

South Portland Municipal Pool Schedule April 1-May 26th 2022

Daily Fees:

Please review 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:
www.sopoparksrec.com

SP Residents:

Adults \$4

Children/ Seniors 60+ \$3

Non-Residents:

Adults \$5

Children/ Seniors 60+ \$4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	CLOSED	CLOSED
7 AM	Lap Swim & Deep Water Aerobics	Lap Swim & Hydro Fitness	Lap Swim & Deep Water Aerobics	Lap Swim & Hydro Fitness	Lap Swim & Deep Water Aerobics		
8 AM	Shallow Water Aerobics (no laps available)	J.A.M & Stroke Refinement Clinic	Shallow Water Aerobics (no laps available)	J.A.M. & Lap Swim	Shallow Water Aerobics (no laps available)		
9 AM	Open Swim w/ laps	Swim lessons + 3 lap lanes	Swim lessons + 3 lap lanes	Swim Lessons only (closed to public)	Open Swim w/ laps	Swim Lessons Only 9-12pm	Lap Swim 10-11am
10 AM		Scarborough Schools (closed to public)	Open Swim w/ laps	Open Swim w/ laps			
11 AM	Senior Swim 11-12pm	Senior Swim 11-12pm	Senior Swim 11-12pm	Senior Swim 11-12pm	Senior Swim 11-12pm		
12 pm	Open Swim w/ laps 12-4pm (no diving board)	Open Swim w/ laps 12-4pm (no diving board)	Open Swim w/ laps 12-4pm (no diving board)	Open Swim w/ laps 12-4pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ board (no laps)	Swim Lessons Only 12-4pm
1 PM						RENTAL 1-2pm	
2 PM					RENTAL 2-3pm		
3 PM					Open Swim w/ board and 2 lap lanes 3-5pm	CMA 3-4:30pm (Closed to public)	
4 PM	CMA 4-6pm (Closed to public)	CMA 4-6pm (Closed to public)	CMA 4-6pm (Closed to public)	CMA 4-6pm (Closed to public)	Maintenance 5-6pm	CLOSED	Stroke Refine Clinic + Adult only (18+) Open Swim
5 PM	RipTide Swim Club	Swim Lessons only	RipTide Swim Club	Swim Lessons only			Open Swim w/ board and 2 lap lanes 6-8pm
6 PM							
7 PM	Deep Water Aero + RipTide PLUS	Shallow Water Aero + 2-3 lap lanes	Deep Water Aero + RipTide PLUS	Shallow Water Aero + 2-3 lap lanes	Lap Swim (closing at 8:50pm)	CLOSED	
8 PM	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Stroke Refine. Clinic + 3 lap lanes (closing at 8:50pm)			

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	Children/ Seniors 60+ \$4

***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:

Rentals for Saturday afternoons can be completed online. Check it out at www.sopoparksrec.com and contact the Customer Service Desk with any questions about this process.

Holiday closures:

Sunday, April 17th for Easter
Monday, April 18th for Patriot's Day

Youth and Adult Fall Swim Lessons start/end dates:

Saturdays: 4/2-5/14 *Sundays: 4/3-5/20 (no class on Easter 4/17)*
Tuesdays: 4/5-5/17 *Wednesdays: 4/6-5/18*
Thursdays: 4/7-5/19

Definition of Swims:

SENIOR ONLY SWIM: (ages 60+ only). There will 3 lap lanes AND a large open space for exercising. The ramp will be accessible.

LAP SWIM: When possible, all 6 lanes in the pool. Lanes will be designated for FAST, MODERATE, and SLOW swimming speeds for CIRCLING SWIMMING only. Lifeguards can assist you in finding an appropriate lane. (6am M-F is for 18+ adults only)

OPEN SWIM: Patrons are allowed to use the pool and spa. Some swims will restrict use of the board or lap lanes, so please note on the schedule whether lap lanes or the diving board (or BOTH) will be open. Sundays 5-6pm is for Adults only, please!!