

South Portland Municipal Pool Schedule **September 8-30, 2026**

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

21 Nelson Road

207-767-7650

<https://southportlandme.myrec.com>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM	Adult Lap Swim 18+ (circle swim)	Adult Lap Swim 18+ (circle swim)	Adult Lap Swim 18+ (circle swim)	Adult Lap Swim 18+ (circle swim)	Adult Lap Swim 18+ (circle swim)	CLOSED	CLOSED
7 AM	Deep Water Aerobics & Lap Swim 7-8am	Hydro Fitness & Lap Swim 7-8am	Deep Water Aerobics & Lap Swim 7-8am	Hydro Fitness & Lap Swim 7-8am	Deep Water Aerobics & Lap Swim 7-8am		
8 AM	Shallow Water Aero (no laps) 8-9am	J.A.M. & Lap Swim 8-9am	Shallow Water Aero (no laps) 8-9am	J.A.M. & Lap Swim 8-9am	Shallow Water Aero (no laps) 8-9am	Shallow Water Aero w/ 3 lap lanes 8-9am	
9 AM	Open Swim w/ laps 9-11am	Open Swim w/ laps 9-10am	Open Swim w/ laps 9-11am	Open Swim w/ laps 9-11am	Open Swim w/ laps 9-11am	Open Swim w/ 3 lap lanes (NO diving board) 9-11am	
10 AM		Scarborough Schools 10-11am					Lap Swim (All 6 lanes) 10-11am
11 AM	Senior Swim 60+ 11-12pm	Senior Swim 60+ 11-12pm	Senior Swim 60+ 11-12pm	Senior Swim 60+ 11-12pm	Senior Swim 60+ 11-12pm	Open Swim w/ diving board (NO laps) 11-1pm	Open Swim w/ 3 lap lanes (NO diving board) 11-1pm
12 pm	Open Swim w/ laps 12-2:45pm (no diving board)	Open Swim w/ laps 12-3:30pm (no diving board)	Open Swim w/ laps 12-2:45pm (no diving board)	Open Swim w/ laps 12-3:30pm (no diving board)	Open Swim w/ laps 12-4pm (no diving board)		RENTAL 1-2pm
1 PM						RENTAL 2-3pm	
2 PM			Open Swim (NO laps) & HS Prep Team 2:45-4pm			Open Swim (NO laps) & HS Prep Team 2:45-4pm	Open Swim (NO laps) & HS Prep Team 2:45-4pm
3 PM	Adult ONLY Open Swim w/ diving board (NO laps) 18+						
4 PM	ABF (Closed to public) 4-6pm	ABF (Closed to public) 3:30-6pm		ABF (Closed to public) 4-6pm	ABF (Closed to public) 3:30-6pm		
5 PM			CLOSED @ 5:50pm				
6 PM	Open Swim w/ diving board 6-7pm	Open Swim w/ diving board 6-7pm		Open Swim w/ diving board 6-7pm	Open Swim w/ diving board 6-7pm	Open Swim w/ diving board 6-7pm	
7 PM	Deep Water Aerobics & lap lanes 7-8pm	Shallow Water Aerobics & lap lanes 7-8pm	Deep Water Aerobics & lap lanes 7-8pm	Shallow Water Aerobics & lap lanes 7-8pm	Maintenance 7-8pm		
8 PM	Lap Swim-circle swim (closing at 8:50pm)	Lap Swim-circle swim (closing at 8:50pm)	Lap Swim-circle swim (closing at 8:50pm)	Lap Swim-circle swim (closing at 8:50pm)	Lap Swim-circle swim (closing at 8:50pm)	CLOSED	

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

Pool Party Rentals

Rental requests for Saturdays (at 1pm and 2pm) or Sundays (at 3pm) can be completed online. Check it out at southportlandme.myrec.com and contact the Customer Service Desk with any questions about this process.

Fall Swim Lessons:

Youth Lessons will be offered, one lesson per week, starting in October. Our program will run for 7 weeks. Lessons will be offered during weekday mornings and evenings, as well as on Saturdays and Sundays. Check out the classes with specific dates/times/cost at southportlandme.myrec.com.

The **Stroke Refinement Clinic** (ages 14+) will be offered on Tuesday mornings, Thursday evenings or Sunday early evenings starting in October. Adults must meet the pre-requisites to take this course.

Adult Beginner lessons (ages 14+) will be offered on Sundays at 4 & 4:30pm in October. If you want to learn to swim, this is the course for you!

Registration for ALL swimming lessons is... Monday, 9/14 for residents and Thursday, 9/17 for non-residents.

Daily Fees (including aerobics classes) :	Frequent User Pass (20 Swims) :
<u>SoPo Resident:</u> Adult \$6 ~ Youth/Senior \$5	<u>SoPo Resident:</u> Adult \$100 ~ Youth/Senior \$80
<u>Non-Resident:</u> Adult \$8 ~ Youth/Senior \$7	<u>Non-Resident:</u> Adult \$140 ~ Youth/Senior \$120