

South Portland Municipal Pool Schedule **April 1-May 21, 2026**

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

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

<https://southportlandme.myrec.com>

Daily Fees:

SP Residents:

Adults \$6
Children/ Seniors 60+ \$5

Non-Residents:

Adults \$8
Children/ Seniors 60+ \$7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM	Adult Lap Swim-circle	Adult Lap Swim-circle	Adult Lap Swim-circle	Adult Lap Swim-circle	Adult Lap Swim-circle	CLOSED	CLOSED
7 AM	Lap Swim & Deep Water Aerobics 7-8am	Lap Swim & Hydro Fitness 7-8am	Lap Swim & Deep Water Aerobics 7-8am	Lap Swim & Hydro Fitness 7-8am	Lap Swim & Deep Water Aerobics 7-8am		
8 AM	Shallow Water Aerobics 8-9am (NO laps available)	J.A.M & Stroke Refinement Clinic 8-8:45am	Shallow Water Aerobics 8-9am (NO laps available)	J.A.M. 8-8:45am & Lap Swim 8-9am	Shallow Water Aerobics 8-9am (NO laps available)	Shallow Water Aero + lap lanes 8-9am	Swim Lessons Only 10-1pm
9 AM	Open Swim w/ laps NO board 9-11am	Swim lessons + 3 lap lanes 9-10am	Swim lessons + 3 lap lanes 9-10am	Swim Lessons 9-10am (closed to public)	Open Swim w/ laps NO board 9-10am	Swim Lessons Only 9-12pm	
10 AM		Scarborough Schools (closed to public)	SPHS Swim Club & 3 lap lanes 10-11am	Open Swim w/ laps 10-11am	Falmouth Schools & 3 lap lanes 10-11am		
11 AM	Senior Open Swim 60+ 11-12pm	Senior Open Swim 60+ 11-12pm	Senior Open Swim 60+ 11-12pm	Senior Open Swim 60+ 11-12pm	Senior Open Swim 60+ 11-12pm	Open Swim w/ board (NO laps) 12-1pm	
12 pm	Open Swim w/ laps 12-3:30pm (no diving board)	Open Swim w/ laps 12-3:30pm (no diving board)	Open Swim w/ laps 12-3:30pm (no diving board)	Open Swim w/ laps 12-3:30pm (no diving board)	Open Swim w/ laps 12-3:30pm (no diving board)	RENTAL 1-2pm	Open Swim w/ board (NO laps) 1-3pm
1 PM						RENTAL 2-3pm	
2 PM						RENTAL 3-4pm	
3 PM						Adult ONLY Lap Swim 3-4:30pm	Adult Beginner Lessons + Adult Open Swim 4-5pm
4 PM	ABF 3:30-6pm (Closed to public)	ABF 3:30-6pm (Closed to public)	ABF 3:30-6pm (Closed to public) (starting 4/8)	ABF 3:30-6pm (Closed to public) (starting 4/9)	ABF 3:30-6pm (Closed to public) (starting 4/10)	CLOSED at 4:30pm	Stroke Refine Clinic + lap lanes 5-5:50pm
5 PM							
6 PM	RipTide Swim Club 6-7pm	Swim Lessons only 6-7pm	RipTide Swim Club 6-7pm	Swim Lessons only 6-7pm (starting 4/9)	Open Swim w/ board 6-7pm (starting 4/10)	CLOSED at 5:50pm	
7 PM	Deep Water Aero + RipTide PLUS 7-8pm	Shallow Water Aero +3 lap lanes 7-8pm	Deep Water Aero + RipTide PLUS 7-8pm	Shallow Water Aero +3 lap lanes 7-8pm	Lap Swim 7-8pm (starting 4/10)		
8 PM	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Stroke Refine. Clinic + 3 lap lanes (starting 4/9)	Maintenance 8-9pm	CLOSED	

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***Due to staffing responsibilities, the last swim of the day will end 10 minutes before the hour. Additionally, the pool staff may need to end any swim 5 minutes before the hour to set up for anticipated programming.**

Thank you for understanding and planning your workouts accordingly.

Pool Party Rentals:

Rentals for Saturday and Sunday afternoons can be requested online. Check it out at <https://southportlandme.myrec.com> and contact the Customer Service Desk with any questions about this process.

Rentals will end the weekend of May 17-18 and will resume in September.

CLOSURES:

~Thursday 4/2 and Friday 4/3 from 2:30-8pm for Middle School Swim Festivals

~ Monday, April 20th for Patriot's Day

~Rec campers will be joining some of our open swim times during the week of 4/21 for April School Vacation.

Please know the pool will be busy and lap lanes may be reduced to make space for families during this week.

Definition of some of our swims:

SENIOR OPEN SWIM: (ages 60+ only). There are 3 lap lanes AND a large open space for exercising. The ramp will be accessible.

LAP SWIM: When possible, all 6 lanes are in the pool. Lanes will be designated for FAST, MODERATE, and SLOW swimming speeds for CIRCLING SWIMMING only. Lifeguards can assist you in finding an appropriate lane. (6am M-F is for 18+ adults only; no water jogging allowed)

OPEN SWIM: Patrons are allowed to use the pool and spa. Some swims will restrict use of the board or lap lanes, so please note on the schedule whether lap lanes or the diving board (or BOTH) will be open. Sundays 4-5pm is for Adults only, please!