

South Portland Municipal Pool Schedule June 21-August 27th, 2021

Swim/Class Fee:

Please review other side of this calendar for important information regarding this calendar!

Please stop by and visit us at:
21 Nelson Road 207-767-7650
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	SPCC CLOSED	SPCC CLOSED	
7 AM	Lap Swim	Lap Swim	Lap Swim	Adult Stroke Refinement Class	Lap Swim			
8 AM	Shallow Water Aerobics	Deep Water Aerobics	Shallow Water Aerobics	Deep Water Aerobics	Shallow Water Aerobics			
9 AM	Open Swim w/ 3 lap lanes NO diving board	Open Swim w/ 3 lap lanes NO diving board	Open Swim w/ 3 lap lanes NO diving board	Open Swim w/ 3 lap lanes NO diving board	Open Swim w/ 3 lap lanes NO diving board			
10 AM								
11 AM	SENIOR only swim	SENIOR only swim	SENIOR only swim	SENIOR only swim	SENIOR only swim			
12 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
1 PM	SP Rec Camp (closed to public)	SP Rec Camp (closed to public)	SP Rec Camp (closed to public)		SP Rec Camp (closed to public)			SP Rec Camp (closed to public)
2 PM	Open Swim							
3 PM	Diving board open/NO laps	Open Swim Diving board open/NO laps	Open Swim Diving board open/NO laps	Open Swim (25) Diving board open/NO laps				
4 PM	CMA Swim practice	CMA Swim practice	CMA Swim practice	CMA Swim practice	Maintenance			
5 PM								
6 PM	Deep Water Aerobics	Shallow Water Aerobics	Deep Water Aerobics	Shallow Water Aerobics	SPCC CLOSED			
7 PM	Lap Swim & Hydro Fitness Class	Open Swim w/ 3 lap lanes & diving board *close at 8:50pm	Lap Swim & Hydro Fitness Class	Open Swim w/ 3 lap lanes & diving board *close at 8:50pm				
8 PM	Lap Swim *close at 8:50pm		Lap Swim *close at 8:50pm					

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

SUMMER HOURS: SPCC and the pool will be closed on the weekends, starting at 5pm on Fridays.

Holiday Closure: Monday, 7/5 (in observance of the July 4th holiday)

SPCC Shutdown: 8/30-9/6/21 (reopening on Tuesday, 9/7/21)

WE ARE BACK!!!

- No pre-registration or attendance taking required
- Punch passes are allowed for use and available for purchase at the desk
- The daily fee usage has resumed...feel free to stay as long as you are able
 - Locker room use is allowed before and after using the pool
- All lockers and showers will be available-you do NOT need to store your belongings on deck
 - Please continue to mask in common/crowded areas

Definition of Swims/Classes:

Hydro Fitness- this 7pm (M/W) 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.

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: all 6 lanes in the pool. Lanes will be designated for FAST, MODERATE, SLOW and SOCIAL swimming speeds. Lifeguards can assist you in finding an appropriate lane. (6am is for 18+ adults only)

OPEN SWIM: up to 50 patrons are allowed to use the pool. Please note on the schedule whether lap lanes or the diving board (or BOTH) will be open. Some swims will restrict use of the board or lap lanes.

WILLARD BEACH is OPEN!

Guarded: 9a-5p daily

Restrooms: 7a-7p daily