21/\$31NR

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 - 9:00 PM
 Cost: \$75/\$85NR
 Location: SPCC Gym
 Staff Coordinator: Whitney Dorsett

Monday League Summer: June 1 - August 3
***NEW* Women's League:** June 4 - August 6
 (No game 7/2)

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

Summer Dates: June 29- Aug 13

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/\$60NR

-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)



Rec Camps

NATURE EXPLORERS CAMP

Campers will explore nature through local field trips and will participate in themed games and crafts. A full weekly schedule will be posted at a later date. This program is for South Portland residents entering Kindergarten through 5th grade in the Fall.
Min 20/Max 40

Dates: Monday-Friday, August 17-21
Time: 8:00 am – 5:00 pm
Grades: K – 5
Location: SPCC
Fee: \$225.00 (\$20 sibling discount, residents only)
Staff Coordinator: Kari Filieo



Sopo Kids Club

2026– 2027 school year

Starting on Monday, August 31, 2026 (Tentative first day of school) Before & After Care will be held each day school is in session. This program is held in the gym at each elementary school. An afternoon snack is provided. Early Release days are included but there is no program on school vacation weeks & teacher workshop days (Alternative programs will be offered at an additional cost). A \$50 deposit is required at the time of registration. We offer a weekly \$10 sibling discount and a \$10 multi-program discount.

With the uncertainty of the structure of elementary schools next year, we are holding off on public registration until a later date. Once a registration date has been set, it will be posted on our website and we will send out an email blast. Please contact Kari Filieo with any questions at kfilieo@southportland.gov

Weekly Cost:

Before Care
(7am-9am)
2 days: \$50.00
3 days: \$60.00
4 days: \$70.00
5 days: \$80.00

After Care
(3pm-6pm)
2 days: \$60.00
3 days: \$75.00
4 days: \$85.00
5 days: \$100.00



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):

Dates:

September 2, 2025 – June 16, 2026

August 31, 2026-June 10, 2027

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. **This program is ineligible for scholarship.** *Min 5/Max 15.*

Instructor: Tim O'Carroll, Right Choice Driving School

Ages: 15 +

Location: SPCC Conference Room

Fee: \$625/\$635 NR

Staff Coordinator: Anthony Johnson

Session	Dates	Days	Times
Summer 1	June 15 - July 2	M-Th	2:30-5:00pm
Summer 2	July 27 - Aug 13	M-Th	8:30-11:00am

MIDDLE SCHOOL RAFTING TRIP

We will be bussed to Caratunk, ME where Adventure Bound Youth Adventures will host us at their amazing base camp, and lead us down the Kennebec River for a 12 mile rafting trip. The bus will depart from the South Portland Community Center on Monday, August 17th at 1:00pm and will return to SPCC on Tuesday, August 18th at approximately 6:30pm. An additional liability waiver, provided by the rafting company, will be required in order to participate. Dinner, breakfast and lunch (on the river) provided. *Min 20/Max 25*

Leave: August 17 at 1:00pm

Return: August 18 at 6:30pm

Grades: 6-8

Fee: \$200/\$215NR

Location: Caratunk, ME

Staff Coordinator: Kari Filieo



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.

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	Spring: May 7 - June 4	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 pairs well with Babysitting and Child Care Courses.

Instructor	Dates	Time	Cost	Location
Lou Cavallaro, City of South Portland Safety Coordinator	May 18-19	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 & Reiki Master	May 4- June 8 (no program 5/25)	3:05-3:45pm	\$25	SPMS

Pickleball Lessons

Join us for an exciting five-week pickleball program designed specifically for middle school students! Whether you're new to the game or looking to sharpen your skills, this after school program is a fun and engaging way to stay active and learn the fundamentals of pickleball.

Instructor	Dates	Time	Cost	Location
Dave Cousins	May 7-June 4	3:05-3:45	\$50	SPMS Gym or Outdoor Courts

Youth Programs

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! *Min 7/Max 10*

Instructor: USTA Staff
Dates: Sundays, May 3-June 14 (Rain Date: June 21)
Grade 3-5 Time: 9:00-10:15am
Grade 6-8 Time: 10:15-11:30am
Location: SPHS Tennis Courts
Fee: \$80/\$90NR
Staff Coordinator: **Brianne Maloney**



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
Spring 1: April 17- May 22
Time: 4:00-5:00pm
Age: 5-12
Location: SPCC Multipurpose Room
Fee: \$65/\$75NR
Staff Coordinator: **Brianne Maloney**

MR. REGAN'S VACATION THEATER CAMP

Warning! Warning! There may be drama! Mr. Reagan's Theater Camp is a great way to develop creativity and team building. Actors will learn a variety of skills such as: voice projection, improv and animation. Campers will build confidence and teamwork by creating skits, participating in a variety of games and children's theater plays. No experience necessary! *Min 10/Max 25*

Instructor: Pat Reagan

Day: Tuesday-Friday
Spring 1: April 21-24
Time: 9:00-12:30pm
Age: 6-12
Location: SPCC Aerobic Room
Fee: \$225/\$235NR
Staff Coordinator: **Brianne Maloney**

SKATEBOARDING LESSONS

Beginners Lessons

Our beginner skateboard classes are designed to provide a solid foundation for aspiring skaters. Our goal is to equip students with the essential skills and knowledge necessary to enjoy skateboarding and progress confidently. In these classes, you'll learn everything from the basics to the more advanced techniques, all while having a great time with fellow skaters.

Improvers Lessons

The Improvers Lessons are designed for those who have already completed the Beginners Lessons and are looking to continue challenging themselves. Patrons who have not completed the Beginners Course may still register for these lessons but must be able to display their competency in controlling their board. *Min 2/Max 5*

Instructor: Hunter Finden

Day: Saturdays
Time:
Beginners: 9:00-9:30am
Improvers: 9:45-10:15am
Beginners: 10:30-11:00am
Age: 5-15
Location: SPCC Skate Park
Fee:
Beginners \$135/\$145NR
Improvers \$150/\$160NR
Staff Coordinator: **Brianne Maloney**

Session Dates:
May 9- June 6
June 13-July 18
July 25-August 22
August 29-September 26

Riot Pride Football Clinics: Flag Division

The Riot Pride Clinic is a summer primer leading into the official start of the 2026 football season. All youths entering grades K-8 are welcome! The camp will be run two days a week in a typical clinic format. This will be a fun opportunity for BOTH returning players as well as new players who are planning on or even considering playing! Returners get a chance to sharpen their skills and knowledge they acquired last season while new players have the opportunity to learn the drills, skills, terminology, concepts, and overall practice routine in a slower paced environment so that they are confident and ready for the season. This is a minimal contact camp and the only equipment needed are cleats, mouthpiece and a water bottle. The Camp Program will be led by High School Head Football Coach, Aaron Filieo, supported by a tenured staff of guest volunteer coaches and high school players. *Min 10/Max 50*

Instructor: Aaron Filieo & High School Players

Dates: July 20-29
Day: Mondays & Wednesdays
Time: 5:30-6:30pm
Grades: K-4
Location: SPHS Practice Field
Fee: \$40/\$50NR
Staff Coordinator: **Brianne Maloney**

Youth Programs

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, March 3-May 5

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**

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, March 3-May 5

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**

GRADES 1/2 & 3/4 FALL SOCCER LEAGUE

South Portland Parks and Recreation offers a Youth Soccer League for boys and girls in grades 1 through 4. The purpose of this program is to promote soccer skill development in an environment which will enhance the physical, social and emotional growth of the child as he/she learns to become part of a team and work with others. Sportsmanship will be stressed on all teams, with the ultimate goal of having FUN! Registration will be girls and boys teams, if we do not have enough to form a league co-ed will be an option. Teams will practice 1 time during the week in the evening and play 1 game each Saturday in South Portland. Includes team shirt. We do not allow Kindergarteners to play in this league, no exceptions will be made. In an effort to create equally balanced teams, unfortunately we cannot honor all specific team/coach requests.

Game Dates: Sept 12 – October 24 (Rain Date Oct 31)

Practices begin the week of August 31

Day: Saturday games, weekday practices

Time: Games between 9am – 12pm, practices are weekday evenings

Grade: 1-4

Location: Wainwright Complex

Fee: \$75/\$85NR

Staff Coordinator: **Brianne Maloney**

**DIVISION
GIRLS GRADES 1/2
BOYS GRADES 1/2
GIRLS GRADES 3/4
BOYS GRADES 3/4**

GRADES 5/6 REC SOCCER LEAGUE

This is a recreational league, but games will be played in area towns, so travel is required. Teams have 1 practice per week in the evening at the Wainwright complex and play one game per weekend on Saturday mornings/early afternoons. A game schedule will be available late August. If we are not able to form a boys and girls team we will play co-ed. Includes team shirt. In an effort to create equally balanced teams, unfortunately we cannot honor all specific team/coach requests.

Coaches Needed! Please contact Birnane Maloney bmaloney@southportland.gov

Date: September 12 – October 24 (Rain Date Oct 31)

Practices begin the week of August 31

Day: Saturday games, weekday practices

Time: Games between 9am – 12pm, practices are weekday evenings

Grade: 5-6

Location: Wainwright Complex

Fee: \$75/\$85NR

Staff Coordinator: **Brianne Maloney**

**DIVISION
GIRLS GRADES 5/6
BOYS GRADES 5/6**

COACHES NEEDED!

In order to provide adequate programming for our youth we need the help of parent volunteers. Please help us continue our tradition of offering quality programs by volunteering to coach.

Email Brianne Maloney: bmaloney@southportland.gov

Youth Programs

Riot Pride Football Clinics: Tackle Division

The Riot Pride Clinic is a summer primer leading into the official start of the 2026 football season. All youths entering grades K-8 are welcome! The camp will be run two days a week in a typical clinic format. This will be a fun opportunity for BOTH returning players as well as new players who are planning on or even considering playing! Returners get a chance to sharpen their skills and knowledge they acquired last season while new players have the opportunity to learn the drills, skills, terminology, concepts, and overall practice routine in a slower paced environment so that they are confident and ready for the season. This is a minimal contact camp and the only equipment needed are cleats, mouthpiece and a water bottle. The Camp Program will be led by High School Head Football Coach, Aaron Filieo, supported by a tenured staff of guest volunteer coaches and high school players. *Min 10/Max 50*

Instructor: Aaron Filieo & High School Players

Dates: July 20-29

Day: Mondays & Wednesdays

Time: 6:30-7:30pm

Grades: 5-8

Location: SPHS Practice Field

Fee: \$40/\$50NR

Staff Coordinator: Brianne Maloney



Football Clinic with Aaron Filieo

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*

Instructor: Emily Savage

Date: Tuesdays, April 7-May 26

Time: 6:30-8:00pm

Location: SPCC Gym

Fee: \$65/\$75NR

Staff Coordinator: Brianne Maloney



COED SOCCER DRIBBLING CLINIC (RISING 1ST & 2ND GRADE)

This high-energy coed dribbling clinic is designed for rising 1st and 2nd graders looking to build confidence and comfort with the ball. Players will work on ball control, change of direction, basic moves, and small-sided games that encourage creativity and decision-making. Sessions emphasize lots of ball touches, movement, and positive reinforcement in a fun, supportive environment. Suitable for beginners and returning players.

Min 10/Max 16

Instructor: Jason Higgins

Date: Sunday–Wednesday, July 12-15

Time: 9:00-10:00am

Grade: 1-2

Location: Wainwright

Fee: \$90/\$100NR (Includes T-shirt)

Staff Coordinator: Brianne Maloney

COED SOCCER DRIBBLING CLINIC (RISING PRE-K & KINDERGARTEN)

This introductory coed soccer dribbling clinic is designed for rising Pre-K and Kindergarten players. Through fun games, simple activities, and creative movement, children will learn to dribble, stop the ball, and move with confidence. The focus is on coordination, listening skills, and enjoyment in a positive, pressure-free environment. A great first step for young players beginning their soccer journey. *Min 10/Max 16*

Instructor: Jason Higgins

Date: Sunday–Wednesday, July 12-15

Time: 10:30–11:30am

Grade: Pre-K & Kindergarten

Location: Wainwright

Fee: \$90/\$100NR (Includes T-shirt)

Staff Coordinator: Brianne Maloney

Jason Higgins brings over 20 years of collegiate coaching experience at the NCAA Division I, II, and III levels. He is the Founder and Director of Blaze United Soccer Club and THE College Soccer Coach. Jason focuses on age-appropriate development, confidence building, and helping young players develop a lifelong love for the game.

Youth Programs

YOUNG CHEFS CHALLENGE

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 15/Max 24*

Instructor: Fun Chefs

Date: Wed-Fri, July 8-July 10

Time: 9:30am-12:00pm

Ages: 6-12

Location: SPCC Casco Bay Room

Fee: \$207/\$217NR

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

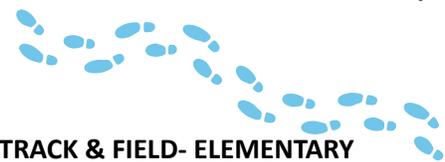
Time: 9:00-9:45am

Grades: K-2

Location: SPHS Track

Fee: \$55/\$65NR

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

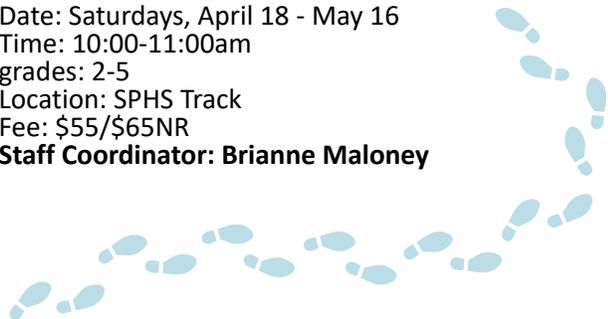
Time: 10:00-11:00am

grades: 2-5

Location: SPHS Track

Fee: \$55/\$65NR

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

Location: SPCC Activity Room

Fee: \$40/\$50NR

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

Location: SPHS Track

Fee: \$55/\$65NR

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

Location: SPHS Track

Fee: \$55/\$65NR

Staff Coordinator: **Brianne Maloney**

Youth Camps

MR. REAGAN'S THEATER CAMP

Mr. Reagan's Theater Camp is a great way to develop and hone theater skills. Actors will learn a variety of skills such as: voice projection, improv and animation. Campers will build confidence and teamwork by creating skits, games and play Patrick Reagan is a fifth grade teacher in Scarborough. He has been doing theater the classroom for the past twenty-three years and has run theater camps in the area for over ten years. *Min 7/Max 25*

Instructor: Pat Reagan

Dates: July 27-July 31

Time: 9:00am - 12:30pm

Age 6-12

Location: SPCC Casco Bay Room

Fee: \$225/ \$235NR

Staff Coordinator: Brianne Maloney

MR. REGAN'S ECO- ADVENTURE CAMP

We will offer unique learning opportunities such as: hands-on science lessons, environmental games, and guest artists. Campers will be able to learn and appreciate science through real science experiences, fun activities and cooperative learning games. Last year, we explored local beaches, trails, and adventured in tide pools. Eco adventure camp focuses on the environment, the natural world and staying active! Come join the fun! "Of all the paths you take in life, make sure a few of them are dirt." – John Muir. *Min 5/Max 12*

Instructor: Pat Reagan *Mr. Reagan is a fifth grade teacher in Scarborough; he has a Master's in Education, and he is the doctor of fun!*

Dates: August 3- 7

Time: 9:00-12:30pm

Age: 8-12

Location: SPCC Casco Bay Room

Fee: \$325/\$335NR

Staff Coordinator: Brianne Maloney

MR. REAGAN'S COMEDY CAMP

Campers will learn to hone their improvisational skills with action and physical comedy games. Campers will learn to adapt and become flexible thinkers and performers. The improv games will include games such as: park bench, the shapes Olympics, and spaghetti. Actors will show case their talents on the last day of camp to family and friends. Come join the creative, fast-paced, and spontaneous fun! No experience necessary! *Min 7/Max 25*

Instructor: Pat Reagan

Dates: August 10- 14

Time: 9:00-12:30pm

Age: 9-13

Location: SPCC Casco Bay Room

Fee: \$225/\$235NR

Staff Coordinator: Brianne Maloney



LIL' RED RIOT HOOPERS

This basketball camp is for boys and girls entering K-2 in the fall of 2026. We will focus on the fundamentals and basics of basketball. Focusing on dribbling, passing, and shooting techniques. Come join the SPHS coaches and players for a week full of fun! *Min 7/Max 15*

Instructor: Brianne Maloney & High School Players

Day: July 6-9

Time: 9:00am-12:00pm

Grades: K-2

Location: SPCC Gym

Fee: \$50/\$60NR

Staff Coordinator: Brianne Maloney

NOTHING BUT NET GIRLS BASKETBALL CAMP

This basketball camp is for girls entering grades 2-8 in September, 2025. Come join the SPHS coaches and players for a week full of fun! There will be skill contests, skill work, and game play. This is a great chance to learn how to become a better basketball player and have fun while doing it! Please pack a snack, water, and lunch every day. *Min 20/Max 60*

Instructor: Brianne Maloney & High School Players

Date: Saturday, June 22-26

Time: M-Th, 9:00am-3:00pm; F, 9:00am-12:00pm

Grades: 3-8

Location: SPCC Gym

Fee: \$120/\$130NR

Staff Coordinator: Brianne Maloney

BIG RED BASKETBALL CAMP

This camp is for boys entering grades 3 – 8 in September, 2026. Be ready for a competitive week of basketball, combined with lots of fun! Learn skills from SPHS coaches and players. Please bring a snack and Lunch each day. Camp includes t-shirt. *Min 20/Max 60*

Instructor: Kevin Millington & High School Players

Date: Mon-Thurs, June 29-July 2

Time: 9:00am-3:00pm

Grades: 3-8

Location: SPCC Gym

Fee: \$150/\$160NR

Staff Coordinator: Brianne Maloney

Youth Camps

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

Instructor: Steam Works Staff

Ages: 6-11

Location: SPCC

Staff Coordinator: Brianne Maloney



Steamworks Robot Factory

Topic	Dates	Time	Cost
Robot Factory: Build & Battle	April 21-24	9:00am-12:00pm	\$140/\$150NR
Space Robot: Mars Mission	April 21-24	12:30-3:30pm	\$140/\$150NR
Creative Constructions	June 22-26	9:00am-12:00pm	\$172/\$182NR
Wind Bots	June 22-26	12:30-3:30pm	\$172/\$182NR
The Wizardry School of Science	July 6-9	9:00am-12:00pm	\$140/\$150NR
Bubbles Bonanza	July 6-9	12:30-3:30pm	\$140/\$150NR

CHALLENGER SPORTS CAMPS

Location: Wainwright Athletic Complex

Staff Coordinator: Brianne Maloney

Topic	Dates	Time	Ages	Cost
Foundation Skills Camp	Week 1: August 10-14 Week 2: August 24-28	Half Day 9:00a-12:00p Full Day 9:00a-3:00p	Age 6- 14	Half Day \$234/\$244NR Full Day \$300/\$310NR
Tiny Tykes	Week 1: August 10-14 Week 2: August 24-28	8:00-8:45am	Age 2-5	\$122/\$132NR
Creative Skills Camp	August 17-21	9:00am-3:00pm	Age 7- 14	\$300/\$310NR

Youth Camps

GRAND SLAM TENNIS CAMP

Summer tennis camps offered through the St. Peter's Grand Slam Tennis Programs are fun, yet challenging and instructional and cater to boys and girls ages 7-15 at all skill levels. Camps are taught by certified teaching pros and college tennis players. For the beginner, a progressive format is followed. Each session teaches basic tennis strokes and strategy in an enthusiastic but low-pressure environment. For intermediate and advanced players, every session consists of intense drills to define strokes, conditioning exercises, strategy, and competitive match play. *Min 12/Max 30*

Day: M-F, July 6-10

Time: 9:00am-12:00pm

Ages: 7-13

Location: SPHS Tennis Courts

Fee: \$195/\$205NR

Staff Coordinator: Brianne Maloney

KIDS PADDLING CAMP

Spend the week kayaking and Paddleboarding at local Ponds and water with Seaspray Kayaking! We will be playing games on the beach and in the water, and learning about the proper techniques and safety of paddling the Coast of Maine. Challenges and an expedition to one of the islands or Fort Williams will be part of the Adventure. All kayakers will receive a Paddling T-Shirt. * Kayakers should be prepared for a change in weather conditions. If a change in the schedule is made, all participants will be notified by phone. *Min 6/Max 15*

Day: M-F, August 17-21

Time: 9:00am-12:00pm

Ages: 7-13

Location: Willard Beach

Fee: \$295/\$305NR

Staff Coordinator: Brianne Maloney

CROSS COUNTRY CAMP

Practices will always include a warm-up period with a focus on running form. Workouts will include runs of 1-2 miles (as able), track work, and hill work. Beginners will get an introduction to long distance running while experienced runners will begin preparing for the fall season. Teaching points in Session 1 will focus on cross country training, while Session 2 will cover cross country racing. *Min 10/Max 50*

Instructor: Matt Green

Session 1 August 10-14

Session 2 August 17-21

Time: 9:00-10:00am

Grades: 5-9

Location: SPHS Track

Fee: \$50/\$60NR

Staff Coordinator: Brianne Maloney

JUNIOR POLICE ACADEMY CAMP (JPAC)

JPAC is a physically active, week long, day camp that will provide kids with activities that will develop communication, decision-making skills, teamwork and leadership. Campers will learn about the role of police in their community and the importance of the department's Guiding Values: Integrity, Respect, Leadership, Fairness and Service. Campers will take part in team building games, self-defense instruction, mock investigation, exploration field trips, and see live demonstrations from different police specialties (SWAT, K9, Dive Team, Marine Resources, etc)! **What to Bring:** Wear comfortable clothes and sneakers; dress for the weather! Uniform camp tee shirts will be provided and should be worn daily. Please bring a healthy lunch, snacks, a water bottle and sunscreen every day. This camp is for students entering grades 6, 7 and 8 in the fall. *Min 15/Max 30*

Instructor: South Portland Police Department

Day: M-F, July 13-17

Time: 8:00am - 4:00pm

Grades: 6-9

Location: SPCC Gym

Fee: \$80/\$90NR

Staff Coordinator: Brianne Maloney

SUMMER TRACK CAMP

This recreation based summer track & field camp will include an exploration of different race distances, specific track techniques, and instruction in different throwing and jumping events including hurdles. Beginners will get multiple chances to work on a variety of events while more experienced athletes may choose to focus more on events of personal interest. *Min 10/Max 50*

Instructor: Matt Green

Date: June 22 – July 9

Time: 9:00am-10:15pm

Grades: 2-9

Location: SPHS Track

Fee: \$100/\$110NR

Staff Coordinator: Brianne Maloney

SUMMER RUNNING & CONDITIONING

Athletes from all sports looking to get into shape or stay in shape over the summer will meet once a week for an organized workout and guidance in planning an off season conditioning program. Different workouts and exercises will be introduced each week that can be incorporated into your own routine. *Min 10/Max 50*

Instructor: Matt Green

Date: Mondays, July 6 – August 3

Time: 6:00-7:00pm

Grades: 4-9

Location: SPHS Track

Fee: \$50/\$60NR

Staff Coordinator: Brianne Maloney

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 Manager, 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

Summer Pool Registration Dates:

South Portland Residents:
Monday, June 8 at 7am

Non-residents:
Thursday, June 11 at 7am

You may register for one or both morning sessions for the summer. If your child passes to a higher level at the end of the session, the instructors will find placement for them in the next level in the next session.

Our swim staff is happy to assist you with level placement for your children. We can answer most questions by phone. Please contact the Community Center and ask for the Aquatics Supervisor on Duty. Questions answered BEFORE the registration date will make your registration go smoother, although we will be available to answer level placement questions during the actual registration timeframe.

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 (age 14+) 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

Session 1 (8 classes over 4 weeks):

Mondays & Wednesdays, June 22-July 15
Tuesdays & Thursdays, June 23-July 16
Fee: \$80/\$90NR

Session 2 (6 classes over 3 weeks):

Mondays & Wednesdays, July 20- August 5
Tuesdays & Thursdays, July 21- August 6
Fee: \$60/\$70NR

Thursday Evening (7 classes over 7 weeks):

June 25- August 6
Fee: \$70/\$80NR

	Mon & Wed	Tues & Thurs	Thursday
Level 1	10-10:45a	10-10:45a	6-6:45p
Level 2	10-10:45a (2 groups)	10-10:45a	6-6:45p
Level 3	9-9:45a 10-10:45a	9-9:45a	6-6:45p
Level 4	9-9:45a	10-10:45a	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

Session 1 (8 classes over 4 weeks):

Mon/Wed, June 22-July 15

Tues/Thurs, June 23-July 16

Fee: \$80/\$90NR

Session 2 (6 classes over 3 weeks):

Mon/Wed, July 20-Aug 5

Tues/Thurs, July 21-Aug 6

Fee: \$60/\$70NR

Tues Evening (7 classes over 7 weeks):

Mon/Wed, June 23-August 4

Fee: \$70/\$80NR

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
M/W	9-9:30a 9:30-10a	9-9:30a	9:30-10a
T/Th	9-9:30a 9:30-10a	9-9:30a 9:30-10a	9:30-10a
Tues pm	6:30-7p (2 groups)	6-6:30p	6-6:30p

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

Tuesday Evenings (7 classes over 7 weeks):

June 23- August 4 | 6-6:30p

Thursday Mornings (7classes over 7 weeks):

June 25- August 6 | 9-9:30a

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

Days: Tuesdays, June 23-August 4

Time: 9-9:30am

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

Location: SPCC Pool

Fee: \$70/\$80NR



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*

Days: Wednesdays, June 24 – August 5
Times: 7:00-7:45p
Ages: 14+
Location: SPCC Pool
Fee: \$70/\$80NR

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.

Summer Sessions:

Tuesday | June 23-August 4 | 8-8:45am
Thursday | June 25 – August 6 | 8-8:45pm

Ages: 14+
Location: SPCC Pool
Fee: \$70/\$80NR



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 10/Max 12*

Course Dates: TBD (the course will be in June and will most likely be on Sat/Sun over two weekends) Details will be sent out to the community via email as soon as dates are determined.

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)

Ages: 15+
Location: SPCC Pool
Fee: \$260/\$300NR

DIVING LESSONS

This program will include instructional classes in springboard diving. These lessons will be designed to incorporate a variety of experience levels. Those with no experience will learn the basics of approaches, hurdles, and entries, as well as some basic dives. Those with more experience will work on technique for voluntary and optional dives from all categories. These classes will be taught by Coach Ryan Green, a coaching veteran in Maine high school's SMAA, and multiple time Class A Diving Coach of the Year. *Min 4/Max 10*

Days: Tuesdays, June 23 – August 4
Times: 6:00-6:45p
Grades: 6-12
Location: SPCC Pool
Fee: \$70/\$80NR

Riptide Swim Club

Riptide and Riptide Plus Swim Clubs ****NEW format for this Summer****

Weekly programming for both Riptide and Riptide PLUS will be run together. We are offering weekly sign-up to allow swimmers to participate in the sessions they would like to be better at, while giving families the freedom to enjoy time off as needed this summer.

These sessions are available, regardless of previous participation in Riptide. We are asking that swimmers have either previous experience swimming with Riptide/Riptide PLUS OR previous experience with another club, middle school, or high school swim team.

This is not a learn-to-swim program.

We will be practicing competitive swimming skills throughout the summer on the following schedule.

Week 1: Freestyle | June 22 & 24

Refine the stroke and adjust the head position for more efficient breathing.

Week 2: Dives and Starts | June 29 & July 1

Fundamentals from shallow dives to track starts

Week 3: Backstroke | July 6 & 8

Working on the natural roll of the stroke, body positioning, and hand placement

Week 4: Flip Turns/Front & Back | July 13 & 15

Including sighting the wall for front flip turns and stroke count for backstroke open, and flip turns

Week 5: Breaststroke | July 20 & 22

Pull, breathe-kick, glide. Working on the glide during the front/finish of the stroke and open turns & pull outs

Week 6: Butterfly | July 27 & 29

Rhythm of the kick and coordination of the stroke. Also, open butterfly turns.

Week 7: IM/Turns | August 3 & 5

Address IM order (Fly, Back, Breast & Free), while emphasizing the proper finish/turn techniques.

Summer Session

Practice Nights: Monday & Wednesdays

Time: 6:00 – 7:00pm

Grades: Entering 3-9

Fee: \$10/session*

*Sign up for the weeks your child can attend, or based on the instruction available during a given session.



Golf

The South Portland Golf Course is a nine-hole golf course situated on 25 acres located between Westbrook St, Wescott Rd, and Broadway. The clubhouse, which shares a building with the Branch Library, is located at 155 Wescott Rd.

The Par 33 layout measures 2071 yards. It is a fun course for players who are new to the game, and seniors who are looking to relax, get outside, and enjoy a round of golf. Yet it is tricky enough to challenge the intermediate players. The more experienced player will gain the benefit of working on their short game, as the dog-legs, and hidden, postage stamp greens can make shot making a challenge.

The South Portland Golf Course is the perfect option for the golfer who is looking to get a quick nine in before or after work, or even during a lunch break. It is a great place for families and friends to come out, enjoy a round of golf together, and learn the game of a lifetime.

The course will open in mid-April weather permitting, and the season will run through Early November. All patrons are expected to follow the course rules, rules of golf, and proper on course etiquette.

Tee times can be made by calling 775-0005. Tee times will be scheduled in 15-minute intervals. Tee times can be made up to 2 days in advance. We strongly encourage booking tee times in advance. Walk ups are accepted but may not always be accommodated during peak play times. We hope to see you on the course!

2026 Season Rates

Monday – Friday (up to 18 holes)	\$18.00
Saturday, Sundays & Holidays (up to 18 holes)	\$20.00
Club Rentals (up to 18 holes)	\$15.00
Pull Cart (up to 18 holes)	\$6.00
GHIN CARD (19&up)	\$50.00
GHIN for 18&under sign up at youthoncourse.com	\$5.00

Play Passes

10 Play Pass by May 31 & get 3 extra plays	\$155.00
10 Play Pass after May 31	\$155.00
5 Play Pass	\$80.00



Youth On Course is a non-profit organization dedicated to opening doors, supporting dreams and transforming the lives of young people through opportunities on and off the golf course – has partnered with the Maine State Golf Association (MSGA) to deliver affordable and accessible golf and personal growth opportunities to the young people across the state of Maine for only a \$5.00 sign up fee.

The partnership opens the door for Maine's young golfers to access affordable rounds of golf at participating facilities, including Apple Valley Golf Course, JW Parks Golf Course, Barnes Brook Golf Course, Mars Hill Country Club, Turner Highlands Golf Course, Val Halla Golf Course, Riverside Golf Course, Bangor Municipal Golf Course, South Portland Municipal Golf Course, and Dutch Elm Golf Course where rounds will be offered for \$5 or less. Additional courses will be added in the coming months. Juniors in the state ages 6-18 can sign up for a Youth on Course membership here: www.youthoncourse.org/join. Golfers will also be registered for GHIN to establish or maintain their existing GHIN index number.



Golf



Scott Mann is a former recipient of the PGA Maine Chapter Teacher of the Year Award, as well as a 2020 & 2022 Nominee and the current PGA Director of instruction of The Scott Mann Golf Academy at Fox Ridge Golf Club in Auburn.

SCOTT MANN GOLF ACADEMY – LADIES GOLF CLINICS

Join Scott Mann, PGA Pro and PGA Director of the Scott Mann Golf Academy (SMGA) and start playing and enjoying the great game of golf! Learn swing basics including grip, stance and alignment, followed by an introduction to irons, woods, chipping and putting along with proper golf etiquette. Once the class is complete, you will be ready to schedule your first tee time! Please bring your own equipment. Cost includes a complimentary pass to play at South Portland Municipal on your own. Min 15/Max 20.

Note: the last day of lessons will run from 5:45 – 7:45 pm, with the first hour instruction and the second hour on the course.

Instructor: Scott Mann

Date: Wednesday, May 6-27

Time: 6:15-7:15pm (last day 5:45-7:45pm)

Location: South Portland Municipal Golf Course

Fee: \$135/\$145 NR

Staff Coordinator: Anthony Johnson

SCOTT MANN GOLF ACADEMY – JUNIOR GOLF CLINICS

This Program is designed for both boys and girls as an introduction to the wonderful game of golf. This will cater to beginners or as a continued development of fundamentals for the intermediate player. This program is fun and includes games while covering aspects of the game such as, history of the game, basic rules, respect & etiquette, short game fundamentals, full swing fundamentals, video analysis, on course play and course safety. This is a great program for all junior players under 12 to learn and improve at the game of golf. Min 10/Max 20 per session. *Min 10/Max 24*

Instructor: Scott Mann

Date: Wednesday, June 17 - July 15

Time: 9:00am-10:15am

Location: South Portland Municipal Golf Course

Fee: \$115/\$125NR

Staff Coordinator: Anthony Johnson



Family & Special Events

7th ANNUAL SOUTH PORTLAND YOUTH TRIATHLON – In Honor of Nathan Savage

Join us in our 7th Annual Sopo Youth Triathlon. This event is in honor of South Portland's own, Nathan Savage, who was passionate about family exercise, promoting physical activity, and giving back to the community. The main goal of this event is to expose youth to the great sport of triathlons and to have fun! The aim is to encourage self-confidence and promote the importance of leading a healthy and active lifestyle.

This event will take place at the South Portland Community Center and South Portland High School campus and surrounding neighborhood. Race will not be professionally timed nor will there be any overall age division winners as the goal is to promote physical fitness and doing your best! Participants will receive a race shirt, medal, water bottle and other gifts. There will be a closing ceremony to celebrate the event, on the football field, when all of the racers have finished. RACE PROCEEDS TO BENEFIT THE NATHAN SAVAGE YOUTH PROGRAMS SCHOLARSHIP FUND.

Must pre-register by August 19th. There will be no day of registration for this event.

Course Details (one course!)

Swim - 75 meters at SPCC Pool (kickboards & pool noodles available if needed)
Bike - 1.2 miles
Run - .7 miles

Packet Pickup & Bike Drop Off

Date: Friday, August 21
Time: Between 5:00-6:00pm
Location: SPCC Lobby

Event Info

Date: Saturday, August 22
Time: Check-in begins at 8:15am. Race begins at 9:00am
Location: SPCC Pool & Surrounding Campus
Fee: \$30/\$50 NR

RACE DAY VOLUNTEERS NEEDED – Contact Anthony Johnson at ajohnson@southportland.gov



SPRINGFEST

The Rotary Club of South Portland - Cape Elizabeth is proud to bring SpringFest 2024 to South Portland once again! This event is supported by Bath Savings Bank, Hannaford, DiMillos on the Water, Port Harbor Marine, Saco and Biddeford Savings, IRA Motor Group and many more area businesses.

Join us at Redbank Pavillion on Friday May 17 for ice cream and activities with area non-profits! The main event in Mill Creek will include a day of creativity, community, and gnome-tastic fun! Stay tuned for more details!

Visit www.SPspringfest.com for more info!

Date: Friday, May 15
Time: 5:00-8:00pm
Location: Redbank Pavillion
Fee: FREE

Date: Saturday, May 16
Time: 11:00am-3:00pm
Location: Mill Creek Park
Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher



Family & Special Events

MILL CREEK CONCERT SERIES

Join us Wednesday evenings through the summer for music in Mill Creek.

Time: 6:00pm-7:30pm

Ages: All

Location: Mill Creek Park

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

Dates:

July 1

July 8

July 15

July 22

July 29



RED BANK CONCERT & PICNIC SERIES

Join us on several evenings through the summer for music in Mill Creek.

Time: 6:00pm-7:30pm

Ages: All

Location: Redbank Pavilion

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

Dates:

June TBD

July TBD

August 4

4TH OF JULY CELEBRATION AT BUG LIGHT

Join us at Bug Light Park to watch fireworks across the water. We'll have yard games set-up, live music playing, and food trucks on hand to purchase dinner.

Date: July 4

Time: 5:00pm-9:00pm

Ages: All

Location: Bug Light Park

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

NATIONAL NIGHT OUT

This event is a partnership with the South Portland Police Department. Live music and activities will begin at 6pm.

Date: August 4

Time: 6pm-7:30pm

Ages: All

Location: Redbank Pavillion

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

ART IN THE PARK

170 artists will display their work. Free activities will be available for kids from 10a-2p. Food trucks will be on site for lunch from 11a-3p. Visit www.artintheparkmaine.com for more info.

Date: August 8

Time: 9am-4pm

Ages: All

Location: Mill Creek Park

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

SPRING SWAP SERIES

Bring your items and swap them for something to better suit you in your next season! Swap themes will be "Gardening" (think tools, flower pots, soil, seeds, etc) and "Summer fun" (think sports gear/balls, pool floats, kites, beach toys, etc) . All items that go unclaimed will be relocated to the City's Swap Shop or donated to appropriate organizations. **Please only bring items that are in good and working condition!**

Gardening Swap: May 14

Summer Fun Swap: June 11

Time: 4pm-7pm

Ages: All

Location: South Portland Community Center

Fee: FREE, no donations needed to come browse!

Staff Coordinator: Jenna Martyn-Fisher



Swap Series, December 2025: Holiday Gifts

Community Connections

SOUTH PORTLAND LITTLE LEAGUE - BASEBALL AND SOFTBALL

The 75th anniversary of Little League in South Portland is going to be a great one! Although registration has already closed for our older divisions, registration for tee ball (boys and girls ages 4 to 6) will remain open until April 24. Registration for coach-pitch softball (girls only, ages 6 to 8) and coach-pitch baseball (boys and girls, ages 6 to 8) will close in early April before practices begin. The season begins the week of April 27!

Registration for our Challenger division — for players with physical or intellectual challenges, ages 4 to 18, or enrolled students up to age 22 — will remain open through the season.

Registration is exclusively online at SPLL.us/REGISTER and is limited to South Portland residents and students at South Portland schools. Scholarships are available! Go to SouthPortlandLittleLeague.com for information about our divisions and answers to the most commonly asked questions. Email soportlandlittleleague@gmail.com with additional questions. Play ball!



South Portland Strikers

South Portland Strikers is a travel soccer program for the youth of South Portland. Strikers seeks to provide a positive and competitive youth soccer playing experience, with a focus on player development. Don't miss the early bird registration discount!



Visit WWW.SOPOSTRIKERS.COM for more information on when registration opens. Financial aid available as needed.

Staff Highlight: Henry Cyr

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

My job entails supervising teenagers at the Redbank Community Center and doing the clock for Adult Rec League Basketball.

What do you like most about your job?

What I like most is being able to interact with a bunch of different people and everyday is different.

What is your favorite park in South Portland?

Mill Creek Park

What do you do for fun?

I play video games, collect baseball cards and watching sports.

What is your favorite restaurant?

Buffalo wild wings

What are you watching now?

I'm currently watching The Pitt and March Madness basketball tournament



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Thank you Volunteers!

Community Center Volunteers

Helen Walsh
Linda Peters
Amy Brown, FNP-C

Teen Center Volunteers

Locker Project
Meredith Inosencio

Senior Center Volunteers

Jason A'Dour	Judy Hanscom
Chris Chapman	Linda Laverriere
Cynthia Fallows	Lisa McLaughlin
Janine Fifield	Doug Rader
Linda Fearon	John Roediger
Ray Glass	Judy Simpson



Volunteer Coaches:

Nick Aloes	Gabe Laplante
Jeremy Boone	Kirk Larkin
Chris Bowden	Mike Lauze
Gerry Brown	John McDonough
Charlie Calligan	Eric Nelson
David Cekutis	Marc Normandin
Joe Chateaufneuf	Mitchell Ouellet
Peter Cooke	Andrew Paladino
Tucker Daniels	Chris Payne
J.D. Dobson	Sam Peterson
Ryan Facey	Ryan Piper
Jonathan Feeley	Laura & Robert Pralicz
Dom Fitzpatrick	Nick Saunders
John Hychko	Connor Schratz
Meredith Inosencio	Adam Shepherd
Josh Jenisch	Rebecca Snoonian
Meredith Johnson	Lucy Sommo
Eliza Kehew	Adam & Ashley Soule
Patrick Kenney	Gabby Stone
Kris King	Brandon Wohl
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