

South Portland Municipal Pool Schedule May 1st-June 18th, 2021

Please review other side of this calendar for important information regarding our format! You MUST register in advance to use the pool! The number after each swim indicates the number of available spots.

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 Swim (18)	Lap Swim (18)	Lap Swim (18)	Lap Swim (18)	Lap Swim (18)	CLOSED	CLOSED
7 AM	Lap Swim (18)	Lap Swim (18)	Lap Swim (18)	Adult Stroke Refinement Class	Lap Swim (18)		
8 AM	Shallow Water Aerobics (18)	Deep Water Aerobics (18)	Shallow Water Aerobics (18)	Deep Water Aerobics (18)	Shallow Water Aerobics (18)		
9 AM	Lap/Open Swim(12)	Lap/Open Swim (12)	Lap/Open Swim(12)	Lap/Open Swim(12)	Lap/Open Swim(12)	Shallow Water Aerobics (18)*	Open Swim (25) Diving Board Open/NO laps*
10 AM	Lap/Open Swim(12)	Lap/Open Swim(12)	Lap/Open Swim(12)	Lap/Open Swim(12)	Lap/Open Swim(12)	Lap/Open Swim (12)*	
11 AM	SENIOR only Lap/Open Swim(12)	SENIOR only Lap/Open Swim(12)	SENIOR only Lap/Open Swim(12)	SENIOR only Lap/Open Swim(12)	SENIOR only Lap/Open Swim(12)	Lap/Open Swim (12)*	
12 pm	Lap/Open Swim(12)	Lap/Open Swim(12)	Lap/Open Swim(12)	Lap/Open Swim(12)	Lap/Open Swim(12)	Lap/Open Swim (12)*	
1 PM	Lap/Open Swim(12)	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)	Open Swim (25) Diving Board Open/NO laps*	
2 PM	Lap/Open Swim(12)	Lap/Open Swim(12)		Lap/Open Swim(12)	Lap/Open Swim(12)	Lap/Open Swim(12)	Lap/Open Swim (12)*
3 PM	Lap/Open Swim (12)	Lap/Open Swim(12)	Lap/Open Swim(12)	Lap/Open Swim(12)	Lap/Open Swim(12)	*SPCC CLOSED on the weekends beginning 5/29 for the Summer	Lap/Open Swim (12)*
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 (18)*
6 PM	Deep Water Aerobics (18)	Shallow Water Aerobics (18)	Deep Water Aerobics (18)	Shallow Water Aerobics (18)	Open Swim (25) Diving Board Open/NO laps (LAST swim on 5/21)	*SPCC CLOSED on the weekends beginning 5/29 for the Summer	
7 PM	Lap Swim & Deep Water Aerobics	Adult Stroke Refinement Class	Lap Swim & Deep Water Aerobics	Lap/Open Swim(12)			
8 PM	Lap Swim (18)	Lap Swim (18)	Lap Swim (18)	Lap Swim (18)	Lap Swim (18) (LAST swim on 5/21)		

South Portland Municipal Pool Schedule May 1st-June 18th, 2021

Please review other side of this calendar for important information regarding our format! You MUST register in advance to use the pool! The number after each swim indicates the number of available spots.

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

***SUMMER HOURS:** SPCC and the pool will be closed on the weekends, **beginning at 5pm on Friday, 5/28** throughout the summer! The weekend hours listed on this calendar will END after 5/23.

Holiday Closure: Monday, 5/31 (for Memorial 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
- The number next to the swim indicates the number allowed in the pool at that time...**NEW!!**
- The hot tub will be open during each timeslot. Two guests or one household in at a time.
- 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
- Exit through the Mens and Womens (masks on) locker room. You may use the few open showers and lockers. **NEW!!**
- Kickboards, pull buoys, noodles, toys and barbells WILL be available for use (sanitized after each timeslot)

LAP/OPEN SWIM: up to 12 patrons allowed (2 in each lane). Patrons may swim, exercise, stretch, walk or float in their half of the lane.

LAP SWIM: up to 18 patrons are allowed to use the 6 lanes in the pool. 3 patrons per lane. Lanes will be designated for FAST, MODERATE, SLOW and SOCIAL swimming speeds.

OPEN SWIM: up to 25 patrons are allowed to use the pool. The diving board will be open. **NO lap lanes will be available.** This swim is intended for to use the pool for fun!

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.