

South Portland Municipal Pool Schedule **August 10-14, 2026**

Please review the other side of this calendar for important information regarding this calendar!

Please stop by and visit us at:
21 Nelson Road 207-767-7650
Or check us out online at:
southportlandme.myrec.com

Swim/Aerobics Class Fee:

SP Residents:	Adults \$6
	Children/ Seniors 60+ \$5
Non-Residents:	Adults \$8
	Children/ Seniors 60+ \$7

*The pool staff may need to close the pool 5 mins before the top of each hour in order to change the pool over for the next swim block or closing. Please plan your workouts accordingly. Thanks!!

	Monday 8/10	Tuesday 8/11	Wednesday 8/12	Thursday 8/13	Friday 8/14	Saturday	Sunday
6 AM	Adult Lap Swim (circle swim) 6-7am	Adult Lap Swim (circle swim) 6-7am	Adult Lap Swim (circle swim) 6-7am	Adult Lap Swim (circle swim) 6-7am	Adult Lap Swim (circle swim) 6-7am	SPCC CLOSED	SPCC CLOSED
7 AM	Deep Water Aero & Lap Swim 7-8am	Hydro Fitness & Lap Swim 7-8am	Deep Water Aero & Lap Swim 7-8am	Hydro Fitness & Lap Swim 7-8am	Deep Water Aero & Lap Swim 7-8am		
8 AM	Shallow Water Aerobics (no laps) 8-9am	J.A.M. 8-8:45am & 2-3 lap lanes 8-9am	Shallow Water Aerobics (no laps) 8-9am	J.A.M. 8-8:45am & 2-3 lap lanes 8-9am	Shallow Water Aerobics (no laps) 8-9am		
9 AM	All Girls Sports Camp 9-12pm (CLOSED to public)	Open Swim w/ lap lanes NO diving board 9-11am	All Girls Sports Camp 9-12pm (CLOSED to public)	Open Swim w/ lap lanes NO diving board 9-11am	Open Swim w/ lap lanes NO diving board 9-11am		
10AM							
11AM		SENIOR Swim 60+ 11-12pm		SENIOR Swim 60+ 11-12pm	SENIOR Swim 60+ 11-12pm		
12 pm	Open Swim w/ 3 laps NO board 12-2pm	Open Swim w/ 3 laps NO board 12-2pm	Open Swim w/ 3 laps NO board 12-2pm	Open Swim w/ 3 laps NO board 12-2pm	Open Swim w/ 3 laps NO board 12-2pm		
1 PM							
2 PM	Open Swim 2-4pm Diving board open NO laps	Open Swim 2-4pm Diving board open NO laps	Open Swim 2-4pm Diving board open NO laps	Open Swim 2-4pm Diving board open NO laps	Open Swim 2-4pm Diving board open NO laps		
3 PM							
4 PM	Lap Swim 4-5pm	Lap Swim 4-5pm	Lap Swim 4-5pm	Lap Swim 4-5pm	Lap Swim 4-5pm		
5 PM	Open Swim w/ board NO laps 5-7pm	Open Swim w/ board NO laps 5-7pm	Open Swim w/ board NO laps 5-7pm	Open Swim w/ board NO laps 5-7pm	SPCC CLOSED We will reopen on Tuesday, 9/8!		
6 PM							
7 PM	Deep Water Aero & 2-3 lap lanes 7-8pm	Shallow Water Aero & 2-3 lap lanes 7-8pm	Deep Water Aero & 2-3 lap lanes 7-8pm	Shallow Water Aero & 2-3 lap lanes 7-8pm			
8 PM	Lap Swim *close at 8:50pm	Lap Swim *close at 8:50pm	Lap Swim *close at 8:50pm	Lap Swim *close at 8:50pm			