

South Portland Municipal Pool Schedule **September 2020**

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	SPCC CLOSED					CLOSED Pool will hopefully re-open for the weekends starting in October.	
7 AM	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	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		
10 AM	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		
12 pm	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim		
1 PM	Lap/Open Swim	Senior Activity Day	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim		
2 PM	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		
4 PM	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim		
5 PM	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim		
6 PM	Deep Water Aerobics	Shallow Water Aerobics	Deep Water Aerobics	Shallow Water Aerobics	Deep Water Aerobics		
7 PM	SPCC CLOSED						
8 PM	SPCC CLOSED						

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

Welcome Back! The pool will re-open on Tuesday, 9/8 at 7am.

Due to COVID related restrictions and cleaning procedures, all swim times and aerobics classes will require the following:

- Registration AND payment online for each swim/class
 - 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 slot
 - 2 Swimmers per lap lane and 12 Aerobics participants per class
 - The hot tub will be open during each timeslot. One guest in at a time.
- Please enter the building through the Nelson Rd parking lot and head towards the Family Locker rooms
 - Masks are required until you enter the pool deck
- No masks required on deck, but please remain as physically distanced and respectful of others as possible
 - Entrance and exit to each timeslot will occur through the Family Locker room
 - NO access to locker rooms for changing (belongings can be placed on sanitized bleachers)
 - There will be access to a toilet and sink, in the Family Locker area, if needed during your timeslot
- Kickboards, pull buoys, noodles 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.