



Newsletter | October 2026

SOUTH PORTLAND

PARKS, RECREATION, AND
WATERFRONT

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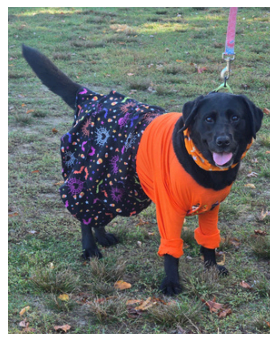
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Fall Brochure](#)



Trunk or Treat

October 31 | SPCC | 11a-2p

[View the Details](#)



Mongrel Mash

October 24 | SPCC | 10a-12p

[View the Details](#)

CONNECT WITH US

South Portland Community Center

21 Nelson Rd, South Portland, ME 04106
Hours: M-F 6a-9p, Sat: 8a-5p, Sun: 10a-6p
207-767-7650

southportlandme.myrec.com

@SoPoParksRec



Community Calendars

The South Portland Community Center and Redbank Community Center offer scheduled programs, open use, and drop-in programs. View the calendars to learn more about when these spaces are available for use.

Teen Center

Hours:
Monday-Friday
2:30pm-6:00pm

[More Info](#)

Pool

Hours:
Monday-Friday
6am-9pm
Saturday 8am-5pm
Sunday 10am-6pm

[Calendar](#)

Senior Drop-in Center

Hours:
Monday-Thursday
9am-3pm
Friday
9am-12pm.

[Event Calendar](#)

Open Gym

Hours vary by activity

[Basketball](#)

[Volleyball](#)

[Pickleball](#)

Announcements

Closures

The South Portland Community Center and all City buildings will be closed on the following days:

October 12 (Indigenous Peoples' Day)

Wainwright Athletic Complex is hosting several large scale sporting events that will restrict public access.

October 17 & 18: Lobster Pot Ultimate Frisbee Tournament
-No parking except for athletes & organizers from 7a-1p.
Shuttles available for spectators from Pleasant Hill Rd.
-Greenbelt Remains OPEN

November 14: NCAA X-C Regional Championships
-No parking except for event attendees from 7a-1p.
-Greenbelt users will be detoured to Highland Ave between Gary L Maietta Way and 929 Highland Ave (Transfer station driveway)

Youth Programs



Movement

Rhythmic Gymnastics

Date: Oct 19- Nov 9

Time: 3:30-4:30p

Age: 5-10

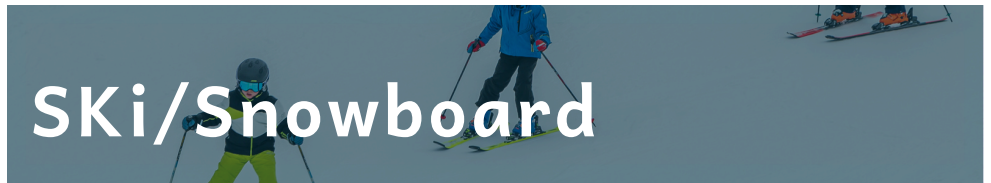
Location: SPCC Multi-purpose Room

Program Cost

Resident: \$100

Non-Resident: \$110

[Register](#)



SKi/Snowboard

Lost Valley Ski Program

Date: Jan 10- Feb 14

Time: Sundays, 9a-4p

Age: 7-12

Location: Auburn

Program Cost

Lift Only: \$220

Lift & Lesson: \$350

Lift & Rental: \$325

Lift, Lesson & Rental: \$450

[Register](#)

Pleasant Mountain Ski Program

Date: Jan 4 - Feb 8

Time: 3:30-10p

Grade: 7-12

Location: Bridgton

Program Cost

Transportation: \$70

Lift Only: \$170

Lift & Rentals: \$350

[Register](#)



Create

Drivers Ed

Date: Oct 5- 22

Time: 2:30-5:00p

Age: 15+

Location: SPCC Conference Room

Beginner Cost

Resident: \$625

Non-Resident: \$635

[Register](#)



PreK

Preschool Open Play

Date: September 15 - May 4

Time: 9:30-11a

Age: 0-5

Location: Redbank Gym

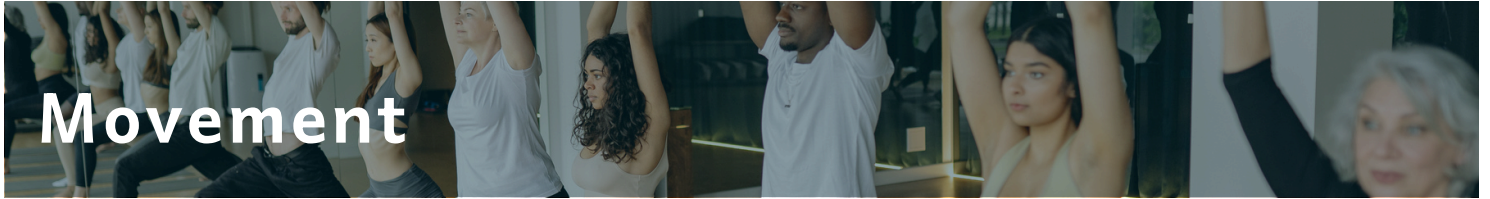
Program Cost

Resident: \$4

Non-Resident: \$5

[Register](#)

Adult Programs



Line Dance

Date: Oct 28 - Dec 16
Time: Wednesdays, 10:45-11:45a
Location: SPCC Multi-purpose Room

Beginner Cost

Resident: \$30
Non-Resident: \$40
Drop-in: \$5

[Register](#)

Mindful Movement Yoga

Date: Nov 5 - Dec 17
Time: Thursdays, 6:30-7:30p
Location: SPCC Multi-purpose Room

Program Cost

Resident: \$70
Non-Resident: \$80
Drop-in: \$12

[Register](#)

Slomo Yoga

Date: Sept 14 - Dec 28
Time: Mondays, 7-8p
Location: SPCC Multi-purpose Room

Program Cost

Drop-in: \$12

[Register](#)

Intro to Bellydancing

Date: Sept 24 - Oct 29
Time: Thursdays, 6:15-7:15p
Location: SPCC Aerobic Room

Beginner Cost

Drop-in: \$5

[Register](#)

Art

Beginner Watercolor Sketchbooking Landscapes

Dates: Oct 24 - Dec 5
Time: 9-10:30a
Location: SPCC Casco Bay Room

Program Cost

Residents: \$85
Non-resident: \$95

[Register](#)

Beginner Soft Pastel Landscapes

Dates: Oct 24 - Dec 5
Time: 10:30a-12p
Location: SPCC Casco Bay Room

Program Cost

Residents: \$85
Non-resident: \$95

[Register](#)

Sports

Unified Sports

Dates: Sept 10 - Dec 17

Time: 10:00 - 11:30am

Ages: 16+

Location: Redbank Gym

Program Cost

FREE

[Info](#)

Drop-in Sports

Days & Times vary by sport

[Basketball](#)

[Volleyball](#)

[Pickleball](#)

Pickleball

Beginner Pickleball Lessons

No program in October, November
registration is open now!

[Register](#)

Improvers Pickleball Lessons

Dates: Wednesdays, Sept 9-23

Time: 6:30-7:30p

Location: SPCC Gym

Program Cost

Residents: \$52.50

Non-resident: \$60

[Register](#)

Senior Programs

AGE FRIENDLY FAIR HIGHLIGHTS





Monthly Birthdays

Date: October 5
Times: 10-11a
Location: SPCC Senior Drop-in Center

Program Cost
FREE (please register)

[Register](#)

Book Folding

Date: Oct 1
Times: Thursdays, 9-10:30a
Location: SPCC Senior Drop-in Center

Program Cost
FREE (please register)

[Register](#)

Just for Fun Bingo

Date: Oct 19
Times: Tuesdays, 9-10:30a
Location: SPCC Senior Drop-in Center

Program Cost
FREE, Drop-in program

[Register](#)

Tea & Talk

Date: Oct 6, 13, 20, 27
Times: Tuesdays, 1-2p
Location: SPCC Senior Drop-in Center

Program Cost
FREE (please register)

[Register](#)

Ukulele Sing-a-long

Date: October 13
Times: Tuesday, 10-11a
Location: SPCC Senior Drop-in Center

Program Cost
FREE, Drop-in program

[Register](#)

Learn a New Game Day

Date: October 8
Times: Thursday, 9:30-11:30a
Location: SPCC Senior Drop-in Center

Program Cost
FREE, Drop-in program

[Register](#)



Create

Make Art/Eat Cake

Date: October 6
Times: Tuesdays, 10-11:30a
Location: SPCC Senior Drop-in Center

Program Cost
FREE
(Registration Required)

[Register](#)



Fitness

Strength & Weight Training the Right Way

Sessions:
Tuesdays, Oct 6-27
Fridays, Oct 2-30
Times: 9:30a-10:30p
Location: SPCC Senior Drop-in Center

Program Cost
Tuesdays: \$40/\$50NR
Fridays: \$50/\$60NR
Drop-in: \$13

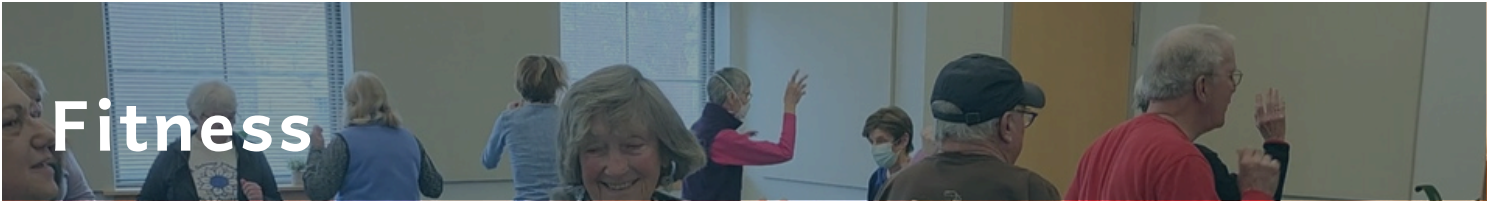
[Register](#)

Laughter, The Best Medicine

Date: October 23
Times: Friday, 12-1p
Location: SPCC Senior Drop-in Center

Program Cost
FREE, Drop-in program

[Register](#)



Fitness

Vitality T'ai Chi

Date: October 6 & 20
Time: Tuesdays, 1-2p
Location: SPCC Aerobic Room

Program Cost
Residents: \$14
Non-resident: \$24
Drop-in: \$8

[Register](#)

Chair Fit ***NEW***

Date: Oct 5, 19, 26
Time: Mondays, 10:30-11:30a
Location: SPCC Multi-purpose Room

Program Cost
Residents: \$27
Non-resident: \$37
Drop-in: \$10

[Register](#)

Dance Fit

Date: Oct 1, 8, 15, 22, 29
Time: Thursday, 11:15a-12p
Location: SPCC Multi Purpose Room

Program Cost
Residents: \$45
Non-resident: \$55
Drop-in: \$10

[Register](#)

Aquatics Programs

Daily Fees:

Residents: Adults \$6 | Youth/Seniors \$5

Non-Residents: Adult \$8 | Youth/Seniors \$7

Frequent User Passes:

Residents: Adults \$100 | Youth/Seniors \$80

Non-Residents: Adult \$140 | Youth/Seniors \$120

[View Pool Calendar](#)
[\(Oct 1- Nov 22\).](#)

Fall Swim Lessons

We are so excited for Fall programming at the pool to get underway. All swim lessons (youth and adults) and RipTide Swim Clubs begin in October.

First class dates are as follows:

Thursday AM and PM classes: 10/1

Weekend Classes: 10/3 and 10/4

Riptide: Monday 10/5 at 6pm

Riptide Plus: Monday, 10/5 at 7pm

Tuesday AM and PM classes: 10/6

Wednesday PM Classes: 10/7



Riptide and RT+ Swim Club

The Fall session of RipTide and RT PLUS Swim Clubs are starting in October.

If you have not been part of either program in the past year, please attend the EVALUATION night on Wednesday 9/30 at 6pm.

There is no need to register in advance for the evaluation. Just show up at 6pm with your child ready in their swim suit (and goggles) for a no-pressure, quick evaluation with the coaches to see if they would be a good fit for the program.

Riptide Registration Dates

Residents: Thursday, 10/1

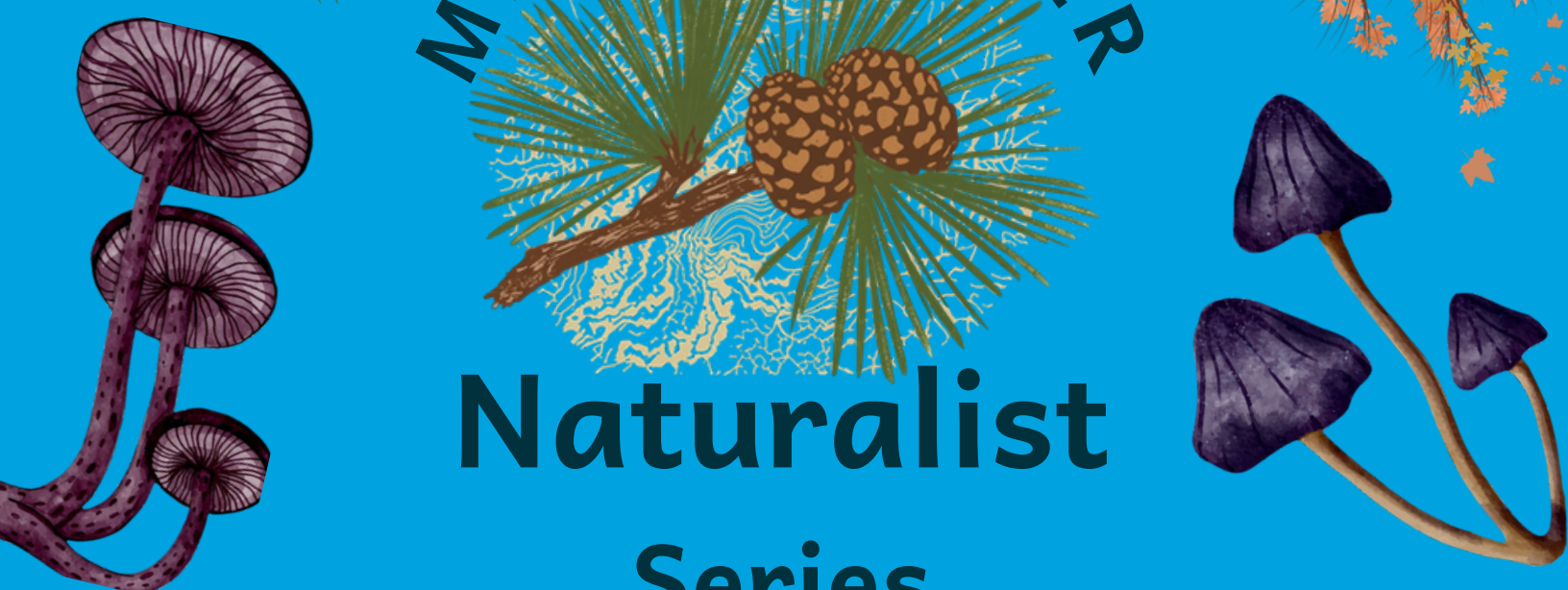
Non-residents: Friday, 10/2

Registration begins at 7am



MAINE MASTER

Naturalist Series



Join Maine Master Naturalist Jane and Park Ranger Robbins for a hike that becomes a captivating experience, offering fascinating insights into the local plant life and fungi.

4:00 - 5:00 pm

Petrlik Conservation Area

Sept 30th - Mushroom Walk

Oct 7th - Deciduous Tree ID

Oct 14th - Conifers, ID and Winter Adaptations



Consider bringing a magnifying glass, hiking gear,
and a notepad for a memorable OUTDOOR
ADVENTURE



Special Events



Swap Series

Pet Supply Swap

Date: Saturday, October 24

Time: 10a-12p

Location: Mill Creek Park

Cozy Crafts Swap

Date: Thursday, November 5

Time: 4-7p

Location: SPCC Casco Bay Room

[More Info](#)



Pumpkins

Pool Pumpkin Splash & Decorating

Date: October 16

Pre-k Only Time: 10a-11a

All Ages Time: 5-7:30pm (rolling start, arrive at your convenience)

Location: SPCC Pool & Casco Bay Room

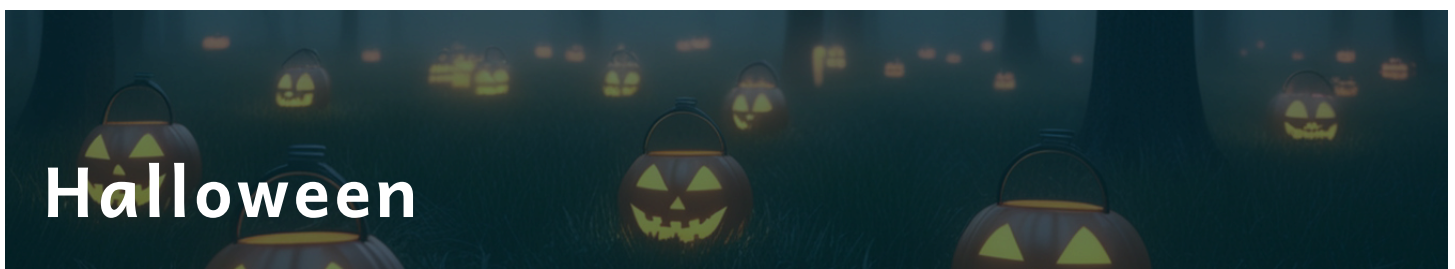
Join us to pick out your pumpkin in the floating pumpkin patch then take it to the Casco Bay Room to decorate!

Program Cost

Residents: \$10

Non-resident: \$20

[Register](#)



Halloween

Trunk or Treat

Date: Saturday, October 31

Time: 11a-2p

Location: SPCC Parking Lot (Rain location: SPCC Gym)

Mongrel Mash

Date: Saturday, October 24

Time: 5:30-6:30p

Location: SPCC Casco Bay Room

[RSVP](#)

CITY OF SOUTH PORTLAND PRESENTS

"I VOTED" STICKER DESIGN CONTEST

OPEN TO ALL AGES 18 AND YOUNGER!



**WINNING STICKERS WILL BE DISTRIBUTED
IN THE UPCOMING ELECTION!**



**COLOR USAGE:
USE BRIGHT & BOLD!**
(LIKE AMERICAN FLAG OR CITY OF
SOUTH PORTLAND LOGO COLORS)



**DEADLINE: SUBMIT TO
CITY CLERK OFFICE
BY OCTOBER 15TH**

**WINNERS:
ONE STICKER FROM
EACH AGE CATEGORY!
WILL BE PRINTED!**

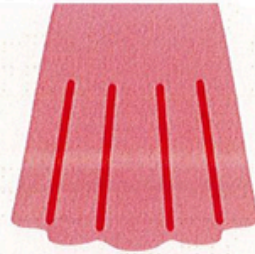


**UPCOMING ELECTION:
FOR NOV 3RD!**

GET READY! AGE CATEGORIES:
Ages 6 & Under, Ages 7-12, Ages 13-18

Forms available
at SPCC!

For details contact City Clerk at 207-767-3201



CHILDREN'S CLOTHES CLOSET



Free and Open to the Public



2nd and 4th Wednesdays:

11 am - 1 pm

2nd and 4th Saturdays:

12 pm - 2 pm



Clothing Donations:

Clean, wearable children's clothes of all sizes
(including teens) can be dropped off on
the 5th floor, in the donation bin inside
the left-hand door.

First Congregational Church, UCC
301 Cottage Road, South Portland
Top Floor * 207-799-3361