

South Portland Municipal Pool Schedule May 22nd – June 18, 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 ONLY (circle swim)	Adult Lap Swim ONLY (circle swim)	Adult Lap Swim ONLY (circle swim)	Adult Lap Swim ONLY (circle swim)	Adult Lap Swim ONLY (circle swim)	CLOSED	CLOSED
7 AM	Lap Swim + Deep Water Aero 7-8am	Lap Swim + Hydro Fitness 7-8am	Lap Swim + Deep Water Aero 7-8am	Lap Swim + Hydro Fitness 7-8am	Lap Swim + Deep Water Aero 7-8am		
8 AM	Shallow Water Aerobics (no laps available) 8-9am	Lap Swim 8-9am + J.A.M. 8-8:45am	Shallow Water Aerobics (no laps available) 8-9am	Lap Swim 8-9am + J.A.M. 8-8:45am	Shallow Water Aerobics (no laps available) 8-9am		
9 AM	Open Swim w/ laps NO diving board 9-11am	Open Swim w/ laps NO diving board 9-10am	Open Swim w/ laps NO diving board 9-11am	Open Swim w/ laps NO diving board 9-11am	Open Swim w/ laps NO diving board 9-10am		
10 AM		Scarborough Schools (closed to public) 10-11am			Falmouth Schools & 3 lap lanes 10-11am		
11 AM	Senior Swim 60+ 11-12pm	Senior Swim 60+ 11-12pm	Senior Swim 60+ 11-12pm	Senior Swim 60+ 11-12pm	Senior Swim 60+ 11-12pm		
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)		
1 PM							
2 PM							
3 PM							
4 PM	ABF 3:30-6pm (Closed to public)	ABF 3:30-6pm (Closed to public)	ABF 3:30-6pm (Closed to public)	ABF 3:30-6pm (Closed to public)	ABF 3:30-4:30pm (Closed to public)		
5 PM					Maintenance 4:30-5pm		
6 PM	RipTide Swim Club 6-7pm	Open Swim w/ diving board/NO laps 6-7pm	RipTide Swim Club 6-7pm	Open Swim w/ diving board/NO laps 6-7pm	CLOSED		
7 PM	Deep Water Aero & RipTide PLUS 7-8pm	Shallow Water Aero + lap lanes 7-8pm	Deep Water Aero & RipTide PLUS 7-8pm	Shallow Water Aero + lap lanes 7-8pm			
8 PM	Lap Swim (circle swim) (closing at 8:50pm)	Lap Swim (circle swim) (closing at 8:50pm)	Lap Swim (circle swim) (closing at 8:50pm)	Lap Swim (circle swim) (closing at 8:50pm)		CLOSED	

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

Swim Lesson (youth and adult) REGISTRATION dates for SUMMER:

Mon 6/8 for residents at 7am

Thurs 6/11 for non-residents at 7am

Youth Lessons will be offered this summer in two ways: one lesson per week OR a twice per week. Please see the brochure for class specifics on dates/times and cost. There are no weekend summer lessons offered due to the building being closed.

The **Stroke Refinement Clinic** (ages 14+) will be offered on Tuesday mornings or Thursday evenings starting at the end of June. Adults must meet the pre-requisites to take this course.

Adult Beginner lessons (ages 14+) will be offered on Wednesday evenings starting at the end of June. If you want to learn to swim, this is the course for you!

*Join us for the **7th Annual SoPo Youth Triathlon in honor of Nathan Savage***

***on Saturday, August 21st!** Course/registration details in the brochure and online.*

The pool will be CLOSED on Monday, May 25th for Memorial Day & Friday, June 19th honoring Juneteenth

Frequent User Pass for 20 swims:

SoPo Resident: Adult is \$100

Youth/Senior is \$80

Non-Resident: Adult is \$140

Youth/Senior is \$120

Willard Beach opens Saturday, 5/23!

Bathrooms will be available 9-5pm