South Portland Municipal Pool Schedule **November 23-December 31, 2026**

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

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

Daily Fees:

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM	Adult Lap Swim (circle swim)	Adult Lap Swim (circle swim)	Adult Lap Swim (circle swim)	Adult Lap Swim (circle swim)	Adult Lap Swim (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 Aerobics 8-9am (no laps available)	J.A.M. & Lap Swim 8-9am	Shallow Water Aerobics 8-9am (no laps available)	J.A.M. & Lap Swim 8-9am	Shallow Water Aerobics 8-9am (no laps available)	Shallow Water Aero & Lap Swim 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 9-10am	Open Swim w/ laps 9-11am	Open Swim w/ laps (NO diving board) 9-11am	
10 AM		Scarborough Schools 10-11am		SPHS Swim Club & Open Swim (NO laps) 10-11am			Lap Swim (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/ laps (NO diving board) 11-1pm
12 pm	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps **12-2:30pm** (no diving board)		
1 PM						RENTAL 1-2pm	Open Swim w/diving board (NO laps) 1-3pm
2 PM						RENTAL 2-3pm	
3 PM	SPHS Swim & Dive Team 3-5pm	SPHS Swim & Dive Team 3-5pm	SPHS Swim & Dive Team 3-5pm	SPHS Swim & Dive Team 3-5pm	SPHS Swim & Dive Team Swim Meet 2:30-7pm	Lap Swim (6 lanes) 3-4:30	RENTAL 3-4pm
4 PM							Adult Only 18+ Open Swim (NO laps) 4-5pm
5 PM	ABF Swim Team 5-6pm (Closed to public)	ABF Swim Team 5-6pm (Closed to public)	ABF Swim Team 5-6pm (Closed to public)	ABF Swim Team 5-6pm (Closed to public)		CLOSED	Lap Swim (6 lanes) 5-5:50pm
6 PM	RipTide Swim Club 6-7pm	Open Swim 6-7pm w/ Diving Board + laps	Rip Tide Swim Club 6-7pm	Open Swim 6-7pm w/ Diving Board + laps			CLOSED
7 PM	Deep Water Aero & RipTide PLUS 7-8pm	Shallow Water Aerobics + 2-3 laps 7-8pm	Deep Water Aero & RipTide PLUS 7-8pm	Shallow Water Aerobics + 2-3 laps 7-8pm	Maintenance 7-9pm		
8 PM	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Lap 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 CLOSURES:

Thursday, 11/26-CLOSED for Thanksgiving
Friday, 11/27-Closed for Thanksgiving holiday
Thursday, 12/24-Christmas Eve CLOSING at NOON
Friday, 12/25 -CLOSED for Christmas
Thursday, 12/31-New Year's Eve CLOSING at NOON
Friday, 1/1/27-CLOSED for New Year's Day

Planning Ahead…Winter Swim Lessons: Registration is Mon 12/7 for residents and Thurs 12/10 for non-residents.

Youth Lessons will be offered, one lesson per week, starting in January. 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 in the Winter/Spring brochure. Classes will appear online in time for registration.

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

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

Buy a punch pass and make it easier on yourself to come and use the pool!! Passes are non-refundable and do not expire!

Frequent User Pass (20 Swims)

SoPo Resident: Adult $100 ~ Youth/Senior $80

Non-Resident: Adult $140 ~ Youth/Senior $120