

South Portland Municipal Pool Schedule **April 2021**

Please review other side of this calendar for important information regarding our new swim/class format!

Please stop by and visit us at:
21 Nelson Road 207-767-7650
Or check us out online at:
www.sopoparksrec.com

Swim/Class Fee:

| | |
|----------------|---------------------------|
| 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 | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | SPCC CLOSED | SPCC CLOSED | |
| 7 AM | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | Adult Stroke Refinement Class | Lap/Open Swim | | | |
| 8 AM | Shallow Water Aerobics | Deep Water Aerobics | Shallow Water Aerobics | Deep Water Aerobics | Shallow Water Aerobics | | | |
| 9 AM | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | | | Shallow Water Aerobics |
| 10 AM | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | | | Lap/Open Swim |
| 11 AM | SENIOR only Lap/Open Swim | SENIOR only Lap/Open Swim | SENIOR only Lap/Open Swim | SENIOR only Lap/Open Swim | SENIOR only Lap/Open Swim | Lap/Open Swim | | |
| 12 pm | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | |
| 1 PM | Lap/Open Swim | Lap Swim & J.A.M. Fitness Class | Out-Of-School Rec Care Swim Time (closed to public) | Lap Swim & J.A.M. Fitness Class | Maintenance (pool closed) | Lap/Open Swim | Lap/Open Swim | |
| 2 PM | Lap/Open Swim | Lap/Open Swim | | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim |
| 3 PM | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | SPCC CLOSED | Lap/Open Swim | |
| 4 PM | CMA Swim practice | CMA Swim practice | CMA Swim practice | CMA Swim practice | CMA Swim practice | | Adult Stroke Refinement Class | |
| 5 PM | | | | | | | Deep Water Aerobics | |
| 6 PM | Deep Water Aerobics | Shallow Water Aerobics | Deep Water Aerobics | Shallow Water Aerobics | Deep Water Aerobics | | SPCC CLOSED | |
| 7 PM | Lap Swim & Deep Water Aerobics | Adult Stroke Refinement Class | Lap Swim & Deep Water Aerobics | Lap/Open Swim | Lap/Open Swim | | | |
| 8 PM | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | Lap/Open Swim | | | |

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|-----------------|---|
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| Non-Residents: | Adults \$5 Children/ Seniors 60+ \$4 |

HOLIDAY CLOSURES: ~Sunday, 4/4-Easter ~Monday, 4/19-Patriot's Day

IMPORTANT points to know before using the pool:

- Registration AND payment must be made online for each swim/class; **no refunds for missed sessions**
- Punch passes will not be honored at this time, due to constraints of our software system
- ALL swims and classes will be 45 minutes in length, allowing staff to sanitize before the next swim time
- 2 swimmers per lap lane and 18 aerobics participants per class **NEW!!**
- The hot tub will be open during each timeslot. One guest or one household in at a time.
- Enter the building 5 min early, and use the computerized temperature scanner. Walk to the Family Locker rooms
- Masks are required **until you enter the water**; please put your mask on first, after exiting the water.
- Entrance to each timeslot will occur through the Family Locker room; please wait for the guard to take attendance
- Be ready to use the pool without changing...**swimsuits ON before you arrive, please!**
- Please **place your street shoes/boots in the trays** provided, when you enter the pool deck **NEW!!**
- Exit through the Mens and Womens (masks on) locker room. You may use the open lockers to change.
- No showering in the locker rooms. Showers have been turned off.
- Kickboards, pull buoys, noodles, toys and barbells WILL be available for use (sanitized after each timeslot)

LAP/OPEN SWIM (defined): there will be 6 lap lanes set up in the pool with two patrons allowed in each lane. Patrons may swim, exercise, stretch, walk or float in the lane, with equipment (if desired). Patrons may choose to split the lane (with each patron staying on one ½) or may choose to use a circle format. 45 mins is the allotted time, allowing the staff time for sanitizing between timeslots. Masks must be worn when arriving/departing the building, but not IN the pool.

J.A.M. (Joint And Movement) (defined): a group program that 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, noodles, belts and other flotation and water-resistant devices.