

Programs & Activity Guide

SOUTH PORTLAND

**PARKS, RECREATION, AND
WATERFRONT**

2026 Fall



southportlandme.myrec.com

207-767-7650

Registration Dates

Recreation Programs

Residents: August 10, 2026

Non-Residents: August 13, 2026

Fall Pool Programs

Residents: September 14, 2026

Non-Residents: September 17, 2026

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

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THANK YOU VOLUNTEERS.....	Back Cover



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

Locations & Hours

SOUTH PORTLAND COMMUNITY CENTER

Address: 21 Nelson Rd

Telephone: 207-767-7650

Hours of Operation (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: 6:00am-5:00pm

Saturdays & Sundays: Closed

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 be reviewed by the appropriate Facility Manager.

Questions?

Community Centers

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

Pool Parties

The pool is available to rent on Saturdays from 1-2pm or 2-3pm & Sundays from 3-4pm.

Outdoor Athletic Fields

(includes school fields & Wainwright Athletic Complex)
Rick Perruzzi, Recreation Manager
767-7650 ext. 7558
eperruzzi@southportland.gov

Parks

(includes requests for outdoor weddings)
Kristina Ertzner, Conservation Manager
207-767-7670 ext. 7811
kertzner@southportland.gov

Policies & Registration

Registration: Pre-registration and pre-payment are required for all classes and leagues. We accept Discover, Visa, and Mastercard. Checks should be made payable to City of South Portland. We do not accept phone registrations. A non-refundable service fee of 3% will be applied to all credit card transactions.

Non-Residents: Persons who do not live in South Portland will pay an additional fee of \$10.00 per program. If a non-resident senior is registering for a senior program that costs \$15.00 or less, there is no non-resident fee.

Confirmations: We do not send course confirmations or reminders of enrollment. If you register for a program and do not receive a call from us, you have been accepted into the class.

Refunds: If we cancel a class or special event all fees will be refunded. If you withdraw 3 business days before the first class or one-time event (excluding weekends & holidays), you will receive a full refund. If you withdraw fewer than 3 business days before the first class or one-time event, you will receive a 50% refund. No refunds will be given if you cancel the day of or after the class or the one-time event has taken place. If you are dissatisfied with a program after the first class of a session, you must let us know before the second class of the session. We will issue a 50% refund at this time. No refunds will be given after the second class of a session. Refunds take approx. 14-21 days to process. We do not provide cash refunds. If injury occurs to a participant that prevents the participant from continuing in a class, you may request a pro-rated refund of the activity fee. 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

September 7 (Labor Day)
October 12 (Indigenous People's Day)
November 11 (Veteran's Day)
November 26 & 27 (Thanksgiving)
December 24 closing at 12pm (Christmas Eve)
December 25 (Christmas)
December 31 closing at 12pm (New Year's Eve)
January 1 (New Year's Day)

Registration Dates

Fall Recreation Programs
Residents: August 10
Non-residents: August 13

Fall Pool Programs
Residents: September 14
Non-residents: September 17

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.

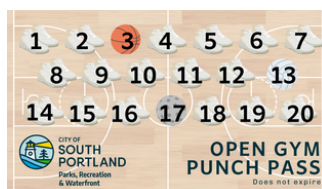
Punch Passes

	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

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

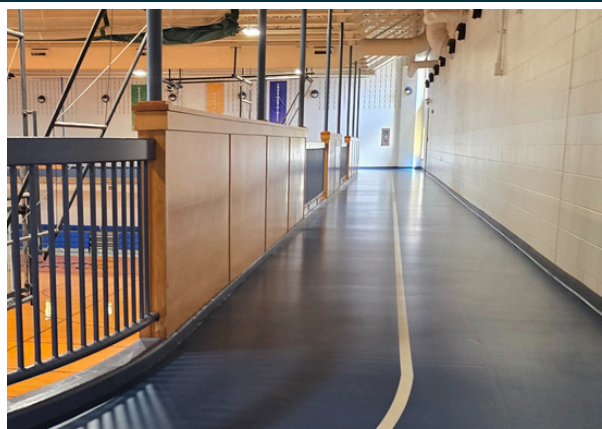


Indoor Track

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 (*See Scheduled Mondays*)

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 (*Tuesdays, 9/22, 10/13, 11/10 & 12/8*)

Mah Jongg: 12:00-3:00pm

Tea & Talk 1:00-2:00pm

WEDNESDAYS:

Beginner Bridge: 9:30-11:30am

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

Psuedo 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 (*Fridays: 9/25, 10/23, 11/20, 12//18*)

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

AGE FRIENDLY RESOURCE FAIR

At this fair, you will find lots of useful information and resources. Come check out a wide variety of more than 40 vendors and service providers that focus on healthy aging, wellness & activity, home safety, mobility and balance. Free balance assessments, raffles and giveaways. Additionally, you will be able to try out some of the free and inexpensive activities that the SPCC Senior Program offers and tour the Senior Drop-in Center. *Min 10/Max 300*

Date: Friday, September 18

Time: 9:00am-12:00pm

Location: SPCC Gym, Casco Bay Room & Senior Drop in Center

Fee: FREE but we ask that you register for headcount purposes

Staff Coordinator: Karla Doyon in coordination with Age Friendly South Portland

BRIDGE LESSONS

Introduction to Bridge. Starting with the basics. Learn a great fun game! Limited to ten people. Please make sure you check the scheduled dates! *Min 4/Max 10*

Instructor: Volunteer John Roediger

Date: Wednesdays,

Sept 9, 16, 23

Oct 7, 14, 21

Nov 4, 18

Time: 9:30am-11:30am

Location: SPCC Senior Drop-in Center

Fee: FREE (*Registration required*)

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: Sept. 21, Oct. 19, Nov. 9 & Dec. 14

Time: 9:00-10:30am

Location: SPCC Senior Drop-in Center

Fee: FREE

Staff Coordinator: Karla Doyon

TAKE A TRIP DOWN MEMORY LANE - OLD ORCHARD BEACH

Come to the Senior Drop in Center to take a trip down memory lane. We will be exploring Old Orchard Beach from riding the vintage carousel, climbing on Noah's Ark to the glowing neon lights of the famous bustling pier. We will share stories and photos and all things OOB! Capture the feeling of walking a path where generations of vacationers have made their own traditions. Light "pier themed" snacks provided. *Min 10/Max 24*

Date: Tuesday, November 17

Time: 10:00am-11:30am

Location: Senior Drop-in Center

Fee: FREE (*Registration required*)

Staff Coordinator: Judy Tourangeau

BOOK FOLDING

This is a beginning Book Folding Workshop. We will be creating a heart. We will be marking a book and folding the pages to create our picture. Please bring: 1. A book with 100 pages, 2. A ruler with centimeter measurements, 3. and a pencil. *Min 3/Max 15*

Instructor: Volunteer, Judy Radigan

Date: Thursday, October 1

Time: 9:00-10:30am

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, Sept. 22, Oct. 13, Nov. 10 & Dec. 8

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 – Sept. 14, Oct. 5, Nov. 2 & Dec. 7

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 a scheduled Wednesday once a 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:

September 30: Author You've Never Read Before

October 28: Mystery or Witch's Brew

November 25: Kings & Queens or Royalty

December 30: Winter or Holiday Story

LEARN A NEW GAME DAY!

Come to the senior center on the 2nd Thursday of each month to learn a new game. Don't be shy! We can teach you how to play or if you have a game you like to play please bring it and teach others how to play! A variety of games will be offered and will vary in strategy, abstract, cooperative and party games. This is all about having fun, making new friends and being social! *Min 4/Max 24*

Date: Thursdays, Sept. 10, Oct. 8, Nov. 12 & Dec. 10

Time: 9:30-11:30am

Location: Senior Drop-in Center

Fee: FREE

Staff Coordinator: Karla Doyon

Senior Programs

STRENGTH AND WEIGHT TRAINING THE RIGHT WAY

Strength and weight training are absolutely critical as one gets older. This class will teach you the best exercises to do and how to do them with proper form so you get results and avoid injuries. You will learn what to do at the gym, or to just strength train at home with minimal equipment. Beginners will learn how to start, and intermediates will learn how to improve. Emphasis on strength, posture and balance. Please bring a mat! *Min 8/Max 25*

Instructor: Gary Auritt

Location: SPCC Multi-Purpose Room

Cost: \$13 Drop-in fee

Staff Coordinator: Karla Doyon

Tuesdays, 9:30–10:30am

Dates	Cost
September 8, 15, 22 & 29	\$40/\$50NR
October 6, 13, 20 & 27	\$40/\$50NR
November 3, 10, 17 & 24	\$40/\$50NR
December 1, 8, 15, 22 & 29	\$50/\$60NR

Fridays, 9:30–10:30am

Dates	Cost
September 11, 18, 25	\$30/\$40NR
October 2, 9, 16, 23 & 30	\$50/\$60NR
November 6, 13 & 20	\$30/\$40NR
December 4, 11 & 18	\$30/\$40NR



MAKE ART - EAT CAKE

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

Instructor: Volunteer Cindy Fallows *has always been a maker of things. As a child, she loved to draw and bake. She attended art classes around the Boston area, and studied at The Boston Cooking School. And, she believes all human beings possess an innate gift for creativity.*

Date: Tuesday, October 6

Time: 10:00am-11:30am

Location: Senior Drop-in Center

Fee: FREE (Registration required)

Staff Coordinator: Karla Doyon

MEDICARE ADVANTAGE & SUPPLEMENTS 2027 ANNUAL ENROLLMENT PERIOD OVERVIEW

Hosted by Cindy Cogswell & Matt Orlando, who collectively have 40+ years of experience helping people navigate Original Medicare, Private Medicare Insurance options (Medicare Advantage and Medicare Supplements), and related senior programs. **Key Topics include:** A 2027 review of annual changes on the more popular plans in Southern Maine, major changes/plan terminations in your area, and guidance on successfully navigating 2027 change and plan options. *Min 5/Max 24*

Date: Monday, September 28

Time: 9:30am-11:30am

Location: Senior Drop-in Center

Fee: FREE (Registration required)

Staff Coordinator: Karla Doyon

NATIONAL PUZZLE & GAME WEEK DAY OF CELEBRATION

Join us for a fun day of celebrating National Puzzle & Game Week! We will have Cribbage, Scrabble and Dominos Tournaments, play games such as a "Senior Friendly Feud", "Name That Tune", and "Which Came First Trivia". We will have crossword puzzles and word searches available, hold a scavenger hunt, a puzzle contest and a puzzle exchange! If time allows we will also play Jeopardy and of course Bingo! Food & prizes included! *Min 15/Max 30*

Date: Monday, November 23

Time: 10:00am-2:00pm

Location: Senior Drop-in Center

Fee: \$5.00 (Includes lunch)

Staff Coordinator: Karla Doyon

HOLLIS CENTER FOOT CARE PRESENTATION

This interactive presentation will educate you on the critical importance of proper foot care and hygiene. Discussion will include how chronic conditions like diabetes and arthritis manifest in the feet, common issues like ingrown nails and fungal infections, warns against risks like falls and immobility. Discover how Hollis Center Foot Care's specialized in home services; including trimmings, soaks and complimentary polish can restore comfort. Q&A session, engaging trivia game with prizes and booking opportunities. *Min 8/Max 24*

Presenter: Amelia Brennick, RN

Date: Thursday, October 15

Time: 9:30-10:30am

Location: SPCC Senior Drop-in Center

Fee: FREE (Registration Required)

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 per class

Staff Coordinator: Karla Doyon

Dates:

September 8 & 22

October 6 & 20

November 3 & 17

December 1 & 15

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, Sept. 25, Oct. 23, Nov. 20 & Dec. 18

Time: 12:00-1:00pm

Location: Senior Drop-in Center

Fee: FREE (*Please bring water*)

Staff Coordinator: Karla Doyon



SENIOR CORNHOLE

Come join us to play Cornhole at the South Portland Community Center! Please try to pre-register before attending the program. Drop-ins always welcome!

Dates: Fridays, September 11- December 18

(No program 10/9)

Time: 1:45-3:15pm

Location: SPCC GYM

Fee: FREE

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

September 10, 17 & 24

October 1, 8, 15, 22 & 29

November 5, 12 & 19

December 3, 10 & 17

Cost

\$27/\$37NR

\$45/\$55NR

\$27/\$37NR

\$27/\$37NR

CHAIR FIT

This gentle class blends therapeutic movement with guided breath and relaxation to support balance, bone health, and overall well-being. Whether you're managing low bone density, osteopenia, or post-injury changes, it meets you exactly where you are. Each session is practiced in and with a chair — offering slow, intentional movement that builds strength from the inside out. Every class includes plenty of modifications and variations for standing with the chair or sitting for the entire class. *Min 10/Max 20*

Instructor: Catherine Escanilla *creates a space where you can slow down, feel supported, and reconnect with your body — no matter your age or ability level. With 500 hours of yoga training, an advanced therapeutic yoga certification, and a specialty in chair yoga, she brings gentle, personalized movement to every class. Her warm, accessible approach blends mindful movement and breathwork to help you build strength, ease tension, and feel more at home in your body.*

Day: Mondays

Times: 10:30-11:30am

Location: SPCC MPR

Drop-in Fee: \$10 per class

Staff Coordinator: Karla Doyon

Dates

September 14, 21, 28

October 5, 19, 26

November 2, 9, 16, 23, 30

December 7, 14, 21, 28

Cost

\$27/\$37NR

\$27/\$37NR

\$45/\$55NR

\$36/\$46NR

Senior Programs



WINDING DOWN SUMMER, HELLO FALL PARTY

Join us and surrounding recreation departments as we gather to say good-bye to summer and hello to fall. Think of summer vibes and fall vibes mixed together in food themes, decorations, fun, games and more! Lunch included. *Min 15/Max 30*

Date: Thursday, September 10
Time: 11:30am-1:30pm
Location: SPCC Casco Bay Room
Fee: \$10.00
Staff Coordinator: Karla Doyon

SPILL THE TEA & BINGLE HOLIDAY PARTY

Let's celebrate the season with an afternoon filled with fun activities. This holiday party will be like no other! It will consist of a tea bar, tea savories & sweets. We will have themed Bingo and tea themed games, a cookie decorating station, a carol sing a long and more. Coffee/hot chocolate will also be served and lunch. Collect "bucks" at each activity to turn in for prizes! Surrounding recreation departments will join us in the fun! *Min 15/Max 30*

Dates: Thursday, December 10
Time: 11:30am-1:30pm
Location: SPCC Casco Bay Room
Fee: \$15.00
Staff Coordinator: Karla Doyon



HALLOWEEN MURDER MYSTERY

Welcome aboard the ship the Mystery of the Seas! When someone drops dead at the Captain's cocktail reception, you will have to put your sleuthing skills to the test. You will encounter shady suspects and piece together cryptic clues. As secrets surface and alibis unravel, you'll need sharp instincts to uncover the truth and expose the killer before this voyage ends in disaster. You are encouraged to come in costume. Characters will be played by staff & volunteers. Lunch included! Surprise musical guests! *Min 10/Max 30*

Date: Friday, October 30
Time: 11:00-1:30pm
Location: SPCC 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.

Home Energy Program:

Are you interested in receiving FREE customized assistance with making your home more comfortable and energy efficient, and reducing the impact of sharply rising energy costs? Age Friendly South Portland along with the Sustainability Department launched a Home Energy Program. Through this program, sustainability staff working with energy experts will help residents get started with installing home weatherization measures and learning about energy systems. For more information and to apply, visit southportland.gov/Home-Energy-Program.

ROMEO: "Retired Old Men Eating Out"

South Portland AF is looking to start a local ROMEO group- this is "retired old men eating out". Many other AF towns are starting these groups and they meet regularly for coffee, breakfast, conversation & good cheer. Contact Andy Chandler if you have interest in joining the group: aqchandler@gmail.com

Emergency Preparedness:

AF Emergency Preparedness presentations are available to local groups upon request. Contact Nancy Crowell for scheduling: crowelln65@gmail.com

Winter Prep:

Be thinking ahead to the coming fall and request your sand bucket by November 1. Just call our Public Works office to get on the delivery list 207-767-7635.

Bone Builder Classes

This fall SoPo Age Friendly will begin offering "Bone Builder" classes with a focus on weight-bearing exercises to increase bone strength, balance and prevent osteoporosis. Watch for details on class locations and sign up information.

Senior Trips

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

1

LEVEL 1 – Requires minimal extra walking, sitting or standing for long periods of time. Typically involves door-to-door service. You should be able to climb at least one flight of stairs. Example trips include restaurants, theaters, and short self-guided tours.

2

LEVEL 2 – Involves walking at least 60 minutes on uneven terrain that may include stairs and/or uneven ground. There will be opportunities for breaks and places to sit. Example of activities include guided tours, boat rides, theater visits, shopping trips and visits to fairs.

3

LEVEL 3 – Requires confident, unassisted mobility, extensive walking or standing for at least 60-90 minutes, may involve several flights of stairs and you need some strength to be on your feet for an hour or more. For example, this may include longer guided walking tours, hikes and outdoor adventures.

BEECH HILL FARM & ICE CREAM BARN

A very unique Autumn in New England Experience. We will visit the gardener's barn, walk the nature trail, try to find our way through the two corn mazes and check out the ice cream barn which offers over 75 flavors to choose from! There are also animals if you want to visit them and of course a store selling local products. Pack your picnic lunch. Bring money for ice cream and purchases. *Min 10/Max 13*

Date: Friday, September 25
Time: Departs SPCC 10:30pm /Approx. return 5:00pm
Location: Hopkinton, NH
Fee: \$15.00 (Includes transportation, 2 corn maze tickets, 2 snacks, 1 water)
Staff Coordinator: Karla Doyon

3

TOUR OF LOUISA MAY ALCOTT ORCHARD HOUSE

A visit to the Orchard House is like a walk through "Little Women!" After moving more than 20 times in nearly 30 years the Alcotts found their home at Orchard House where they lived until 1877. The house is most known for where Louisa May Alcott wrote and set her beloved classic, Little Women in 1868. No structural changes to the house and eighty percent of the furnishings were owned by the Alcotts. *Min 10/Max 13*

Date: Thursday, October 1
Time: Departs SPCC 7:30am/Approx. return 3:00pm
Location: Concord, NH
Fee: \$25/\$35NR (Includes transportation, tour only. Bring money for lunch & book store stop!)
Staff Coordinator: Karla Doyon

3

PLANT BINGO @ ROBILLARD'S GARDEN CENTER

Join us for a fun-filled Plant Bingo at Robillard's Garden Center! Test your luck as you compete for exciting prizes, including beautiful plants and garden accessories. No Bingo experience is needed-bring your enthusiasm and love for plants! Grab your friends, sip complimentary refreshments and enjoy a morning of laughter, learning and lively competition. We can't wait to see you there! *Min 10/Max 13*

Date: Tuesday, September 29
Time: Departs SPCC 9:15am/Approx. return 12:15pm
Location: OOB
Fee: \$15
Staff Coordinator: Karla Doyon

1

DAY OUT IN DERRY, NEW HAMPSHIRE

A drive consisting of a seamless blend of timeless New England charm. Quintessential New England experience blending historic charm with suburban bustle. Rolling farmland, dense woods and a well preserved historic village center. Stops along the way include an historic site, a small walk, coffee stop, donut stop, bakery stop and quick lunch stop. Also, surprise roadside attractions! Foliage should be peak during this adventure! *Min 10/Max 13*

Date: Thursday, October 22
Time: Departs SPCC 8:00am/Approx. return 4:00pm
Location: Derry and surrounding area
Fee: \$13.00
Staff Coordinator: Karla Doyon

3

Senior Trips

AUTUMN DAY OUT IN MAINE

An idyllic autumn day in Maine blends harvesting crisp fruit and taking in the view at a scenic outdoor vista for our picnic lunch then wrapping up with a refreshing pour. Pack your picnic lunch, be ready to go apple picking and taste some cider. You must be able to walk on uneven ground without assistance, be physically able to pick apples on your own and adjust to change. Please bring money for purchases. *Min 10/Max 13*

Date: Friday, October 9
Time: Departs SPCC 9:00am/Approx. return 2:30pm
Location: Central Maine
Fee: \$12.00 (Transportation only. Bring money for apple picking, cider tasting & purchases)
Staff Coordinator: Karla Doyon

FRYEBURG FAIR

Tuesday is Senior Day at the Fryeburg Fair! Please join us for our annual trip to the fair. Come enjoy live entertainment, games, rides & the delicious food! Come discover ALL the Fryeburg Fair has to offer. Let us do the driving & parking so you can relax and enjoy the fair. We will depart the fair by 3:00p.m. Must be able to navigate the fair independently. Lots of walking on uneven ground. Bring water!!! *Min 10/Max 13*

Date: Tuesday, October 6
Time: Departs SPCC 8:30am/Approx. return 4:30pm
Location: Fryeburg
Fee: \$15.00 (Transportation only, bring money for purchases & lunch)
Staff Coordinator: Karla Doyon



3

MAINE MARKET DAY

Join us as we travel through York County backroads for a morning of Maine Market shopping. We will be stopping at Maine made product markets featuring local produce, artisans and artisanal goods. Please bring cash/card for purchases, re-usable bags and whatever else you might think you need for the day. Pack a bag lunch or purchase something to eat at one of the stops. *Min 10/Max 13*

Date: Thursday, September 17
Time: Departs SPCC @ 8:00am /Approx. return 3:30pm
Locations: York County
Fee: \$7.00 (Transportation only)
Staff Coordinator: Karla Doyon

2



NEW HAMPSHIRE FARM MUSEUM TOUR & PICNIC

Tractor ride to explore fifty acre farm and see animals grazing in their pastures. 1830's Historic Jones Barn. See the shay that Hollywood borrowed for the filming of The Crucible. Sit on Uncle Sam, the world's longest sled. A guide in period dress will give us a tour of the historic Jones house and 1810 tavern. Make butter in the 1940s kitchen then sample some on homemade cornbread. Tour of York Cider Mill and samples. *Min 13/Max 13*
NOTE: THIS IS A 3-HOUR TOUR. BRING PICNIC LUNCH. BRING APPLES, CARROTS OR POPCORN TO FEED THE HORSES, PIGS, SHEEPS, GOATS, CHICKEN FROM THE TRACTOR RIDE. YOU MUST BE ABLE TO WALK OVER UNEVEN GROUND WITHOUT ASSISTANCE AND BE ON YOUR FEET FOR AN HOUR OR MORE.

Date: Wednesday, September 23
Time: Departs SPCC 8:15am/Approx. return 2:30pm
Location: Milton, NH
Fee: \$25/\$35NR (Includes transportation, tour, snacks & 1 water only. Bring picnic lunch.)
Staff Coordinator: Karla Doyon

3

Senior Trips

DISNEY'S MARY POPPINS @ THE PORTSMOUTH MUSIC HALL

1

She's practically perfect in every way! Disney's Mary Poppins has captivated audiences for generations and now the enchanting story, unforgettable songs and breathtaking dance numbers will dazzle and delight theatre goers of all ages. Believe in the magic of Disney's Mary Poppins and discover a world where anything can happen if you let it. *Min 13/Max 13*

Date: Wednesday, December 9
Time: Departs SPCC 12:00pm/Approx. Return 5:30pm
Location: Portsmouth
Fee: \$80/\$90NR
Staff Coordinator: Karla Doyon

JASON TARDY @ SACO RIVER THEATRE

1

Strength (he juggles three 10lb bowling balls), intelligence (skipped a year of high school and was valedictorian), endurance (two-time 100 mile ultramarathon finisher), and skill (he has no social life so he practices a lot) to create a crazy high-energy, comedy juggling show like you've never seen before! His hilarious show includes innovative choreographed juggling to up-beat music, fitting his body through a tennis racket, balancing a ladder on his face, standing on a yoga ball, and if you trust him enough; fire eating and fire breathing! He has performed at the White House. *Min 13/Max 13*

Date: Wednesday, September 2
Time: Departs SPCC 1:15pm/Approx. return 4:30pm
Location: Buxton
Fee: \$28/\$38NR
Staff Coordinator: Karla Doyon

LITTLE SHOP OF HORRORS AT GOOD THEATER

1

A deviously delicious sci-fi smash musical comedy, Little Shop of Horrors follows Seymour, a hapless florist who discovers a mysterious plant with a dangerous appetite. As fame, fortune, and romance begin to bloom, so does the plant's insatiable hunger. Packed with unforgettable songs and dark humor, this cult classic has been devouring the hearts of theatre-goers for over 40 years. Little Shop of Horrors is a bloody good time! *Min 13/Max 13*

Date: Wednesday, October 14
Time: Departs SPCC at 1:00pm/Approx. Return 4:30pm
Location: Portland
Fee: \$38/\$48NR
Staff Coordinator: Karla Doyon

MILLION DOLLAR QUARTER @ THE PUBLIC THEATRE

1

Once a year the Maine State Music Theatre teams up with The Public Theatre in a co-production. Step into the legendary night where rock 'n' roll history was made. On December 4, 1956, Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins came together in a Memphis recording studio for one unforgettable jam session. This Broadway hit delivers high-energy performances, unforgettable music, and a story that brings rock 'n' roll history to life. *Min 13/Max 13*

Date: Thursday, September 3
Time: Departs SPCC 12:30pm/Approx. Return 5:00pm
Location: Lewiston
Fee: \$70/\$80NR
Staff Coordinator: Karla Doyon

SMALL TOWN @ THE OGUNKIT PLAYHOUSE

1

Step into the story of a small town in free-fall. This isn't just a musical—it's a pulse-pounding story of men and women living on the edge of promise. Follow Jack and Diane, two star-crossed lovers refusing to let the world break them. Through the echoes of "Hurts So Good," "Lonely Ol' Night," "Small Town," and "Jack and Diane," witness a multigenerational community at a crossroads, making tough choices in a desperate bid for a better life. *Min 13/Max 13*

Date: Wednesday, October 28
Time: Departs SPCC 12:15pm/Approx. return 5:30pm
Location: Ogunquit
Fee: \$80/\$90NR
Staff Coordinator: Karla Doyon

STEEL MAGNOLIAS @ THE PUBLIC THEATRE

1

Steel Magnolias is a dramatic comedy by Robert Harling that explores the unbreakable bonds between six Southern women in rural Louisiana, who gather at Truvy's beauty parlor to navigate life's triumphs and tragedies, from weddings to severe illness. The play is celebrated for its mix of lighthearted humor, witty banter, and deep emotional drama, highlighting the "steel" resilience of characters who are as delicate as magnolias. *Min 13/Max 13*

Date: Wednesday, November 4
Time: Departs SPCC at 8:15am/Approx. Return 12:30pm
Location: Lewiston
Fee: \$45/\$55NR
Staff Coordinator: Karla Doyon

Senior Trips

WALKING FIELD TRIP

Join us on our only walking trip this season as we venture through Maine's majestic beauty. You must be physically able to walk at least 2 miles independently and over uneven terrain. Please wear appropriate footwear for walking, **bring a water bottle**, walking poles/bug spray/sunscreen if you have them. The awe of Maine awaits you on this wonderful trail. *Min 10/Max 13*

Dates: Wednesday, September 9 - Highland Farm Preserve
Time: Departs SPCC 8:30am/Approx. return 1:00pm
Location: York
Fee: \$7.00 per trip *(Includes transportation, 1 small water & snack – bring own water as well. This outing is just a walk and then returning)*
Staff Coordinator: Karla Doyon

BARGAIN SHOPPING & LUNCH

Have you been to the newest bargain store in Maine? We are headed to Ollie's Bargain Outlet where you will find some great bargains! From there we will head over to Ocean State Job Lot for some more bargain hunting then it is off to lunch. Bring money for purchases and lunch. *Min 10/Max 13*

Date: Thursday, November 5
Time: Departs SPCC 8:30am/Approx. return 2:30pm
Locations: Sanford
Fee: \$7
Staff Coordinator: Karla Doyon



LILAC MALL & LILAC CASINO

A trip to the casino and some retail therapy. Try your luck at the brand new Lilac Casino or shop at the Dollar Tree, Ocean State Job Lot and Label Shopper in the mall or do both! You can eat lunch at the casino or there are other options inside the mall. *Min 10/Max 13*

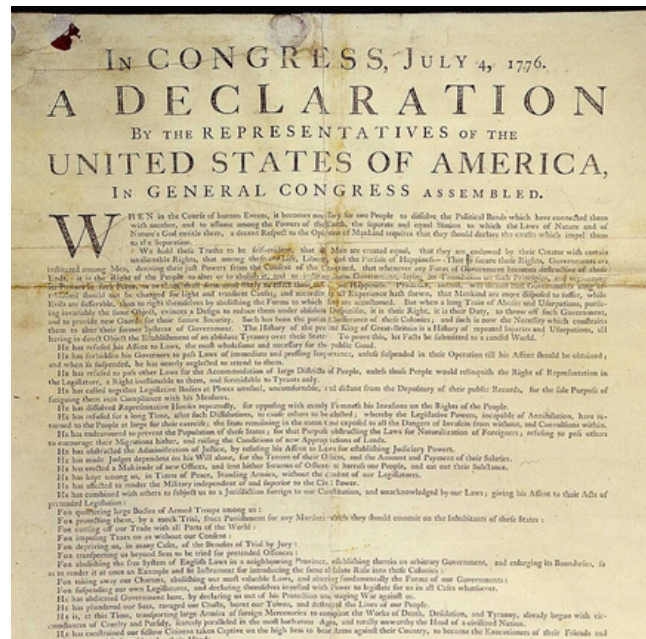
Date: Wednesday, November 18
Time: Departs SPCC 9:00am /Approx. return 3:00pm
Location: Rochester, NH
Fee: \$15.00
Staff Coordinator: Karla Doyon

3

DECLARATION VIEWING

Celebrate America's 250th! Put on your red, white and blue and join us as we get up close and personal with one of our nation's most sacred documents. Maine Historical Society is privileged to steward one of 26 surviving copies of the Dunlap Broadside of the Declaration printed in Philadelphia on July 4, 1776, and sent to the Colonies to announce American independence. Viewing will take place at the Maine Cultural Building. Lunch out. *Min 10/Max 13*

Date: Friday, October 23
Time: Departs SPCC 9:00am/Approx. return 2:00pm
Location: Augusta
Fee: \$7.00
Staff Coordinator: Karla Doyon



2

2

3

MYSTERY TRIP

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 you will be on your feet for one hour. Join us for this fun getaway! Hope we don't catch a virus! *Min 13/Max 13*

Date: Thursday, November 12
Time: Departs SPCC 10:15am/Approx. Return 2:00pm
Location: It is a mystery!
Fee: \$30/\$40 *(Includes activity and transportation. Bring money for lunch.)*
Staff Coordinator: Karla Doyon

Senior Trips

MYSTERY FESTIVAL OF TREES

2

We are off to a Festival of Trees, the most magical and joyous holiday event of the season. Enjoy a tradition featuring over 300 beautifully and creatively decorated trees, mini-trees and wreaths. A holiday gift shop and a raffle are available as well. Kick off your holiday season with excitement and cheer. Lunch out. *Min 10/Max 13*

Date: Monday, November 30

Time: Departs SPCC 7:30am/Approx. return 3:00pm

Location: It's a Mystery!

Fee: \$13.00

Staff Coordinator: Karla Doyon

STRAWBERRY BANKE CANDLELIGHT STROLL

3

Wander the museum grounds under the glow of candle boxes and string lights. Visit historic homes from 1795 through the 1950s each adorned with greens and dried flowers from the Museum's heirloom gardens. Costumed role-players portray families sharing stories, customs and seasonal traditions. Carolers, fife and drummers fill the air with seasonal melodies. Currier & Ives Vintage Ice Skaters take the ice for a special performance. Warm up at the Cider Shed with a cup of cider and then explore the Grove of Holiday Trees where you can vote for your favorite. *Min 10/Max 13*

NOTE: MUST BE ABLE TO WALK INDEPENDENTLY OVER UNEVEN TERRAIN AND OUT IN THE ELEMENTS FOR 2.5 HOURS. DRESS APPROPRIATELY.

Date: Friday, December 4

Time: Arrive at SPCC for pre-trip dinner at 3:00pm/Approx. return 9:30pm

Location: Portsmouth

Fee: \$40/\$50NR

Staff Coordinator: Karla Doyon



PSO'S MAGIC OF CHRISTMAS

1

With its delightful combination of nostalgic traditions, wondrous surprises, and an array of holiday favorites, Magic of Christmas promises to be a memorable celebration of joy, wonder and the spirit of the season. Featuring exceptional musical performances, this has been one of Maine's favorite holiday traditions for over 40 years. *Min 13/Max 13*

Date: Friday, December 11

Time: Departs SPCC 1:15pm/Approx. return 4:30pm

Location: Portland

Fee: \$38/\$48NR

Staff Coordinator: Karla Doyon

CHRISTMAS AT VICTORIA MANSION TOUR

3

Every holiday season, the Mansion transforms into a Victorian winter wonderland for Christmas at Victoria Mansion, a six-week celebration featuring decorations by some of the community's leading and up-and-coming artists, florists, designers, and fellow non-profit organizations to highlight the Mansion's original 19th century interiors. Over 8,000 visitors attend this annual event and it has been a tradition for many in the Southern Maine area and beyond. Self guided tour. *Min 10/Max 13*

Date: Wednesday, December 16

Time: Departs SPCC 10:15am/Approx. return 12:00pm

Location: Portland

Fee: \$15.00

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: Anthony Johnson

Adult Basketball

Tuesdays

Wednesday (lunch time)

Wednesday (evening)

Fridays

Sundays (over 30)

Sundays (over 40)

Dates*

Oct 6 – Dec 29

Oct 7 – Dec 30

Oct 7 – Dec 30

Oct 9 – Dec 18

Nov 15- Dec 27

Oct 4- Dec 27

Time

11:30am - 1:30pm

11:30am - 1:30pm

7:00pm - 9:00pm

11:30am - 1:30pm

2:00pm - 3:45pm

8:00am-9:30am

Location

SPCC Gym

SPCC Gym

Redbank Gym

SPCC Gym

SPCC Gym

Redbank Gym

***No programs 11/3, 11/11, 11/27, 11/25, 12/25**

Adult Volleyball

Sundays

Dates*

Nov 15- Dec 27

Time

4:00pm - 6:00pm

Location

SPCC Gym

Adult Pickleball

Monday - Friday

Mon & Wed

Tues & Thurs

Dates*

Oct 5 – Dec 31

Oct 5 – Dec 30

Oct 6 – Dec 10

Time

7:30am - 11:00am

8:00am - 11:00am

6:30pm – 8:30pm

Location

SPCC Gym**

Redbank Gym***

Redbank Gym***

***No programs 10/12, 11/2, 11/3, 11/4, 11/11, 11/27, 11/27, 12/25, 1/1**

**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 1/Max 30*

Dates:

Thursdays September 10 - December 17 (**No Program 11/26**)

Time: 10:00-11:30am

Age: 16+

Location: Redbank Gym

Fee: FREE

Staff Coordinator: Anthony Johnson



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: Anthony Johnson

Wednesdays | 5:30-6:30pm

Fee

September 9, 16, 23

\$52.50/\$60NR

October 7, 14, 21, 28

\$70/\$80NR

November 4, 18, 25

\$52.50/\$60NR

December 2, 9, 16, 23

\$70/\$80NR

(No class 11/11)

Location: SPCC Gym

Fridays | 8:00-9:00am

Fee

October 2, 9, 16, 23

\$70/\$80NR

November 6, 13, 20

\$52.50/\$60NR

December 4, 11, 18

\$52.50/\$60NR

Location: Redbank Gym

Sundays | 10:00-11:00am

Fee

September 13, 20, 27

\$52.50/\$60NR

October 4, 11, 18, 25

\$70/\$80NR

November 1, 8, 15, 22

\$70/\$80NR

December 6, 13, 20, 27

\$70/\$80NR

Location: SPCC Gym

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: Anthony Johnson

Wednesdays | 6:30-7:30pm

Fee

September 9, 16, 23

\$52.50/\$60NR

October 7, 14, 21, 28

\$70/\$80NR

November 4, 18, 25

\$52.50/\$60NR

December 2, 9, 16, 23

\$70/\$80NR

(No class 11/11)

Location: SPCC Gym

Fridays | 9:00-10:00am

Fee

October 2, 9, 16, 23

\$70/\$80NR

November 6, 13, 20

\$52.50/\$60NR

December 4, 11, 18

\$52.50/\$60NR

Location: Redbank Gym

Sundays | 11:00-12:00pm

Fee

September 13, 20, 27

\$52.50/\$60NR

October 4, 11, 18, 25

\$70/\$80NR

November 1, 8, 15, 22

\$70/\$80NR

December 6, 13, 20, 27

\$70/\$80NR

Location: SPCC Gym

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 Anthony Johnson at ajohnson@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: Anthony Johnson

Monday League Fall: September 14 – November 30
(no games 10/12 & 11/2)

Monday League Winter: December 7 – February 8
(no games 1/18)

Women's Fall League: September 10 - November 12
(No game 7/2)

Women's Winter League: December 3 – February 18
(no games 12/24 & 12/31)

Adult Programs

STRICTLY STRENGTH

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

Location: SPCC Multi-purpose room

Drop-in Fee: \$13.00

Staff Coordinator: Anthony Johnson

Mon/Thurs | 8am-8:50am OR 9am-9:50am

September 10 – 28	\$54/\$64NR
October 1 – 29 (no class 10/12)	\$72/\$82NR
November 2 – 30 (no class 11/26)	\$72/\$82NR
December 3 – 28 (no class 12/24)	\$63/\$73NR

Tues/Fri | 8am-8:50am

September 8 – 29	\$63/\$73NR
October 2 – 30	\$81/\$91NR
November 3 – 24	\$63/\$73NR
December 1 – 29 (no class 12/25)	\$72/\$82NR

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 (Heather Lundin to sub 10/7, 10/14, 10/21)

Day: Wednesdays

Time: 9:00 – 10:15am

Location: SPCC Multi-Purpose Room

Drop-in Fee: \$15.00

Staff Coordinator: Anthony Johnson

Fall 1: September 9 - October 28* \$90/\$100NR
Fall 2: November 4 - December 23 \$78.75/\$88.75NR (no class 11/11)

SLOMO YOGA SERIES

Yoga series is a mix of restorative, yin and gentle flow practices. Yin yoga focuses on the ligaments, tendons and fascia to release tension and improve joint flexibility. Restorative yoga helps lower stress and promotes deep relaxation. Gentle flow practices connect breath to movement improving overall well-being, flexibility and strength. All levels are welcome. *Min 4 / Max 12*

Instructor: Michelle Moody Adshead, 500RYT, Reiki Master, Thai Yoga Massage Therapist

Day: Mondays, September 14-December 28

(No class 10/12)

Time: 7:00pm-8:00pm

Location: SPCC Multi-Purpose Room

Fee: \$150/\$160NR, Drop-in: \$12.00

Staff Coordinator: Anthony Johnson

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: \$12.00 Drop-in

Staff Coordinator: Anthony Johnson

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: Anthony Johnson

September 8 - 29	\$56/\$66NR
October 1 - 29	\$72/\$82NR
November 3 - 24	\$56/\$66NR
December 1 - 29	\$72/\$82NR

Fall 1

September 10 - October 29 | \$70/\$80NR (no class 10/15)

Fall 2

November 5 - December 17 | \$60/\$70NR (no class 11/26)

Adult Programs

BEGINNER SOFT PASTEL

These five class series will teach beginner pastel artists how to create colorful works of art. We will explore composition, perspective, and color while focusing on capturing the feeling and atmosphere of a scene rather than every detail. In addition, students will learn how to use soft pastels to achieve both a sketch and finished painting look. All classes will include step-by-step instructions. All supplies are included in class.. *Min 4 / Max 15*

Instructor: Joan Quinn

Days: Saturdays

Time: 10:30am-12:00pm

Location: Casco Bay Room

Fee: \$85/95NR

Staff Coordinator: Anthony Johnson

Impressionistic Street Scenes

September 19 – October 17

Landscapes

October 24 – December 5

Painting Animals – Cats and Dogs

December 12 – January 30



INTRO TO BELLYDANCING

Heather invites you to come learn fundamental movements of fusion bellydance! Be open to moving your body in new ways while becoming aware of how to move those hips, articulate your spine, and isolate your chest...and maybe all at once!

Bellydance can benefit cardiovascular health, release stress, improve mobility, and confidence! Come join us in this class discovering new ways to move while having fun! Wear comfortable clothing, bare feet or socks recommended. *Min 4 / Max 10*

Instructor: Heather Lundin

Day: Thursdays

Fall 1: September 24 - October 29

Fall 2: November 5 - December 17 **(No class Nov 26)**

Time: 6:15pm-7:15pm

Location: SPCC Aerobic Room

Fee: \$72/\$82NR, Drop-in \$15

Staff Coordinator: Anthony Johnson

BEGINNER WATERCOLOR SKETCHBOOKING

This five class series will teach beginners how to complete sketches with ink and watercolor. No experience needed. We will be learning how to use gesture, value, composition, and watercolor techniques to effectively capture images. All classes will include step-by-step instructions. All supplies are included in class.

Min 4 / Max 12

Instructor: Joan Quinn

Days: Saturdays

Time: 9am-10:30am

Location: SPCC Casco Bay Room

Fee: \$85/\$95NR per week (No senior discounts)

Staff Coordinator: Anthony Johnson

Impressionistic Street Scenes

September 19 – October 17

Landscapes

October 24 – December 5

Painting Animals – Cats and Dogs

December 12 – January 30



BEGINNER LINE DANCING

Welcome to our beginner line dancing class! Learn the basics step-by-step in a fun, supportive atmosphere. No partner needed. Get ready to dance to different music styles while strengthening your body and mind. (No Senior Discount) *Min 4 / Max 20*

Instructor: Linda Peters

Day: Wednesdays

Beginner: 10:45 – 11:45a

Location: SPCC Multi-Purpose Room

Fee: \$30/\$40NR, \$5.00 Drop-in

Staff Coordinator: Anthony Johnson

Spring Sessions

September 9 – October 21

Summer Sessions

October 28 – December 16

Out of School Programs

NO SCHOOL DAYS

We offer programs on some No School Days for children in grades K-5 who are South Portland residents. Children will enjoy field trips, special events, inside and outside play and arts and crafts. There are no sibling discounts for this program.

Min 20/Max 40

Dates: Friday, October 9
Wednesday, November 25

Time: 8:00 am – 5:00 pm

Grades: K – 5

Location: SPCC

Fee: \$60/day

Staff Coordinator: Kari Filieo

DECEMBER VACATION CAMP

We offer programs on some No School Days for children in grades K-5 who are South Portland residents. Children will enjoy field trips, special events, inside and outside play and arts and crafts. There are no sibling discounts for this program.

Min 20/Max 40

Dates: Week 1: December 23

Week 2: December 28, 29 & 30

Time: 8:00 am – 5:00 pm

Grades: K – 5

Location: SPCC

Fee: \$60/day (\$10 discount per day for additional days)

Staff Coordinator: Kari Filieo

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:

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



Youth Programs

LOST VALLEY SUNDAY SKI/RIDE PROGRAM - 2027

Join us for another fun season of skiing and riding at Lost Valley this winter! The program will be held on the following Sundays: January 10, 17, 24, 31, February 7 & 14 (makeup date February 21). Participants must sign up for all six weeks – no individual trip rates. Unfortunately, no refunds or vouchers can be issued for missed or cancelled trips. The program will depart SPCC each week via school bus at 9:00 am and return by 4:00 pm.

Helmets are required and included with rentals. All participants are strongly encouraged to enroll in lessons. Lessons will run from 10:30 am – noon each Sunday. Participants will meet for lunch in the lodge from 12:00 – 12:30pm, then are free to ski/ride with friends and chaperones until departure at 3:00 pm.

Registration Deadline - January 4, 2027.

Registrations will only be accepted beyond this date if there is space available.

Min 5/Max 15.

Dates: Sundays, January 10 – February 14 (makeup date 2/21)

Time: Depart SPCC at 9:00am, Return at approx. 4:00pm

Ages: 7-12

Location: Lost Valley Ski Resort

Staff Coordinator: Anthony Johnson

Chaperones Needed!

Must commit to all trips and ski/ride with our group at all times. All chaperones must complete a volunteer application and are subject to a criminal background check. If interested, please contact Anthony Johnson at ajohnson@southportland.gov.

Option

Transportation

Fee

\$105/\$115 NR

All options below include transportation

Lift Only \$220/\$230 NR

Lift & Rental \$325/\$335 NR

Lift & Lesson \$350/\$360 NR

Lift, Lesson & Rental \$450/\$460 NR

*Rentals include helmet



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.**

Questions, please contact Tim OCarroll at 207-318-1445 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
Fall Session 1	3 Weeks: Oct. 5 - 22 (no class 10/12)	Weeks 1 & 3: Mon- Thurs Week 2 - Tues - Fri	2:30-5:00pm
Fall Session 2	3 Weeks: Nov. 9 - Dec. 3 (no class 11/11, 11/23, 11/24, 11/25, 11/26)	Week 1 - Mon, Tues, Thur, Fri Week 2 & 3 - Mon-Thurs	2:30-5:00pm

Youth Programs



FALL FIELD HOCKEY

The Purpose of this program is to promote field hockey skill development in an environment which will enhance the physical, social and emotional growth of the child as they learn to become part of a team and work with others. The program will focus on the fundamentals of the game through skill work, fun games, and drills. There will be 1-2 practices during the week, and play days against other towns on weekends. Dates and locations TBD, TRAVEL REQUIRED for play days. A game schedule will be available early September. Participants will receive a program shirt. Participants must have their own gear including mouth guard, stick, shin guard and goggles. COACHES NEEDED! Please contact Brianne Maloney at bmaloney@southportland.gov Min 12/Max 36

Dates: End of August- Mid October

Time: TBD

Grades: 3-4 & 5-6 (*will combine teams if needed*)

Location: Wainwright Complex

Fee: \$85/\$95NR

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

Fall 1: September 11 - Friday, October 16

Fall 2: October 23- December 4

Winter 1: December 11- January 29

Time: 4:00-5:00pm

Age: 5-12

Location: SPCC Multi-purpose Room

Fee: \$65/\$75NR

Staff Coordinator: Brianne Maloney

FIELD HOCKEY MAGIC

This is an opportunity to learn the skills of field hockey in a fun and informal setting. Children in grades K - 2 will be introduced to field hockey skills and get their hands on the equipment used to play this fast paced and exciting game. Participants will get to hold a stick and learn the basics of passing, shooting, and defense as well as participate in some fun skill development games.

Participants will receive a program t-shirt. Players must have their own stick. Goggles, shin guards and mouth guards are encouraged.

Min 10/Max 20

Instructor: Kaylee Fernandez

Day: Saturdays, September 5 - October 3

Time: 10:30-11:30am

Grades: K-2

Location: Wainwright Complex

Fee: \$60/\$70NR

Staff Coordinator: Brianne Maloney

START SMART

South Portland Rec will be offering 6 week sessions, each session focusing on a different sport. Lead by South Portland rec staff, we will be following the outline provided by Start Smart Sports, designed for children ages 3-5.

What is Start Smart?

Start Smart was developed by top motor skill development specialists in the field of youth sports. Parent-child groups perform motor skill tasks that gradually build confidence in children while they are having fun at the same time. Start Smart participants will develop proper motor skills without the threat of competition or the fear of getting hurt that will allow them to enjoy and succeed in their youth sports future! Min 10/Max 15

Day: Saturdays

Time: 9:00-9:45am

Ages: 3-5

Location: Redbank Gym

Fee: \$60/\$70NR per session

Staff Coordinator: Brianne Maloney

Session

Dates

Football September 12- October 17

Soccer October 24- December 5 (No Class 11/28)

Basketball January 9- February 13 (Make-up 2/20)

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, September 15 - December 29 (**No Program 11/3**)

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**

SOUTH PORTLAND FIRE - FALL SIDELINE CHEERLEADING

Cheer on the sidelines this fall at South Portland Youth Football games! This fun, team-based program builds leadership, confidence, and cheerleading fundamentals in a supportive, lower-stress environment than competitive cheer. Athletes will learn sideline chants and a halftime routine with a strong focus on teamwork, community spirit, and crowd engagement. Athletes will receive a uniform to keep. Teams will cheer at 4-5 youth football games with a potential for playoff games. Teams will also cheer at two SPS home football games on 10/9/26 and 10/23/26. *Min 10/Max 50*

Instructor: **Alyssa Cammack**

Date: Tues or Thurs, August 17 - October 31,

Saturday games

Time: 5:30-7:00pm

Grades: 2-8

Location: Wainwright/SPHS Cafeteria

Fee: \$125

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, September 15 - December 29 (**No Program 11/3**)

Time: 10:30-11:00am

Age: 12 years of age and under accompanied with an adult

Fee: FREE

Location: Redbank Gym

Staff Coordinator: **Brianne Maloney**



TENNIS IN THE PARKS - LEARN & PLAY (YOUTH)

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!

Please visit our Tennis in the Parks website, www.usta.com/newengland/tennisintheparks, for more information regarding Learn to Play scholarships available for those in need of financial assistance. *Min 10/Max 25*

Instructor: **Chris Moore**

Dates: Saturdays, September 12- October 17

Grades 2-4: 9:00 - 10:00 am

Grades 5-8: 10:00 - 11:00 am

Location: SPS Tennis Courts

Fee: \$80/\$90NR

Staff Coordinator: **Brianne Maloney**

Youth Programs

TRACK MAGIC

Children age 5 through 2nd grade will take their first steps into track & field with Coach Green. Each session will include 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 12/Max 50*

Instructor: Matt Green

Dates: September 12 – October 10

Day: Saturdays

Time: 9:00-9:45am

Grades: K-2

Location: SPHS Track

Fee: \$55/\$65NR

Staff Coordinator: Brianne Maloney

TRACK & FIELD

Children in grades 2-5 will be introduced to a variety of track and field events. Each session will include 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 12/Max 30*

Instructor: Matt Green

Dates: September 12 – October 10

Day: Saturdays

Time: 10:00-11:00am

Grades: 2-5

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. The team aspect of this individual sport will often be discussed. 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 12/Max 30*

Instructor: Matt Green

Day: Saturdays, September 12 – October 10

Time: 11:00am-12:00pm

Grade: 5-8

Location: SPHS Track

Fee: \$55/\$65NR

Staff Coordinator: Brianne Maloney

RED RIOT DRIBBLERS

This basketball ball-handling program is for girls and boys in K-1st grade. Dribbling and ball-handling skills will be learned to the beat of music. By the end of the program, players will have learned many dribbling moves which will be performed at halftime of a local basketball game. Wear gym sneakers and comfortable clothes. Participants will receive a t-shirt. Performance date TBD. *Min 10/Max 25*

Date: Sundays, October 25- November 29

Time: 10:00-10:45am

Grade: K-1

Location: Redbank Gym

Fee: \$55/\$65NR

Staff Coordinator: Brianne Maloney

MIDDLE SCHOOL VOLLEYBALL CLINICS

Our Middle School Volleyball Program fosters teamwork, skill development, and a love for the game in a fun, supportive environment. Open to all skill levels, players will learn the fundamentals of volleyball through drills, games, and team play while building confidence and sportsmanship. *Min 10/Max 36*

Instructor: Emily Savage & CJ Marenghi

Date: Tuesdays, November 17- December 22

Time: 6:30-8:00pm

Grade: 5-8

Location: SPCC Gym

Fee: \$85/\$95NR

Staff Coordinator: Brianne Maloney

MIDDLE SCHOOL VOLLEYBALL LEAGUE

Our Middle School Volleyball Program fosters teamwork, skill development, and a love for the game in a fun, supportive environment. Open to all skill levels, players will learn the fundamentals of volleyball through drills, games, and team play while building confidence and sportsmanship. *Min 12/Max 36*

Interested in Coaching a team? Reach out to Brianne Maloney @ bmaloney@southportland.gov

Instructor: Emily Savage

Date: Tues & Fri, September 8 – November 6

Time: 6:30-8:00pm

Grade: 5-8

Location: SPCC Gym

Fee: \$85/\$95NR

Staff Coordinator: Brianne Maloney



Youth Programs



FUN CHEFS

Get ready for a delicious fall filled with baking fun! In this hands-on after-school class, kids will create seasonal treats inspired by autumn flavors like apples, pumpkin, cinnamon, and maple. Young bakers will learn kitchen skills, practice measuring and mixing, and bring home tasty creations each week. From muffins and cookies to festive desserts, this class is perfect for kids who love to bake, create, and enjoy the flavors of the fall season.

Min 12/Max 24

Instructor: Fun Chefs

Date: Tuesdays, September 22-October 27

Time: 3:45-4:45pm

Ages: 7-13

Location: SPCC Casco Bay Room

Fee: \$165/175NR

Staff Coordinator: Brianne Maloney

RHYTHMIC GYMNASTICS *NEW*

Discover the exciting sport of rhythmic gymnastics! Participants will learn fundamental skills using ribbons, hoops, balls, ropes, and music while building flexibility, coordination, balance, strength, and confidence. Classes are taught by Asya Vinokur, a former competitive rhythmic gymnast and owner of Maine Rhythmic Gymnastics. Through her local gymnastics school, Asya has introduced many children to this unique Olympic sport and is excited to bring rhythmic gymnastics to the South Portland community. *Min 4/Max 15*

Instructor: Asya Vinokur

Day: Mondays

Session Dates:

September 14-October 5

October 19-November 9

November 16-December 7

Time: 3:30-4:30pm

Ages: 5-10

Location: SPCC Multi-Purpose Room

Fee: \$100/\$110NR

Staff Coordinator: Brianne Maloney

FALL ART FOR KIDS

Join us for a fun fall-themed art class for kids in grades K-5! We will make autumn tree paintings, animal paper bag puppets, and paper plate scarecrows, among other creative projects.

Min 5/Max 15

Instructor: Lindsay Larsen

Date: Saturdays, September 12 - October 3

Time: 10:00-11:00am

Grade: K-5

Location: SPCC Activity Room

Fee: \$30/\$40NR

Staff Coordinator: Brianne Maloney

DANCE FOR AGES 5-10

In this fun, 45 minute class, dancers will learn the basics of dance and movement, as well as explore jazz dance, tap dance, lyrical, hip hop and more! A great class that covers lots of dance genres!

Please wear comfortable clothing that you can move well in, have bare feet and bring a water bottle.

Please have longer hair tied back away from the face.

Min 4/Max 14

Instructor: Kayla Pierce, Drouin Dance Center

Day: Mondays

Dates:

Fall 1: September 14- November 2 (No class 10/12)

Fall 2: November 9- December 14

Winter 1: December 21- January 25 (No class 1/18)

Time: 4:30-5:15pm

Ages: 5-10

Location: SPCC

Fee: \$75/\$85NR

Staff Coordinator: Brianne Maloney

HIP HOP DANCE FOR AGES 5-10

In this fun, 45 minute class, dancers will learn the basics of hip hop dance, an energetic and aerobic dance form that will keep you moving!

Please wear comfortable clothing that you can move well in, wear clean sneakers and bring a water bottle.

Please have longer hair tied back away from the face.

Min 4/Max 14

Instructor: Kayla Pierce

Day: Mondays

Dates:

Fall 1: September 14- November 2 (No class 10/12)

Fall 2: November 9- December 14

Winter 1: December 21- January 25 (No class 1/18)

Time: 5:30-6:15pm

Ages: 5-10

Location: SPCC

Fee: \$75/\$85NR

Staff Coordinator: Brianne Maloney

Youth Programs

BASKETBALL (GRADES 1-2)

Through practice, clinics and games, this in-house league will provide a safe and fun recreational experience for children in grades 1 and 2, emphasizing skill development and teamwork in a non-competitive atmosphere. During games, one coach from each team will join players on the floor to coach and help referee. The score will not be kept. Teams will practice 1 time a week in the evening at our elementary schools (day/time TBA once teams are formed) and have one game on Saturday mornings at The Community Center. Practices will begin the week of November 9th. A game schedule will be provided at your team's first practice. Teams will be separated by gender and grade if numbers allow. The fee includes a team shirt.

Dates: November 9- January 16
Time: Saturday games between 9am-3pm,
1 Weekday practice between 5-7pm
Location: SPCC Gym
Fee: \$80/ \$90NR

Staff Coordinator: Brianne Maloney

BASKETBALL (GRADES 3-4)

The focus of this recreational basketball league will be to continue to develop basketball skills with a concentration on fundamentals, teamwork, sportsmanship and having fun. The score will be kept but not emphasized. Coaches are not permitted on the court during games. Teams will practice 1 time a week in the evening at our elementary schools (day/time TBA once teams are formed) and have one game on Saturday mornings at The Community Center. Practices will begin the week of November 9th. A game schedule will be provided at your team's first practice. Teams will be separated by gender and grade if numbers allow. The fee includes a team shirt.

Dates: November 9- January 16
Time: Saturday games between 9am-3pm,
1 Weekday practice between 5-7pm
Location: SPCC Gym
Fee: \$80/ \$90NR

Staff Coordinator: Brianne Maloney

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

REGISTRATION DEADLINE

Grade 1-4: 10/26

Grade 5-6: 11/16

Grade 7-Highschool: 12/9

Registrations after deadlines will be space dependent.

BASKETBALL (GRADES 5-6) TRAVEL REQUIRED

The focus of this league will be to continue to develop basketball skills with a concentration on fundamentals, teamwork, sportsmanship, and having fun. The score will be kept but not emphasized. Coaches are not permitted on the court during games. Teams will practice 1-2 times per week at local schools/SPCC/Redbank (space dependent). Practices will begin the week of November 30. Teams will be separated by gender and grade if numbers allow. Games are played against Scarborough and Cape. Games will be played on Saturdays at nearby towns, so travel is required.

Dates: End of November - Mid February
Time: Saturday games, 1-2 Weekday practices
Location: SoPo practices, nearby towns for games
Fee: \$80/ \$90NR

Staff Coordinator: Brianne Maloney

BASKETBALL (GRADES 7-8)

The focus of this league will be to continue to develop basketball skills with a concentration on fundamentals, teamwork, sportsmanship and having fun. The score will be kept but not emphasized. Coaches are not permitted on the court during games. Teams will practice 1-2 times per week at local schools/SPCC/Redbank (space dependent). Practices will begin the week of November 30. Teams will be separated by gender and grade if numbers allow. We will play games against both Cape and Scarborough. Games will be played on Saturdays at nearby towns, so travel is required.

Dates: January 6 – February 24
Time: Practice weeknights 5-8pm, Games Wed
Location: SoPo practices, nearby towns for games
Fee: \$80/ \$90NR

Staff Coordinator: Brianne Maloney

BASKETBALL (HIGH SCHOOL)

This league is in participation with other communities & provides an opportunity for any boy or girl in grades 9-12, not playing on their school team to play basketball this winter. HS players can make their own teams however each team must have a qualified coach. Coaches must be 21, complete a volunteer coach's application, and are subject to a criminal background check. The coach will submit the roster to Brianne Maloney at bmaloney@southportland.gov. Each player on the roster must be registered through Rec. All games and practices are weeknights (schedule TBA). All players and coaches must complete a Code of Conduct Form to participate in this league.

Dates: January 5 – February 23
Time: Practices & games weeknights 5-9pm
Location: South Portland practices & games
Fee: \$80/ \$90NR

Staff Coordinator: Brianne Maloney

Youth Programs

South Portland Middle School After School Rec Clubs

South Portland Recreation is teaming up with South Portland Middle School to provide on-site after school clubs at SPMS. Each club is designed for each student to be able to take the late school bus to get home after each club.

Staff Coordinator: Brianne Maloney

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	Sept 17 - Oct 15 Oct 22 - Nov 19	Thursdays 3:05-3:45pm	\$50	SPMS Cafeteria

First Aid Certification- 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 with Babysitting and Child Care Courses.

Instructor	Dates	Time	Cost	Location
Lou Cavallaro, City of South Portland Safety Coordinator	TBA	TBA	\$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	Fall 1: Sept 14 – Nov 2 (no class 10.12) Fall 2: Nov 9 – Dec 21	Mondays, 3:05-3:45pm	\$37.50	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	Sept 9- Oct 7	Wednesdays, 3:05-3:45	\$40	SPMS Outdoor Courts

Youth Programs

***NEW* Expressive Art** - While learning tools to work on daily stress, students will create different art projects such as a dream box, family portraits, and more.

Instructor	Dates	Time	Cost	Location
Victoria Zurkan, LMFT	September 16- October 28 (<i>no class 9/23, 10/21</i>)	Wednesdays, 7/8: 2:15-3:00pm 5/6: 3:05-3:45pm	\$50	SPMS

***NEW* Learning to draw realistic portraits**- Learn to measure and draw a portrait that looks realistic.

Instructor	Dates	Time	Cost	Location
Victoria Zurkan, LMFT	September 15- October 13	Tuesdays, 7/8: 2:15-3:00pm 5/6: 3:05-3:45pm	\$50	SPMS

SHiNE Dance Fitness™

SHiNE Dance Fitness™ is a high-energy class set to the hottest pop and hip hop hits! Get ready to learn fun, easy-to-follow choreography. Laugh, move, and make new friends in a supportive, judgment-free space. More than a workout, SHiNE is a community where you can sweat, smile, and leave feeling stronger, happier, and totally ready to SHiNE!

Instructor	Dates	Time	Cost	Location
Rachel Rosenfield	September 15- October 13	Tuesdays, 7/8: 2:10-3:00pm 5/6: 3:05-3:45pm	\$50	SPMS Multipurpose Room

South Portland Fire - Middle School Winter Cheerleading

Join the South Portland Middle School Cheerleading Team to cheer on the sidelines and perform a half time routine at Shark basketball games. Athletes will learn the fundamentals of sideline based cheerleading and perform exciting halftime routines featuring tumbling, stunting, jumps and dance. This is a fun, low-stress environment to build skills, confidence, and teamwork while being part of the game-day energy!

Instructor	Dates	Time	Cost	Location
Alyssa Cammack	November 2 - January 30	TBD, SPMS late buses are available.	\$50	SPMS Multipurpose Room

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

Fall Pool Registration Dates:

South Portland Residents:
Monday, September 14 at 7am

Non-Residents:

Thursday, September 17 at 7am

Swimming lesson sessions run for a total of 7 weeks, with the exception of Wednesdays, which will run for 6 weeks due to Veteran's Day.

In the event of a facility closure due to weather or a pool related issue, we will try to extend one week longer to make up for the missed class.

We will not allow individuals to make up a missed class due to safety standards we must maintain for class sizes, instructor ratios and pool spacing.

Please note the following...

- If you are unable to get your child into the class date/time you prefer, please call the Customer Service Desk and asked to be placed on a waiting list. If your child is placed on the waiting list, you will receive a call from our pool staff IF we are able to accommodate your request with instructions on when and how to register.
- Registrations will be accepted for our swim lessons through the end of the first week of class OR when classes are full.
- Adults (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

Fee: \$70/\$80NR

Fall Sessions:

Thursdays, October 1 – November 12

Saturdays, October 3 – November 14

Sundays, October 4 – November 15

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

Progressive Lessons

If you have any questions about level placement for your child, please reach out well BEFORE REGISTRATION to any of the Aquatic Supervisors. We will find the best level placement for them. We are here to help! Contact us at 207-767-7650 and ask for Lesley, Mike or Emily.

Participants in the youth progressive swim program must be a minimum of 6 years old. All swimming abilities are welcome to participate in this program. Due to space and staff limitations, children must be registered for the proper level. Our aquatic staff will gladly assist you in determining the best level for your child. Please reach out well before registration and we can help! Level placement will also be verified during the first class meeting and the staff will do their best to accommodate necessary level switches. In the event we are unable to do so, based on class size limits or timing, we may be able to offer a partial class refund. Classes aim to maintain an instructor:student ratio of 1:8. A lifeguard is on duty during lessons.

Level 1: Introduction to Aquatic Skills

OBJECTIVE: To help students feel comfortable in the water and learn how to enjoy the water safely.

Prerequisites Include: there are no specific prerequisites for this level, other than the participant must be a minimum of 6yo. For many students, this may be their first experience with formal swim lessons.

Skills introduced include: Basic water safety rules, submerging mouth, nose, and eyes, swimming on front and back using underwater pulling actions and kicking, using a prone body position, exhaling underwater, and floating on back. This level may utilize bubble floatation belts.

Level 2: Fundamentals of Swimming

OBJECTIVE: To give students success with fundamental aquatic skills to remain safe.

Prerequisites include: ability to fully and comfortably submerge face, float on back with minimal assistance, swim a short distance independently, and demonstrate safe water entries and exits.

Skills introduced include: Front & back glides, "bobbing"/submerging head, rolling over from front to back for safety, swimming using front crawl and elementary backstroke action. Some classes may use floatation for support. Students will explore the deep end of the pool. In order to pass this level, students MUST be comfortable in deep water and MUST pass the SoPo SHALLOW WATER SWIM TEST. This is defined as the ability to enter the shallow water, dunk under, stay afloat to swim (in any capacity) half the length of the pool (roughly 12.5 meters) to end with a 30 sec tread or float in shallow water that is above their head.

Level 3: Developing Swim Skills for Strength and Safety

OBJECTIVE: To build on the fundamental skills (see Level 2) through guided practice and development of new strokes

Prerequisites include: perform an unsupported float, glide on front and back, independent swimming on front and back for a minimum of 15 meters, and the ability to roll from front to back float and back to front swim. The child must feel confident in deep water and have passed the Shallow Water Swim Test.

Skills introduced include: front crawl with rhythmic breathing, back crawl, rotary breathing, butterfly kick and body motion, sitting/kneeling dives, elementary backstroke coordination, introduction of breaststroke, and treading water. Students will build endurance in this level. In order to pass this level, students MUST pass the SoPo DEEP WATER SWIM TEST which is the ability to jump into deep water, surface to float/tread for 15-30 sec, swim (in any capacity) one length of the pool, going underwater at least one more time.

Level 4: Building Endurance and Technique

OBJECTIVE: To learn new strokes, refine the basics (see level 3) to be a confident and strong swimmer

Prerequisites include: ability to perform front crawl stroke with rotary breathing for a minimum of 25 meters, elementary backstroke for a minimum of 25 meters, and ability to tread water and knowledge of the basics of breaststroke and butterfly body positioning. Students must have passed the DEEP END SWIM TEST in order to be in level 4.

Skills introduced include: Bilateral breathing with freestyle, swimming drills, endurance building, coordinated breaststroke, butterfly kicks and arms, mastering open turns, standing dives, and surface dives, flip turns for freestyle and backstroke, use of a pace clock while swimming sets, competitive swim starts, and the use of recovery strokes.

Mini Swimmers

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

Participants in Mini Swim Lessons must be between 3-5 years old. All swimming abilities are welcome in this program. Due to space and staff limitations, children must be registered for the proper level. Level placement will also be verified during the first class and staff will do their best to accommodate necessary level switches. If we are unable to do so, we may OR may not be to offer a partial class refund.

Mini Swimmer 1: Introduction to Water Basics

For children 3-5 years old, this is an introductory stage in aquatic development. We take a playful approach to learning water safety and swimming basics. Many children who take this class are brand new to swimming instruction. Our goal is to provide quality, positive instruction in a safe environment where non-swimmers can work towards self-sufficiency in the water. Instructors will utilize a variety of teaching techniques all aimed at repeated practice of foundational swimming skills (floating, paddling, gliding etc) with the aided use of floatation/training devices. This class will maintain a 1:5 (instructor : student) ratio. Students are in the water with the instructor only, while a lifeguard is on duty near the class. We do not allow family members to enter the water with their child. **In order to pass this level into Mini 2**, students must be comfortable getting their faces wet, swim on their front with minimal assistance/floatation and float/swim on their back with minimal assistance. Students must have a basic understanding of pool safety rules and be willing participants in the class.

Mini Swimmer 2: Fundamentals of Safe Swimming

Mini 2 is designed for those 3-5 year old children who have passed Mini 1 or can demonstrate (at the first class) a higher level of ability and comfort in the water. Mini 2 students must be able to put their faces in the water comfortably, swim with minimal assistance/floatation for short distance and float on their back with minimal support before entering the class. In this class, students will concentrate on more endurance swimming with proper body positioning, learning to swim on their backs, rhythmic breathing, and rolling over for safety. Skills at this level are performed with instructor assistance/floatation aids, with a goal of moving towards independent swimming.

In order to pass into Mini 3, students must be able to swim a short distance on their front and back with NO support/floatation, and roll over to a float with ease. Students must also have a clear understanding of pool safety rules and be willing participants.

Mini Swimmer 3: Development of Swimming Strokes

Mini 3 is designed for children ages 3-5, and is built on the skills learned in Mini 1 & 2. Instructors will provide additional guided practice of basic aquatic skills with a goal of gaining more proficiency with swimming at greater distances with varied strokes. Skills taught at this level will include: streamlined blast offs, front crawl with rhythmic breathing and proper body positioning, elementary backstroke arms, the ability to roll over to swim greater distances and for safety, back floating, as well as sitting/kneeling dives. A good portion of this class will be spent in deeper water with a focus on safety skills and building endurance for swimming.

When these students turn 6 years old and enter Progressive Youth Swim Lessons, they may be recommended to go to Level 2 or 3, based on their skill set, endurance level, comfort in deep water and their full understanding of pool safety rules and willingness to pay attention and participate in the class.

Mini Swimmer Lessons

Min 3/Max 5

Ages: 3-5

Location: SPCC Pool

Fall Sessions:

Tuesdays: October 6 – November 17

Wednesdays: October 7 – November 18

(No class on 11/11)

Thursdays: October 1 – November 12

Saturdays: October 3 – November 14

Sundays: October 4 – November 15

Fee: \$70/\$80NR, Wed class: \$60/\$70NR

PLEASE NOTE: 3yo children may be in Family, Pre-Mini OR Mini 1 lessons. Please consult with Aquatic Supervisors, Lesley, Emily or Mike if you have any questions about which level to start with.

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

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

Pre-Mini

A transition from Family to Mini Swimmer

For children 2.5-4 years old, this is a transitional stage in aquatic development from having lessons WITH a family member (like Family Lessons) to entering into a class taught by the instructor only (like Mini 1). Our goal is to provide quality, positive instruction in a safe environment where non-swimmers can work towards being in a class working towards class independence. Parents will be IN the water for the first few classes, will be partially in the water for a few classes and will be OUT of the water by the last few classes. One adult needs to accompany each child. The instructor will advise on how this works from one class to the next. **Concepts that will be worked on during each swim lesson:** confidence and independence while partaking in a class, willingness to use floatation aids (bubble belts and barbells) and a readiness to learn in a small group setting. Students will learn to get their faces wet by blowing bubbles, pushing off the wall, jumps/plops, floating, basic front and back swimming. Students will also gain a basic understanding of pool safety rules. *Max: 6 Children each with their OWN adult.*

Pre-Mini Swimmer Lessons

Min 3/Max 6

Ages: 2.5 to 4 years

Location: SPCC Pool

Fee: \$70/\$80NR, Wed class: \$60/\$70NR

Tuesday Evenings:

October 6 – November 17 | 6p-6:30p

Wednesday Mornings (NO class 11/11):

October 7 – November 18 | 9:30a-10:00a

Saturday Mornings:

October 3 – November 14 | 11:00a-11:30a

Sunday Mornings:

October 4 – November 15 | 10:15a-10:45a

Family Lessons

Adult with one child

Family Lessons for Babies and Toddlers (with an adult)

This class is for parents/care-givers and their 9 month to 3 year old child (by the start of the program). In this playful networking class, adults and their children learn together to increase the child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. This level is fun-filled and helps introduce water safety concepts and encourages a healthy recreational habit that the entire family can enjoy. The class focuses on water introduction with songs, and skill based activities focused on acclimating children to swim lessons, being safe, and enjoying water. The class will then focus on swim skills, safety components in and around the water, as well providing fun activities, songs, games that work for practicing at home, in pools or in open water.

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

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

Min 5/Max 15

Family Lessons

Min 5/Max 15

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

Location: SPCC Pool

Fee: \$70/\$80NR

Fall Sessions

Thursdays, October 1 – November 12

Saturdays, October 3 – November 14

Sundays, October 4 – November 15

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

Lessons

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.

Fall Sessions:

Tuesday | October 6 – November 17 | 8-8:45am
Thursday | October 1 – November 12 | 8-8:45pm
Sunday | October 4– November 15 | 5-5:45pm

Ages: 14+

Location: SPCC Pool

Fee: \$70/\$80NR

Riptide Swim Club

This program is designed for swimmers ages 8-14 who are looking to build endurance and improve stroke technique. We also hope to build a team unit that focuses on being “good sports” and representing swimming in a positive atmosphere. Our goal is to inspire a love of water, and foster swimming as a lifelong sport. If you have any questions about this program or evaluations, please contact Coach Lesley Hurley at LHurley@southportland.gov *Min 4/Max 44*

Days: Mon & Wed, October 5– December 16

(No practice 10/12, 11/11)

Times: 6:00-7:00pm

Ages: 8-13

Location: SPCC Pool

Fee: \$120/\$130NR

****PLEASE NOTE: Your child MUST attend the Evaluation and Placement session, PRIOR to registration IF you have NOT done RipTide or RT+ PLUS in the past year.**

Evaluation & Placement Session:**

WEDNESDAY, September 30 at 6pm

Online Registration:

Residents: Thursday, October 1 starting at 7am

Non-residents: Friday, October 2 starting at 7am

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: Sundays, October 4 – November 15

Time: 4:00- 4:30 PM (Group 1)

Time: 4:30-5:00 PM (Group 2)

Ages: 14+

Location: SPCC Pool

Fee: \$70/\$80NR

HIGH SCHOOL SWIM TEAM PREPARATION COURSE

We are once again pleased to offer a High School Prep program. This program is designed for high school swimmers (those not actively swimming on a club team) who are looking to amplify their accomplishments during their high school season by getting a jump start on conditioning. This group will spend about 80% of their time conditioning and 20% of the time will be taking advantage of the low swimmer-to-coach ratio working on technique.

Min 4/Max 18

Days: Mon & Wed, September 14 – November 23

(No practice 10/12, 11/11)

Times: 2:45-4:00pm

Grades: 9-12

Location: SPCC Pool

Fee: \$160/\$170NR

Riptide PLUS (RT+) Swim Club

This program is designed for Middle School aged swimmers who are genuinely interested in improving their swimming proficiency, building a team atmosphere, and learning early leadership skills. Practice will consist of 50% technique work and 50% endurance and conditioning training. On occasion, RipTide Plus swimmers will be asked to work with Riptide swimmers (particularly during our end of the season meet). If you are interested in this program and have not done it in the past year, please contact Coach Lesley at LHurley@southportland.gov *Min 4/Max 18*

Days: Mon & Wed, October 5– December 16

(No practice 10/12, 11/11)

Times: 7:00-8:00pm

Grades: 6-8

Location: SPCC Pool

Fee: \$120/\$130NR

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 after May 31	\$155.00
5 Play Pass	\$80.00

Tentative closing date: November 11



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 4:30 – 6:30 pm, with the first hour instruction and the second hour on the course.

Instructor: Scott Mann

Date: Wednesday, September 9 - 30

Time: 5:30-6:30pm (last day 4:30-6:30pm)

Location: South Portland Municipal Golf Course

Fee: \$135/\$145 NR

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



BUG LIGHT CAR SHOW

This event brings over 200 vehicles to Bug Light Park. Bring your vintage, restored, or unique vehicles down to share or just come down to view them. Food trucks will be available on site to enjoy your dinner while the sun sets!

Date: Wednesday, September 9 (Rain Date: 9/16)
Time: 4pm-Sunset
Location: Bug Light Park
Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

MONGREL MASH

The Mongrel Mash is back for another year! Join us for this Howl-o-ween party of epic proportions to celebrate all of the South Portland dogs. The event will include:

- a dog Halloween costume contest (judging takes place at 11:30am)
- local dog-themed vendors
- a vaccine clinic
- a pet supplies swap
- adoption information

So start planning a costume for you and your 4-legged friend! Note: all dogs must be on a leash for the entirety of the event.

Date: October 24
Time: 10:00am-12:00pm
Ages: All
Location: Mill Creek Park
Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

TRUNK OR TREAT

Let's see your Halloween costumes! Join us along with the South Portland Police Department and many other non-profits and service providers for an afternoon of touch-a-truck, games, and treats.

Date: Saturday, October 31
Time: 11:00am-2:00pm
Location: SPCC Parking Lot (Rain location: SPCC Gym)
Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

LIGHTING OF THE TREES CEREMONY

Celebrate the holiday season with hot cocoa, baked goods, and more holiday fun as we flip the switch to light up Mill Creek Park!

Date: Friday, December 4
Time: 4:30pm-7pm
Location: Mill Creek Park
Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher

Family & Special Events

POOL PUMPKIN SPLASH

Join us at the South Portland Pool for the third annual Floating Pumpkin Patch! We will have the pool filled with real pumpkins, and each participant will get a half-hour to swim, splash, and pick a pumpkin of their choice. After making a splash in the "pumpkin patch", join us in decorating your pumpkin with paint and stickers (no carving) and enjoy some light refreshments in the Casco Bay Room of the Community Center.

Parents need to register if they plan to participate in the swimming portion or to receive a pumpkin. Any child who cannot swim independently must have a parent/guardian in the water with them. Lifeguards will be on duty, but please plan to stick close to your child, if they cannot swim independently.

Date: Friday, October 16

Pre-k: 10am-11am

All ages: 6pm--8pm (rolling entry)

Location: SPCC

Fee: \$10/\$20NR

Staff Coordinator: Jenna Martyn-Fisher



BREAKFAST WITH SANTA

Come one come all! Enjoy breakfast in our senior wing, with a visit from the Jolly ol' Elf himself! Children will have an opportunity to visit Santa and have their pictures taken, so bring your camera! Breakfast will consist of pancakes, sausage, and beverages. The proceeds from this program will be donated to the South Portland Police Department VIPS Program.

Participants must pre-register. Registration is required for all who attend.

Date: Saturday, December 12

Time: 8:00am-10:00am

Location: SPCC

Fee: Varies by age

Staff Coordinator: Jenna Martyn-Fisher

NORTH POLE CALLING

"NORTH POLE CALLING" is a special holiday program for children in pre-school (ages 4 & 5), kindergarten, first, and second grade which has been running since 1983! We've become great friends with Santa in this time and he's agreed to once again call children who live in South Portland before the holidays. This opportunity is free, but we do ask that you register and answer a few questions about your child to help Santa out.

Dates: December 7-9

Time: 5:00pm-7:00pm

Grades: PK-2

Location: Your own home!

Fee: FREE (*resident only*)

Staff Coordinator: Jenna Martyn-Fisher

SPRING SWAP SERIES

Bring your items and swap them for something to better suit you in your next season! Check online for detailed list of accepted items for each theme. 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!**

Back to School Swap: Aug 20 @ SPCC, Aug 25 @ Redbank

Halloween Costume Swap: September 24

Cozy Crafts Swap: November 5

Holiday Gifts: December 10

Time: 4pm-7pm

Ages: All

Location: SPCC unless otherwise noted

Fee: FREE, no donations needed to come browse!

Staff Coordinator: Jenna Martyn-Fisher

SCARECROW BUILDING

The Scarecrow Patch will be returning to Hinckley park in October and we need your help to build the best scarecrows possible! Participants will receive all the basic materials needed to build and decorate a scarecrow (straw, pants, shirt, burlap sack head, markers & paint). You are also encouraged to bring any fun accessories or clothes you would like to add. Scarecrows will be up in Hinckley Park all of October for the community to visit!

Date: September 19

Time: 10:00am-12:00pm

Ages: All

Location: Hinckley Park

Fee: FREE

Staff Coordinator: Jenna Martyn-Fisher



COLLETTE TRAVEL- DISCOVER AMERICA'S MUSIC CITIES

Enjoy a finger-snapping, toe-tapping time on a tour of America's most famed musical cities – New Orleans, Memphis, and Nashville. Experience New Orleans, where jazz, food and fun are always on the menu. Explore New Orleans with a tour highlighting the city's musical history and influence. Spend 2 nights in Memphis, "birthplace of the blues." Choose how you explore Nashville highlights – with a chocolate-making lesson or a visit to the Johnny Cash Museum. Enjoy reserved seats at the Grand Ole Opry in Nashville. See where country legends recorded hit tunes at RCA Studio B. You'll be hummin' and strummin' long after you've returned home.

Info Session Date: September 19 @ SPCC

Trip Dates: April 11-18, 2027

Location: New Orleans, Memphis & Nashville

Staff Coordinator: Jenna Martyn-Fisher

Community Connections

SoPo Hoops Basketball

SoPo Hoops Basketball is designed to be a fun and competitive organization offered to boys and girls in grades 4-8. The season runs from late November to mid February. Teams will practice 2x weekly and compete in The Southern Maine Hoops League with games held on Fridays, Saturdays, or Sundays. Games are played throughout the Greater-Portland area. Clinics are offered throughout the season.

If your athlete is ready to take their game to the next level while working on fundamentals, sportsmanship, and teamwork, SoPo Hoops is for you!

Registration for the 2026-2027 season will open in September at www.sopohoops.com

Look for updates on facebook.com/sopohoops. An informational meeting will be held in the fall.

Staff Highlight: Cullen Robbins

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

As a Park Ranger my job varies with the seasons. In the summer you will mostly see me out patrolling all the parks to ensure they are enjoyed inclusively and safely, and that our local wildlife is respected. The other part of the job is public outreach and environmental education which occurs more often in spring, fall, and winter. Since I started in April of this year, I have not had much time to prepare summer programs and have spent more time in the community getting to know the people I serve. That said, I look forward to preparing programs and events in fall, winter, and spring for an awesome and fun summer in 2027!

What do you like most about your job?

What I like most about being a park ranger is engaging directly with the local community within South Portland's beautiful parks. Among the wonderful interactions I have with patrons, I truly love these parks in South Portland. My favorite days are when I arrive at Willard in the morning, it's completely covered in fog and it sounds like the fog horns are chatting with each other. Then later I am weeding at the Hinckley Children's Education Garden and above me I see a handful of crows making all types of funny sounds at each other. Did you know that crows have the equivalent intelligence of a 5- to 7-year-old child?!

What is your favorite park in South Portland?

My favorite park has to be Petrlik Preserve. Every time I step into those woods I am immersed in the sights, sounds, and smells. I look forward to that park's future, and I'm proud that the City of South Portland will be maintaining it so that the local wildlife may thrive. Keep an ear out for some owl hoots!

What do you do for fun?

Outside of work I love action sports, archery, backpacking, and filmmaking. You might find me skateboarding at the local park, surfing at the gorgeous Maine beaches, or backpacking in the White Mountains. As a filmmaker I enjoy writing, directing, editing, cinematography, and creating film scores for friends. I also enjoy learning about Indigenous cultures and Irish history.

What is your favorite restaurant?

My favorite restaurant has to be Taj Indian Cuisine in South Portland. They do wonders for the community and on top of that, they have some of the best food I have ever had.

What are you watching/reading/listening to now?

As of now I am slowly reading The Witcher: Time of Contempt, I recently rewatched Godzilla Minus One, which somehow still made me cry on the second viewing, and I've been listening to Delicate Steve, who has the utmost chill summer sound.



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