

South Portland Municipal Pool Schedule **October 1-November 22, 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. & Stroke Clinic (no public laps) 8-9am	Shallow Water Aero (no laps) 8-9am	J.A.M. & Lap Swim 8-9am	Shallow Water Aero (no laps) 8-9am		
9 AM	Open Swim w/ laps 9-11am	Swim Lessons w/ 3 laps 9-10am	Swim Lessons w/ 3 laps 9-10am	Swim Lessons 9-10am (closed to public)	Open Swim w/ laps 9-11am	Youth Swim Lessons 9-12pm	
10 AM		Scarborough Schools 10-11am	Open Swim w/ laps 10-11am	Open Swim & SPHS Swim Club 10-11am (NO laps)			
11 AM		Senior Swim 60+ 11-12pm	Senior Swim 60+ 11-12pm	Senior Swim 60+ 11-12pm			Senior Swim 60+ 11-12pm
12 pm	Open Swim w/ laps 12-2:45pm (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)	Open Swim w/ diving board (NO laps) 12-1pm	Open Swim w/ diving board (NO laps) 1-3pm
1 PM						RENTAL 1-2pm	
2 PM			RENTAL 2-3pm				
3 PM	Open Swim (NO laps) & HS Prep Team 2:45-4pm	ABF (Closed to public) 3:30-6pm	Open Swim (NO laps) & HS Prep Team 2:45-4pm	ABF (Closed to public) 3:30-6pm	ABF (Closed to public) 4-6pm	Lap Swim (All 6 lanes) 3-4:30pm	RENTAL 3-4pm
4 PM	Lap Swim (all 6 lanes) 4-5pm		Stroke Clinic & 3 lap lanes 5-5:50pm				
5 PM	ABF (Closed to public) 5-6pm						
6 PM	RipTide Swim Club 6-7pm	Mini Youth Swimming Lessons 6-7pm	RipTide Swim Club 6-7pm	Progressive Youth Swim Lessons 6-7pm	Open Swim w/ diving board 6-8pm	CLOSED @ 4:30pm	CLOSED @ 5:50pm
7 PM	Deep Water Aerobics & RT PLUS 7-8pm	Shallow Water Aerobics & 3 lap lanes 7-8pm	Deep Water Aerobics & RT PLUS 7-8pm	Shallow Water Aerobics & 3 lap lanes 7-8pm			
8 PM	Lap Swim-circle swim (closing at 8:50pm)	Lap Swim-circle swim (closing at 8:50pm)	Lap Swim-circle swim (closing at 8:50pm)	Lap Swim & Stroke Clinic (closing at 8:50pm)	Maintenance 8-9pm	CLOSED	

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

CLOSURES:

~**Monday, 10/12** for Indigenous People's Day

~**Friday, 10/16** from 10-11am and 6-8pm for our Annual Pumpkin Splashes

~**Wednesday, 11/11** for Veteran's Day

All Fall swim lessons (for youth and adults) begin starting 10/1/26!

WATER AEROBICS CLASS DESCRIPTIONS:

All aerobics classes have a drop-in (daily) fee of RESIDENTS \$6 (adult) \$5 (senior) / NON-RESIDENTS \$8 (adult) \$7 (senior) per class

SHALLOW WATER AEROBICS – Non-swimmers welcome. Medium to high 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 medium level intensity 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, and noodles.

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. This is a medium level intensity class.

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