2020 Summer Registration Information

RESIDENTS
Monday, April 20, 2020
All Summer Recreation Programs
Registration for South Portland Residents
Online registration begins at 12:00am.

Monday, June 8, 2020
Summer Youth Swim Lessons
Registration for South Portland Residents
Online registration begins at 7:00am.

NON-RESIDENTS
Thursday, April 23, 2020
All Summer Recreation Programs
Registration for Non-South Portland Residents
Online registration begins at 12:00am.

Thursday, June 11, 2020
Summer Youth Swim Lessons
Registration for Non-South Portland Residents
Online registration begins at 7:00am.

Summer Rec Camp Registration begins May 4. See page 28 for times.
South Portland Parks & Recreation
2020 Summer Program Brochure

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Our Mission
“Our mission is to provide, maintain and develop recreational facilities, open space and leisure opportunities that will enhance the well being of the citizens of the community.”

Parks, Recreation & Waterfront Phone, Address & Hours of Operation

South Portland Community Center
21 Nelson Rd, South Portland, ME 04106  Telephone: 207-767-7650
Hours of Operation
Monday-Friday: 6:00am-9:00pm  Saturdays: 7:00am-7:00pm  Sundays: 12:00pm-8:00pm
*Recreation Admin Offices: Monday-Friday: 8:00am-4:30pm

SUMMER HOURS
The community center will be closed on the weekends from May 23-September 6.
Monday-Thursday: 6:00am-9:00pm  Fridays: 6:00am-5:30pm  *Recreation Admin Offices: Monday-Friday: 8:00am-4:30pm

Redbank Community Center/Teen Center
95 MacArthur Circle West, South Portland, ME 04106  Telephone: 207-347-4145
Hours of Operation: Teen Center Hours: Monday-Friday: 2:30pm-5:30pm  Other Hours: vary with scheduled programs

Parks Department
929 Highland Ave, South Portland, ME 04106  Telephone: 207-767-7670
Hours of Operation (Office Hours): Monday-Friday: 7:00am-3:00pm

South Portland Recreation Complex at Wainwright Farms
125 Gary L Maietta Way, South Portland, ME 04106  Telephone: 207-767-7611 press 2 then 7506
Hours of Operation: Daily 7:00am-Dusk

Website: www.sopoparksrec.com

City of South Portland Closed Dates
Monday, May 25: Memorial Day  •  Friday, July 3: Independence Day (observed day)
*Closed on Saturdays & Sundays, May 23 – September 6, 2020

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Policies and General Information

REGISTRATION: Pre-registration and pre-payment are required for all classes and leagues. We accept program registrations by mail, only after the first day of registration per season (unless stated otherwise). Individuals may register their own family and one other family for programs unless we have specified otherwise. **We do not accept phone registrations.**

NON-RESIDENTS: Persons who do not live in South Portland must pay an additional fee of $10.00 per program. If a non-resident senior is registering for a senior program that costs $15.00 or less, there is no non-resident fee.

CONFIRMATIONS: We do not send course confirmations or reminders of enrollment. If you register for a program and do not receive a call from us, you have been accepted into the class.

REFUNDS: If we cancel a class or special event all fees will be refunded. If you withdraw 3 business days before the first class or one-time event (excluding weekends & holidays), you will receive a full refund. If you withdraw fewer than 3 business days before the first class or one-time event, you will receive a 50% refund. No refunds will be given if you cancel the day of or after the class or the one-time event has taken place. If you are dissatisfied with a program after the first class of a session, you must let us know before the second class of the session. We will issue a 50% refund at this time. No refunds will be given after the second class of a session. Refunds take about 14-21 days to process. We do not provide cash refunds. If injury occurs to a participant that prevents the participant from continuing in a class, you may request a pro-rated refund of the activity fee.

TRIP REFUNDS: If South Portland Recreation cancels a trip, we will refund all fees to the participant. If the participant notifies us 3 or more business days before the scheduled trip we will issue a full refund unless otherwise noted in the brochure. If the participant notifies us fewer than 3 business days before the scheduled trip we will issue a 50% refund. No refunds will be given the day of the trip or after the trip is held.

PROGRAM CANCELLATION: If a program does not hit the program minimum, the program may be canceled. Preregistered participants will receive a phone call and/or email notifying them of the program cancellation. A full refund will be issued to those who have preregistered.

INCLUSION: South Portland Recreation provides reasonable accommodations to qualified individuals with disabilities. In order to accommodate your needs a request must be made at least 10 days prior to the first day of the program.

SOUTH PORTLAND SENIOR CITIZENS: We offer South Portland residents, age 60+ a 20% discount on the price of most of our preregistered adult programs. This discount does not apply to senior programs. We occasionally have an adult program where this discount does not apply.

FINANCIAL AID: Our department does have opportunities for financial aid for South Portland participants. Please call the South Portland Community for more information.

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**Facility Rentals**

South Portland Parks, Recreation & Waterfront has a wide variety of facilities available for rent at our Community Centers, Parks, and Outdoor Athletic Facilities. Whether you’re looking for a space to hold a birthday party, baby shower, wedding, or a field or court for practice or games, we have something to fit your needs.

**Facility Use Questions**

**Community Centers (South Portland Community Center & Redbank Community Center)**

Anthony Johnson
Recreation Operations Manager
207-767-7650 ext. 7512
ajohnson@southportland.org

**Outdoor Athletic Fields (includes school fields & Wainwright Athletic Complex)**

Rick Perruzzi
Recreation Manager
207-767-7650 ext. 7558
eperruzzi@southportland.org

**Parks (includes requests for outdoor weddings)**

Karl Coughlin
Parks Deputy Director
207-767-7650 ext. 7803
kcoughlin@southportland.org

Facility Requests can be made online through our website at [www.sopoparksrec.com](http://www.sopoparksrec.com).

**Follow these steps to make a request:**

1. Log into your online account. If you do not have one, you must create one before requesting space.
2. Once in your account, go to the “Facilities” tab and choose “Facility List” from the drop down menu. From here you can see the list of facilities available for rent, and choose which facility you would like to request.
3. Complete the required fields and review the facilities’ policies and rules.
4. Submit.
5. Once submitted, a request will be generated to the appropriate Facility Manager for approval.
Walking Track Information

If the Community Center is open, the track is available for your use. Occasionally, there are times that the track may be closed to the public. We will provide as much advance notice as possible when this occurs. Track schedule is posted online monthly on our website, www.sopoparksrec.com. Please bring your walking shoes with you and put them on once you are inside the Community Center. 12 laps around the track is equal to 1 mile. All participants must sign in at the front desk.

Track Cost:
- South Portland Residents: **FREE**
- Non-Residents under age 60: **$1.00**
- Non-Residents age 60 and over: **FREE**
Thank You Program Volunteers!

Amy McLaughlin  Dave Sinclair  Allyson Putnam  Antonio Rappazzo
Brian Delacruz   Amy Kinner    Nick Aloes    Joe Henderson
Allison Green    Jim Markan    Jeff Tully    Michele Whitmore
Stig Smith       Keith Stinson  Todd Turkewitz   Chris Lawrence
Leah Burns       Monica Stinson  Annie Dugas    Kurt Feeley
Ciara Meehan     Heather Locke  Chrissy Dimillo  Matt Boles
Janet Davis      Ethan Sencer  Josh Small     Chris Kelley
Brad Durost      Jeremy Collins  Eric Mayo     Ted Varapatis
Richard Baker    Dan Soule     Lucas Smith   Chris Zechman
Lucas Myers      Rob Kierstead  Chip Babineau   Kenneth Demers
Kevin Bates      Andy Foley    Scott Morin    Vincent Amoroso
Dana Gross       Dave Sheehan  Don Duffy      Jenn Lee
Aaron Martin     John Porter    Pat Blais     Anthony Tenneson
Nathan Difazio   Eddie Buck    Kevin Barrett

SoPo Unite All Ages, All In!

Mission:
Creating and sustaining a safe, just, and healthy community to prevent youth substance use

SoPo Unite is part of the federally funded Drug-Free Communities (DFC) Support Program. The Coalition is made up of key stakeholders in South Portland. The Coalition meets monthly at the South Portland High School and its three areas of focus include preventing youth alcohol, marijuana and tobacco use.

PLEASE JOIN US! If you would like to get involved you can reach out on Facebook, call, or email!
https://www.facebook.com/SoPoUnite/
https://www.southportland.org/residents/sopo-unite/healthy/
Lee Anne Dodge: ldodge@southportland.org
207-767-3266 ext. 3422
Senior Activities

Senior Activity Days

Would you like to be picked up and brought to the community center to enjoy some of our free and/or low cost activities? We can help you with that! You can drop-in to have coffee, color, walk the track, check out an exercise class ($), drop in to a support group ($), have afternoon tea, do a puzzle, play cards or games, go for a dip in the pool – (check schedule for times) ($), or enjoy other activities being offered. Please check brochure for times of activities you are interested in. **Pick-up is available for South Portland Residents only. You may drive yourself here if you choose – please join us for a fun filled day of activities!** If you register for pick-up for any of these activity days you must register by the Thursday before the scheduled date in order to get picked up. Example: You want to come on Tuesday, May 19 – you must have registered by Thursday, May 14 in order to get picked up on the 19.

DATES: Tuesdays, May 5 & 19, June 9 & 23, July 14 & 28 and August 4
(Note: Only 1 activity day in August)

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Times for FREE Activities:

**Coffee & Conversation:** 8:30am-9:30am  
**Coloring or activity of your choice:** 9:30am-10:30am  
**Indoor Walking:** 10:30am-11:30am  
**Lunch Time:** 11:30am-12:30pm (Bring your lunch, enjoy time w/ friends)  
**Game Time:** 12:45pm-1:45pm  
**Tea Time:** 1:45pm-2:45pm (We use our fancy tea cups, tea pots, and have a variety of teas & treats.)

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Times for Low Cost Activities:

**Coffee Time Support Group:** 10:30am-12:00pm - $7.00  
**Swimming: Senior Swim:** 11:00am-12:00pm - Resident: $3.00/Non-Resident: $4.00  
**Exercise w/ Jessamyn Mat Class:** 9:00am-10:15am - $5.00  
**Exercise w/ Jessamyn Chair Class:** 10:30am-11:30am - $5.00

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The Senior Wing will be open from 8:30am-3:00pm for you to enjoy any or all of the above activities. You may also enjoy games, cards, or an activity of your choice in the Senior Wing throughout the day.

Cost: FREE pick-up and drop-off for South Portland residents only  
1st Pick-Up 8:00am (if you register for pick up you will be called with a pick-up time)  
We will offer continual pick-ups throughout the day  
1st Return home trip will be 10:00am  
Last Return Home trip will be 3:00pm

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**South Portland Pick Up Policy for Senior Residents Only**

If you have registered to be picked up at your home by the South Portland Community Center Recreation Bus for a program that is offering pick up, you will be called 1-3 days prior to each program with your approximate pick up time and to confirm. We ask that you be ready 15 minutes prior to your scheduled time as times are approximate. You must also be able to leave your residence and walk to the end of your driveway/front entrance or location of pick up without assistance. Location of pick up and drop off must be the same. The driver will be on a tight schedule. Therefore, he will not be able to wait any longer than 3 minutes after your scheduled pick up time. Please also let us know of any accommodations that the driver should be aware of.

City Of South Portland CDBG Assisted Project
Sock Doll, Kitty or Bunny

Transform a pair of toddler crew socks into an adorable doll, stretching kitty, or sleeping bunny. They measure about 6" tall. Basic hand sewing skills required. Please bring to class hand-sewing supplies: Hand-sewing needles, thread, scissors, etc. Socks and stuffing will be provided for you as well as embroidery floss, and petite flowers for the perfect finishing touch! Min: 4/Max: 6

Dates: Friday, June 5 - Doll  
Friday, June 12 - Stretching Kitty  
Friday, June 19 - Sleeping Bunny

Time: 9:00am-12:00pm  
Location: SPCC Senior Wing  
Cost: $6.00 per class  
Instructor: Volunteer Judy Simpson  
Coordinator: Karla Doyon

Senior Create & Chat

Do you like to knit, sew, crochet or create masterpieces? Please bring whatever you are working on and join fellow crafters/knitters/sewers/crocheters/beaders (anything will do!) as we chat and share our ideas, tips and projects with each other. Stay for the entire time or come and go anytime you please! Drop-in always welcome! Registration is encouraged.

Min: 4/Max: 12

Dates: Every Thursday morning  
May through August

Time: 9:00am-11:30am

(No Create & Chat 7/9, 8/27 & 9/3)

Location: SPCC Senior Wing  
(bring a cushion & water)

Cost: FREE

Coordinator: Karla Doyon

Knit & Felted Wool Hat

Folks signing up for this 2-part class must know how to knit. The first class will be an explanation of how to get started and a quick overview of how to felt. The second class will be a demonstration of the felting process – we may not have time to felt everyone’s hat in class, but participants will learn to felt it at home.

Min: 4/Max: 8

Dates: July 24 & 31

Time: 9:00am-10:30am

(you may stay longer to knit if you like but instruction is done at 10:30)

Location: SPCC Senior Wing

Cost: Res: $35.00/Non-Res: $45.00  
(includes instruction & all materials, however there will be limited colors of yarn so you may want to bring your own)

Instructor: Volunteer & Expert Hat Maker, Judy Simpson

Coordinator: Karla Doyon

Cards & Games

Come to SPCC for a fun and informal time playing cards, games, or a game of your choice such as Mah Jongg. Cards and some board games are available or you may bring your own.

Dates: Thursdays, May-August  
(No Cards 7/9, 8/27 & 9/3)  
(No Mah Jongg 7/9, 8/20, 8/27 & 9/3)

Time: 12:30pm-4:00pm

Location: SPCC Senior Wing

Cost: FREE

Coordinator: Karla Doyon

Coffee Time Support Group

Here is your chance to be with other seniors for conversation and reminiscing. Groups offer a base for sharing, understanding and problem solving. Belonging to a group helps us realize that we often share the same concerns as others. John Rich has led many support groups and understands both the joys and challenges of getting older. Come make some new friends and enjoy this time for yourself. Coffee and light refreshments are provided. You are welcome to bring your own lunch.

Dates: Tuesdays, May 5 & 19, June 9 & 23, July 14 & 28 and August 4 & 18

Time: 10:30am-12:00pm

Location: SPCC Upstairs Conference Room

Drop-In Cost: $7.00

Coordinator: Karla Doyon
Coast Guard Station Tour
Have you always been curious about the Coast Guard Station in your own backyard? Well, now you have a chance to see what goes on down there! We will have a one-hour tour of the South Portland Coast Guard Station. Due to Coast Guard security measures we are not allowed to tour any restricted areas. Most of the tour will be outside.

Date: Tuesday, May 12
Time: Departs SPCC 9:45am/Approx. return 12:00pm
Location: South Portland  
Cost: $4.00
Coordinator: Karla Doyon

BBQ at Range Pond
Start this season off right with a BBQ at Range Pond with our friends from Portland Recreation! Make sure to bring sunscreen, beach items (including beach chair), and be prepared to walk on uneven ground. Remember, whatever you bring, you must be able to carry independently. We will supply the typical BBQ fixings - burgers, hot dogs, chips, dessert & water! If you’d like a different beverage, please bring it. Come soak up some sun!

Min: 8/Max: 13

Date: Friday, May 29
Time: Departs SPCC 9:15am/Approx. return 2:30pm-3:00pm
Location: Poland Spring, ME  
Cost: $12.00
Coordinator: Karla Doyon

Lobster Roll Luncheon
What says summer better than a lobster roll lunch! Lunch will consist of a lobster roll, chips, cookie and beverage. Bob Bayer, Emeritus Director, Lobster Institute will join us for a Lobster Talk! Our friends from Portland Recreation will be joining us as well! Free home pick up and drop off is available for South Portland residents only. You must register and cannot just show up as food count is due a week before the luncheon.

Min: 10/Max: 30

Date: Tuesday, June 16
Time: 11:00am-1:00pm
Location: SPCC Senior Wing
Cost: $14.00 (You MUST register ahead of time-Thank you for understanding)
Coordinator: Karla Doyon

Yeehaw It’s a Hoedown
Throw on your western duds, and join us as we and our friends from Portland Recreation listen to some country music, do some square dancing and eat some country fixins! You will have the opportunity to have an actual square dance lesson! Music, food, dancing & fun! Free home pick up available for South Portland residents only.

Min: 15/Max: 30

Date: Friday, July 17
Time: 11:00am-1:00pm
Location: SPCC Senior Wing
Cost: $13.00
Coordinator: Karla Doyon

Hannaford Presentation
Join Hillary Pride, Hannaford registered dietitian, for a fun and hands on healthy eating presentation. You will learn practical tips for healthy grocery shopping and have a chance to participate in a delicious and nutritious recipe prep and tasting too! Space is limited in this class. Please do not show up unless you have registered ahead of time.

Min: 10/Max: 15

Date: Wednesday, May 20
Time: 9:30am-11:00am
Location: SPCC Senior Wing
Cost: FREE
Coordinator: Karla Doyon

207-767-7650 • www.sopoparksrec.com
Day Trip to Loon Mountain

Join us for a day via motor coach for a trip to Loon Mountain with our friends from Portland Recreation. Ride New Hampshire’s longest scenic Gondola Sky Ride to the 2,733 – foot summit of Loon Peak, where you will enjoy breathtaking views of the White Mountains. The sky ride lasts about 30-40 minutes and can hold four people at a time. You will have access to various activities, including access to the 360-degree observation tower, glacial caves to explore, a retail shop to visit, and several scenic walking trails to investigate. You will also have an opportunity to enjoy the Summit Amphitheater. This is a great place to sit and admire the view of the White Mountains. You will be able to explore the area independently and at your own pace. Keep in mind that there will be a lot of walking involved with this trip and you are responsible for maneuvering the area independently. While we are there, the kitchen at Loon Mountain will provide a private BBQ for our group. The BBQ will include hamburgers, hot dogs, veggie burgers, sides, dessert, and a cold beverage. Included in the price is transportation to the Mountain, the sky ride, and the BBQ. Any other activities that you may want to try are NOT included.

Date: Tuesday, June 2
Time: Departs SPCC 8:00a.m./Approx. return 5:30p.m. (These times are approx. and may change as the date gets closer).
Location: Loon Mountain, Lincoln, NH
Cost: Resident $75.00/Non-Resident $85.00 NO REFUNDS AFTER REGISTRATION.
What Do I Bring: Please bring any medications or items you will need for the day, including a water bottle and cash for motor coach driver gratuity.
Coordinator: Karla Doyon

The Counting House Museum Tour

The Counting House Museum is located on the banks of the Salmon Falls River, beside a mill dam that powered the looms of a nineteenth-century cotton textile factory. Exhibits in the former mill office explore rural life in coastal New England, from tidewater farms to maritime trade. We will have a docent led tour of the downstairs, then time to tour on our own. There is a permanent exhibit on the 2nd floor. Steep stairs.

Date: Wednesday, June 10
Time: Departs SPCC 8:45am/Approx. return 12:30pm
Location: South Berwick, ME
Cost: $6.00
Coordinator: Karla Doyon

Hamilton House Tour

Shipping merchant Jonathan Hamilton built this striking Georgian mansion and National Historic Landmark in 1785. Its picturesque situation on a bluff overlooking the Salmon Falls River made it an ideal location for Hamilton’s shipping business and, more than a hundred years later, for the summer retreat of Emily Tyson and her stepdaughter Elise. Today it is one of the region’s quintessential Colonial Revival-style country estates. We may have time to stroll the elaborate perennial gardens.

Date: Wednesday, June 17
Time: Departs SPCC 9:30am/Approx. return 12:30pm-1:00pm
Location: South Berwick, ME
Cost: $15.00
Coordinator: Karla Doyon

Bedrock Gardens Tour With Boxed Lunch

Bedrock Gardens is a 20-acre garden on a 35-acre property notable for its landscape design, its horticulture and its sculptures. Even if you are not a gardener, this is an enchanting place to visit. We will have a 1.5 hour guided tour. We then will have a boxed picnic lunch on the grounds. Bedrock Gardens is a hidden gem and one of the towns best kept secrets! NO REFUNDS AFTER REGISTRATION.

Date: Thursday, June 25
Time: Departs SPCC 8:30am(Approx. return 2:30pm-3:00pm
Location: Lee, NH
Cost: Resident $40.00/Non-Resident $50.00 (includes tour, lunch, transportation, water & snacks)
Coordinator: Karla Doyon

Marshall Point Lighthouse & “Montpelier” Tour

Today we are headed to the Marshall Point Lighthouse, the lighthouse featured in Forrest Gump! Free time on your own here to visit the lighthouse & museum. Then, we are off to “Montpelier” – the General Henry Knox Museum for a docent led tour. We will enjoy a picnic lunch on the grounds of Montpelier before our tour. Montpelier is not handicap-accessible, and guests must navigate two staircases to view the Museum.

Date: Thursday, July 2
Time: Departs SPCC 8:30am/approx. return 4:30pm
Location: Port Clyde & Thomaston, ME
Cost: $15.00 (Don’t forget your picnic lunch)
Coordinator: Karla Doyon
Sunshine Trail

A great day trip! Hop on the bus w/ your friends and hit the Sunshine Trail! Join 8 local businesses on a trail through Limington, Limerick and Newfield in this unique summer open house experience. Hop on the trail and enjoy local, craft brewed beer, hand-made artisan chocolate, pure Maine maple syrup, small batch honey, sweetened jams and ice cream. Admire the handiwork of local quilters, potters, and explore for unique gifts and antiques. **Min: 8/Max: 13**

**Date:** Monday, July 6  
**Time:** Depart SPCC at 9:00am/Approx. return 2:00pm-3:00pm  
**Location:** Limerick, Limington, & Newfield, ME  
**Cost:** $6.00 (cost is for transportation only)  
**Lunch and purchases are on your own.**  
**Coordinator:** Karla Doyon  
(see coordinator for list of venues we will be visiting/ bus will transport us to each location)

Day Trip to Bar Harbor

A day in Bar Harbor. First stop Acadian Nature Cruise! A two-hour, fully narrated cruise. The Acadian has a snack bar, restrooms, and a heated cabin. However, dress warmly and bring a jacket, it is much colder on the boat. Following, free time in Bar Harbor where you will be able to venture independently. Be prepared to be on your feet for most of the day, you are responsible to maneuver around the boat and town independently. In conjunction w/ Ptdl. Rec.  
**Min: 15/Max: 20**

**Date:** Wednesday, August 5, 2020  
**Time:** Departs SPCC 8:00am/Approx. return 8:30pm (These times are approximate and may change, as the date gets closer)  
**Location:** Bar Harbor, ME  
**Cost:** Resident $85.00/Non-Resident $95.00  
**NO REFUNDS AFTER REGISTRATION.** (Includes transportation & cruise ticket, lunch is on your own).  
**What Do I Bring:** Please bring any medications or items you will need for the day, including a water bottle and cash for motor coach driver gratuity.  
**Coordinator:** Karla Doyon

Mystery Trip

We will head out of state for this mystery and joined by our Portland Recreation friends! We are traveling via motor coach and out of state! Come with an open mind and likeness of the unusual! Please be prepared for a long day! **Please bring money for lunch.** Please be advised the venue is not handicap accessible. Wheelchairs and walkers cannot be used here. All areas involve several stairways. **Lunch on your own. NO REFUNDS AFTER REGISTRATION.**  
**Min: 15/Max: 20**

**Date:** Wednesday, July 15  
**Time:** Depart SPCC 8:00am  
(Approx. return between 5:00pm-6:00pm)  
**Location:** It’s a mystery! We will be out of state!  
**Cost:** Resident $50.00/Non-Resident $60.00  
(Includes transportation, activities, water & snacks, Lunch on your own)  
**What should I bring:** Please bring any medications or items you will need for the day, including a water bottle and cash for motor coach driver gratuity. BRING A JACKET!  
**Coordinator:** Karla Doyon

Isle of Shoals

Enjoy a narrated tour out and back to one of the Isle of Shoals (Star Island). We will disembark on to Star Island for approx. 1 hour. This will give us plenty of time to see all the island’s points of interest or you may just sit in a rocker on the porch and enjoy the view! Boat tour and walking, you must be able to maneuver the boat and island independently. **Min: 8/Max: 13**

**Date:** Thursday, August 13  
**Time:** Depart SPCC 10:00am/Approx. return 6:00pm  
**Location:** Portsmouth Harbor, NH  
**Cost:** Resident $45.00/Non-Resident $55.00  
**NO REFUNDS AFTER REGISTRATION.**  
(Bring cash to purchase lunch)  
**Coordinator:** Karla Doyon
Walking Field Trips

Join us on our 4 walking trips this summer as we venture through Maine’s majestic beauty for walks in different settings. You must be physically able to walk at least 2 miles independently and sometimes over uneven terrain. Please wear appropriate footwear for walking. The awe of Maine awaits you on these wonderful trails and paths. Water & snacks are provided.  **Min: 8/Max: 13**

Dates:

- **May 7:** Daffodil Walk at Laurel Hill, & Lunch at Michael’s Pizza (bring money for lunch)
- **June 11:** Eastern Trail, Biddeford to Arundel & Ice Cream (bring money for ice cream)
- **July 9:** Tidewater Farm & Coffee (bring money for coffee)
- **August 7:** Horton Woods & Ice Cream (bring money for ice cream)

Time: Departs SPCC Lobby @ 9:30am
Approx. return between 1:00pm-2:00pm

Location: Saco, Biddeford & Falmouth

Cost: $4.00 per trip (all trips include transportation, water & snacks)

Coordinator: Karla Doyon

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Trip to Swan Island & Picnic

We are heading to Richmond, where we will board a ferry for a five-minute ride across the Kennebec River to this remote island. Once on the Island we will take the 1.5-mile ride in the tour truck to the campground. From here, you will have time on your own to explore the island, walk the gravel road to Theobald Point or begin exploring 7-miles of hiking trails. Pack your lunch and enjoy at your leisure! **Min: 8/Max: 13**

Date: Tuesday, July 21
Time: Departs SPCC 7:45am/Approx. return 3:00pm
Location: Richmond, ME
Cost: $12.00 (includes transportation, ferry cost, water, snacks—bring your own picnic lunch)

Coordinator: Karla Doyon

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Bethel Outdoor Adventures

We will begin our day in the Sluice rock hounding as we sort through a bucket of premium material from a local Western Maine Mine! There will be three people per bucket. We will then take a walk over the 500-foot long Burma Bridge, which crosses the Androscoggin River to Hastings Island - where a one-mile walking trail allows for birdwatching, wildlife watching, serenity, and adventure. Bring your picnic lunch! **Min: 10/Max: 13**

Date: Wednesday, May 27
Time: Departs SPCC 8:00am/Approx. return 3:00pm-3:30pm
Location: Bethel, ME
Cost: $15.00 (Don’t forget your picnic lunch!)
Coordinator: Karla Doyon

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Merryspring Nature Center & Mt Battie

Pack your picnic lunch, we are headed to Camden to the Merry Spring Nature Center! We will walk the trails, which are mostly easy walking trails, however there are exposed roots, visit the arboretum, the vernal pool and discover their beautiful gardens. We will then have our picnic in the hexagon. Following lunch, we will take a ride to the top of Mt. Battie where you will get the best view of Camden Harbor. **Min: 8/Max: 13**

Date: Friday, August 15
Time: Departs SPCC 8:00am/Approx. return 3:00pm-4:00pm
Location: Camden, ME
Cost: $7.00 (Includes guided tour! Don’t forget your picnic lunch!)
Coordinator: Karla Doyon
South Portland Parks and Recreation has teamed up with Sea Dog Brewing restaurant and bowling alley for Senior Bowling every Wednesday. Come bowl in a relaxing setting with peers. All levels are welcome. Bowling balls and shoes are available at Sea Dog Brewing. Morning refreshments may be provided at times. You must register through SPCC – please do not just show up at Sea Dog Brewing, this is a SPP&R program. Sea Dog Brewing is not open to the public, just our group at this time. Thank you!

We require a monthly registration fee of $10.00 that will cover shoe rentals every week and lock in your spot for the month. $3.00 per string is to be paid to Sea Dog Brewing each Wednesday.

**Exercise With Jessamyn**

**MAT CLASS Tuesdays & Thursdays, 9:00am-10:15am**
The Mat class is a challenging series of stretches, strengthening and balance poses designed to involve every muscle group in the body. With an emphasis on core strength we move through a steady flow to target strength and flexibility. Working at your own pace, the mat class will introduce you to a balance of yoga, calisthenics and stretches, all taught with patience, humor and a respect for individual needs. **Min: 6/Max: 30**

**CHAIR CLASS Tuesdays & Thursdays, 10:30am-11:30am**
The Chair class is a gentle series of stretches and strengthening poses that will wake up your body, head to toe. The chair serves us in seated warm-ups and then in standing exercises, working toward strength in the core, arms and legs and especially in balance work. An excellent class where individual needs are respected in a fun, supportive atmosphere. **Min: 6/Max: 30**

<table>
<thead>
<tr>
<th></th>
<th>Mat May</th>
<th>Mat June</th>
<th>Mat July/August (Tuesdays Only)</th>
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<tr>
<td>Date</td>
<td>May 5-28</td>
<td>June 2-July 2</td>
<td>July 21-August 18</td>
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<tr>
<td>Cost</td>
<td>Resident $32.00/Non-Resident $42.00</td>
<td>Resident $40.00/Non-Resident $50.00</td>
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<tr>
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<td>Resident $20.00/Non-Resident $30.00</td>
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**Location:** SPCC MP Room  
**Instructor:** Jessamyn Schmidt  
**Drop in fee:** $5.00 per class  
**Coordinator:** Whitney Dorsett

**Vitality T’ai Chi for Seniors**

This program incorporates “T’ai Chi Moving for Better Balance”, an 8 posture standing form, with elements of Musical T’ai Chi which uses periods of seated movement; both practices will be integrated by learning the Great Breathing technique from Shaolin & Chinese Medicine. The musical background will be calming, peaceful and yet invigorating as the play element in T’ai Chi will be emphasized. Instructor, Michael Elliott is a 48 year practitioner. **Time:** 11:00 am – 12:15pm

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<tr>
<th></th>
<th>T’ai Chi May</th>
<th>T’ai Chi June</th>
<th>T’ai Chi July</th>
<th>T’ai Chi August</th>
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<tr>
<td>Dates</td>
<td>Fridays, May 1-29</td>
<td>Fridays, June 5-26</td>
<td>Fridays, July 10-31</td>
<td>Fridays, August 7-21</td>
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<td>Cost</td>
<td>$25.00 Residents $35.00 Non-Residents</td>
<td>$20.00 Residents $30.00 Non-Residents</td>
<td>$20.00 Residents $30.00 Non-Residents</td>
<td>$15.00 Residents $15.00 Non-Residents</td>
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**Drop in rate is $5.00 per class**  
**Instructor:** Michael Elliott  
**Coordinator:** Whitney Dorsett
The Great American Trailer Park Musical

THE STORY: There’s a new tenant at Armadillo Acres—and she’s wreaking havoc all over Florida’s most exclusive trailer park. When Pippi, the stripper on the run, comes between the Dr. Phil–loving, agoraphobic Jeannie and her tollbooth collector husband—the storms begin to brew. **Please be advised this show contains very adult humor.** This is a café style theater. Bring cash for concessions (by donation).  

**Date:** Thursday, May 21  
**Time:** Depart SPCC 5:30pm  
**Approx. return 9:30pm**  
**Location:** Windham, ME  
**Cost:** $14.00 (NO REFUNDS AFTER REGISTRATION.)  
**Coordinator:** Karla Doyon

I Love You, You’re Perfect, Now Change

A hilarious co-production between Maine State Music Theatre and The Public Theatre! This musical looks at love in all its forms: dating, mating, marriage, parenthood and even pick-up techniques of the geriatric set. Filled with catchy, clever songs including “Always a Bridesmaid”, “The Baby Song”, “On the Highway of Love” and “Marriage Tango”. This witty, fun and insightful musical will leave you feeling, “This is my life!” **NO REFUNDS AFTER REGISTRATION.**  

**Date:** Wednesday, June 24  
**Time:** Depart SPCC 12:30pm SHARP! Show is at 2:00pm  
**Approx. return 4:30pm-5:00pm**  
**Location:** Lewiston, ME  
**Cost:** Resident $35.00/Non-Resident $45.00  
(NO refunds after registration)  
**Coordinator:** Karla Doyon

Poland Spring Players

Join us and our friends from Portland Recreation to visit the Poland Spring Players. The show is **Best of Broadway – By the Numbers!** “What is it about Broadway shows that just make us feel good?” This summer we count down some of the Top 25 Best Broadway Songs. This list of beloved songs includes songs from classic shows – such as 42nd Street, My Fair Lady straight up through Wicked and Hamilton. Dinner is included! **NO REFUNDS AFTER REGISTRATION.**  

**Date:** Tuesday, August 11  
**Time:** Depart SPCC 10:45am SHARP! Lunch out (on your own). Show is at 2:00pm/Approx. return 5:00pm-5:30pm  
**Location:** Hackmatack Playhouse, Berwick, ME  
**Cost:** Resident $25.00  
Non-Resident $35.00  
(Includes show, dinner & transportation)  
**Coordinator:** Karla Doyon

Maine State Music Theater Concerts

Let’s try something new! The MSMT cast of Mamma Mia sings Musical Theater Masterpieces and the MSMT cast of The Sound of Music sings Songs from the ‘60’s! These talented cast members will be singing for us at a new venue! Light meals and drinks will be available for purchase. This is a café style performance venue.  

**Date:** Tuesday, June 9:  
Mamma Mia Cast Sings Musical Theater Masterpieces  
**Time:** Depart SPCC 6:30pm/Approx. return 9:30pm-10:00pm  
**Location:** Freeport, ME  
**Cost:** Resident $52.00 (Each Concert)  
Non-Resident $62.00 (Each Concert)  
(NO REFUNDS AFTER REGISTRATION.)  
**Coordinator:** Karla Doyon

**Date:** Tuesday, June 30:  
The Sound of Music Cast Sings Songs from the ‘60’s  
**Time:** Depart SPCC 6:30pm/Approx. return 9:30pm-10:00pm  
**Location:** Freeport, ME  
**Cost:** Resident $52.00 (Each Concert)  
Non-Resident $62.00 (Each Concert)  
(NO REFUNDS AFTER REGISTRATION.)  
**Coordinator:** Karla Doyon

**Legally Blonde The Musical**

This fabulously fun musical based on the beloved movie follows the transformation of Elle Woods as she tackles stereotypes and scandals in pursuit of her dreams. With memorable songs and dynamic dance numbers, it’s so much fun it should be illegal! Lunch out before the show (on your own). **NO REFUNDS AFTER REGISTRATION.**  

**Date:** Thursday, July 30  
**Time:** Depart SPCC 10:45am SHARP! Lunch out (on your own). Show is at 2:00pm/Approx. return 5:00pm-5:30pm  
(No refunds after registration).  
**Location:** Hackmatack Playhouse, Berwick, ME  
**Cost:** Resident $25.00  
Non-Resident $35.00  
**Coordinator:** Karla Doyon
**Adult Basketball Leagues**

Teams and individuals are welcomed! Individuals will be placed on teams with available spots. All team rosters must have a minimum of eight players with a minimum of two males and two females for coed. We ask players to register 2 weeks prior to the session starting so the department can plan accordingly. The league rules are based on the Maine Principal Association rules with a few stated variations. Full league rules are available online or at the South Portland Community Center. Our officials are IAABO certified. Captains must email Whitney Dorsett wdorsett@southportland.org with a tentative roster after registering. Individuals please contact Whitney after registering to get on the free agent list each session.

- **Coed Game Times:** Between 6:00pm-9:00pm
- **Location:** SPCC
- **Monday League - Summer**
  - **Dates:** June 1-August 3
- **Thursday League - Summer**
  - **Dates:** June 4-August 6
- **Cost per league:** Residents: $60.00/ Non-Residents: $70.00
- **Coordinator:** Whitney Dorsett and Alicia Hoyt

**Adult Flag Football League**

Join us our Tuesday night 6 v 6 our coed adult flag football league! The league consists of 8 regular season games and playoffs. All players will receive a league issued team jersey. Teams are welcomed! Individuals will be placed on teams with available spots. Full league rules are available online. Captains must email Whitney at wdorsett@southportland.org with a tentative roster after registering. Individuals please contact Whitney as well to get on the free agent list each season.

- **Coed Game Times:** 5:45pm-8:00pm
- **Dates:** June 2-July 28
- **Cost:** Residents $60.00/Non-Residents, $70.00
  - (Must be 18 years of age and out of High School)
- **Location:** South Portland Recreation Complex at Wainwright Farms
- **Coordinator:** Whitney Dorsett and Brady Cyr

**Adult Soccer League**

This 6 v 6 league will consist of 8 regular season games and playoffs. All players will receive a league issued team jersey. Teams are welcomed! Individuals/free agents will be placed on teams with available spots. Full league rules are available online. Captains must email Whitney at wdorsett@southportland.org with a tentative roster after registering.

- **Dates:** Wednesdays, June 3-August 5
- **Game Times:** 6:00pm and 7:00pm
- **Location:** Wainwright Recreation Complex (MP Field 4)
- **Coordinator:** Whitney Dorsett and Brady Cyr

**Adult Softball Leagues**

Participants must be at least 18 years old and out of High School. 10 regular season games, top 12 teams make playoffs. 10 v 10 format, a minimum of 4 female and 4 male must be on the field for each team. 7 innings, no new innings after 60 minutes from scheduled start time. ASA affiliated league with ASA umpires. 1 dozen softballs per team. 1 scorebook per team. 1 ASA rule book per team. Champion teams wins - adult league championship shirts

Captains must email wdorsett@southportland.org with a tentative roster after registering. Individuals/free agents will be contacted at least 1 week prior to the league start date.

- **League Nights**
  - **Monday Softball league**
    - Social Causal Level - Starting May 18th
  - **Tuesday Softball league**
    - Semi Competitive Level - Starting May 19th
  - **Wednesday Softball league**
    - Strongly Competitive Level - Starting May 20th

- **Game Times:** 5:45pm & 7:00pm
- **Team Cost:** $850.00
- **Team Roster:** Minimum: 14/Maximum: 20
- **Team Registration Deadline:** May 4
- **Free Agent Cost:** Residents $60.00
  - Non-Residents $70.00
- **Location:** Wainwright Recreation Complex
- **Coordinator:** Whitney Dorsett and Brady Cyr
Adult Two Day Pickleball Camp
The program is designed to give beginners and intermediates a chance to work on their skills. This two day pickleball camp allows players to learn, play and compete with other players of similar skill level. From the basics (serve, return, volleys and rules) to more intermediate skills (strategy and court positioning), Coach Dave Cousins will help you improve your skills in this lifetime sport.

Dates: July 25-26  Time: 9:00am-1:00pm
Location: Small School Tennis Courts
Cost: Resident: $60.00/Non-Resident: $70.00
Instructor: David Cousins  Coordinator: Whitney Dorsett

Adult Open Gym Pickleball
South Portland Recreation has several opportunities to get out and play pickleball.
Each program below is drop in.

SUNDAYS
Dates: May 3-May 17
Time: 2:00pm-3:45pm
Location: South Portland Community Center

MONDAYS – FRIDAYS
Dates: May 4-June 19
(No program on 5/25)
Time: 8:00am-11:00am
Location: South Portland Community Center

WEDNESDAYS (Beginners Only)
Dates: May 6-June 10
Time: 8:00am-11:00am
Location: Redbank Community Center

Cost: South Portland Residents $3.00 / Non-Residents $4.00 / Active and Veteran Military $1.00
Open Gym Frequent User Passes are available at the South Portland Community Center front desk.
(MUST SHOW ID each visit)

Adult Open Gym Basketball  ➤  ➤  ➤
Each program is drop in only. Must show ID each visit.

SUNDAYS
40 YEARS OLD AND OLDER PROGRAM
Date: May 3-May 17  Time: 9:00am-10:30am
Location: Redbank Community Center

30 YEARS OLD AND OLDER PROGRAM
Date: May 3-May 17  Time: 4:00pm-5:45pm
Location: South Portland Community Center

TUESDAYS
Date: May 5-June 16  Time: 11:30am-1:30pm
Location: South Portland Community Center

WEDNESDAYS (South Portland Residents Only Night)
Date: May 6-May 27  Time: 7:00pm-9:00pm
Location: South Portland Community Center

FRIDAYS
Date: May 8-June 19  Time: 11:30am-1:30pm
Location: South Portland Community Center
Cost: South Portland Residents $3.00/Non-Residents $4.00/
Active and Veteran Military $1.00
Coordinator: Whitney Dorsett
Open Gym Frequent User Passes are available at the South Portland Community Center front desk.

Adult Open Gym Volleyball  ➤  ➤  ➤
This is a drop in program. Must show ID each visit.

Date: Sundays, May 3-May 17
Time: 6:00pm-8:00pm
Location: South Portland Community Center
Cost: South Portland Residents $3.00
Non-Residents $4.00
Active and Veteran Military $1.00
Free Adult Tennis Lessons

Free adult tennis lessons will be held for players at the beginner level and those who have never played before. Participants will learn basic tennis skills and have the chance to play against one another. Sessions will be held at the SPHS tennis courts.

Min: 6
Max: 20

ATL 1 (Beginner) - Wednesdays
Date: June 3-June 24
Time: 6:00pm-7:00pm
Location: SPHS Tennis Courts
Cost: FREE

ATL 2 (Beginner) - Wednesdays
Date: July 1-July 22
Time: 6:00pm-7:00pm
Location: SPHS Tennis Courts
Cost: FREE

Instructor: David Cousins  Coordinator: Whitney Dorsett

Monday Mixer

Monday Tennis mixer is for those who enjoy more match-style play. We offer doubles or mixed doubles. Instructors will be available should you have any questions or seek any tips. Players at all levels are welcome.

Min: 8
Max: 20

Tennis Mixer A
Date: June 1-June 29
Time: 6:00pm-7:30pm
Location: SPHS Tennis Courts
Cost: Residents $55.00/Non-Residents $65.00

Tennis Mixer B
Date: July 6-August 3
Time: 6:00pm-7:30pm
Location: SPHS Tennis Courts
Cost: Residents $55.00/Non-Residents $65.00

Drop in Fee $12.00
Instructor: David Cousins
Coordinator: Whitney Dorsett

Cardio Tennis

Cardio Tennis is a fun group activity that incorporates a good workout. This program features a warm-up, drills, cardio workout, and cool down phases. If you are looking for a great new way to get in shape, burn calories, and enjoy the game of tennis then Cardio Tennis is for you! For intermediate/advanced skill levels.

Min: 12
Max: 24

Tuesday Cardio Tennis A
Date: June 2-June 30
Time: 6:00pm-7:00pm
Location: SPHS Tennis Courts
Cost: Residents $55.00/Non-Residents $65.00

Tuesday Cardio Tennis B
Date: July 7-August 4
Time: 6:00pm-7:00pm
Location: SPHS Tennis Courts
Cost: Residents $55.00/Non-Residents $65.00

Saturday Cardio Tennis A
Date: June 6-July 11
Time: 8:00am-9:00am
Location: SPHS Tennis Courts
Cost: Residents $55.00/Non-Residents $65.00

Saturday Cardio Tennis B
Date: July 18-August 15
Time: 8:00am-9:00am
Location: SPHS Tennis Courts
Cost: Residents $55.00/Non-Residents $65.00

Drop-In Cost: $12.00
Instructor: David Cousins
Coordinator: Whitney Dorsett
**Introduction to Watercolor**

The objective of this class is to develop at an introductory level ability in water color painting. Students will acquire an understanding of the tools and terms in this medium. We will experiment with dry, damp & wet surfaces to explore some of the possibilities and outcomes in addition to mastering basic washes. We will investigate glazing and layering as well as application technique. (No senior discount)

**Dates:** Saturdays, May 2, 9 and 16  
**Time:** 2:30pm-4:30pm  
**Location:** SPCC ART Room  
**Cost:** Residents: $36.00/Non-Residents: $46.00  
**Instructor:** Pauline Cook  
**Coordinator:** Whitney Dorsett

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**Watercolor Workshop I**

Possibilities are endless. The focus of this course will be to continue expanding our repertoire of techniques. We will explore and master the specifically challenging topics of water, shadow, and figures. (No Senior discount)

**Dates:** Saturdays, May 2, 9 and 16  
**Time:** 11:30am-1:30pm  
**Location:** SPCC ART Room  
**Cost:** Residents: $36.00/Non-Residents: $46.00  
**Instructor:** Pauline Cook  
**Coordinator:** Whitney Dorsett

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**Mix It Up!**

*Mix It Up!* is a co-ed group strength training class utilizing various methods of training as well as a variety of exercises and equipment. The class is designed for all ages and all fitness levels. On Tuesdays, we kick up the intensity a little bit and incorporate interval training. Thursday’s focus is on total body strength training. *Mix It Up!* is easy to follow and will make you sweat.

*Please note this adult class will only allow a 10% Senior Discount.*

**Min:** 6  
**Max:** 25

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<thead>
<tr>
<th>Days and Times</th>
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<tr>
<td>Mix Up! May</td>
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<td>Date: May 5-May 28</td>
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<td>Resident Cost: $52.00</td>
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<td>Mix Up! June</td>
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<td>Mix Up! July</td>
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<td>Mix Up! August</td>
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<td>Date: August 4-August 20</td>
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<td>Non-Resident Cost: $49.00</td>
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**Drop-In Cost:** $10.00  
**Instructor:** Karen McCue  
**Bodyflex2011@gmail.com**  
**Coordinator:** Whitney Dorsett

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**Aerobic Dance**

The Jacki Sorensen program is a nationally recognized dance and strength training method of exercise that is fun and challenging with an element of dance geared to the non-dancer. Each class consists of warm-up, stretching, abdominal work, light-weight repetitions and then we dance! All levels are welcome.

*Min:** 6  
*Max:** 12

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<th>Location: SPCC Aerobic Room</th>
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<tr>
<td>Aerobic Dance May</td>
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<tr>
<td>Date: May 4-May 27</td>
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<td>(No class 5/25)</td>
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<td>Cost: Residents $42.00/Non-Res $52.00</td>
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<tr>
<td>Aerobic Dance June</td>
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<tr>
<td>Date: June 1-June 29</td>
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<td>Cost: Residents $54.00/Non-Res $64.00</td>
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<tr>
<td>Aerobic Dance July</td>
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<tr>
<td>Date: July 1-August 5</td>
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<td>Cost: Residents $48.00/Non-Res $58.00</td>
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**Drop-In Cost:** $7.00 per class  
**Instructor:** Jean Ricciardelli  
**Coordinator:** Whitney Dorsett

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**Gentle Yoga**

Whether it is your first time or you have been taking yoga for years, this class will meet you right where you are. Our gentle yoga instructors emphasize safe and effective alignment principles as she leads you through a sequence of yoga postures connecting the breath with body movement. The goal for every class is that you leave feeling stronger, more flexible, balanced and happy! (No senior discount)

*Min:** 4  
*Max:** 20

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<th>Location: SPCC Multipurpose Room</th>
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<tr>
<td>Gentle Yoga Wednesday Summer I</td>
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<td>Dates: May 6-June 24</td>
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<td>Cost: Residents $80.00/Non-Res $90.00</td>
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<tr>
<td>Gentle Yoga Wednesday Summer II</td>
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<td>Dates: July 1-Aug 19</td>
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<td>Cost: Residents $90.00/Non-Res $100.00</td>
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**Drop-In Cost:** $12.00 per class  
**Instructor:** Martha Williams  
**SUB:** Jessamyn Schmidt (June 3 and 10)  
**Coordinator:** Whitney Dorsett
Youth Programs

Nathan Savage Youth Programs Scholarship Fund

This scholarship program has been set up in honor of South Portland's own, Nathan Savage. Funds are to be used towards any youth program offered through the Recreation Department except Summer Rec Camps and our Afterschool Adventures Program.

To apply: complete an application and submit to the South Portland Parks, Recreation & Waterfront department at least 2 weeks prior to the start of the program. Applications can be picked up at the front desk of the South Portland Community Center or online at www.sopoparksrec.com.

Questions? Please contact Anthony Johnson at ajohnson@southportland.org.

Sports Camp

“Where the fun begins”

At Sports Camp campers will have an opportunity to sample a variety of sports such as: basketball, soccer, track, handball, ultimate frisbee, dodgeball, wiffle ball, and more. Sports will rotate every forty-five minutes to an hour. Sports Camp is a great way for athletes to try multiple sports without fear of burnout. Sports Camp’s philosophy is to teach the athlete the basics of the sport in a fun-filled, supportive atmosphere. We will have guest speakers to demonstrate and teach important skills and guide athletes, and friendly competitions to demonstrate their skills. Min: 15/Max: 35

Dates: August 24-August 28  Time: 9:00am-3:00pm
Ages: 9-12
Location: Redbank Community Center
Cost: Residents $225.00/Non-Residents $235.00
Instructor: Patrick Reagan
Coordinator: Jenee Pelletier

Teens Rafting Trip

This end of summer overnight rafting trip is one that no teen will want to miss. We will be bussed to Caratunk, ME where Adventure Bound Youth Adventures will host us at their amazing base camp, and lead us down the Kennebec River for a 12 Mile rafting trip. Dinner, Breakfast and BBQ River lunch will be provided.

Min: 15/Max: 50

**An additional liability waiver, provided by the rafting company, will be required in order to participate.**

Dates: August 17-18
Time: Depart: Redbank CC - 1:00pm
Return: Redbank CC - 7:00pm
Grades: 6, 7 & 8
Cost: Residents $165.00/Non-Residents $175.00
Coordinator: Robert Carter

This trip is eligible for the Nate Savage Memorial Scholarship.

Skolfield Sports Performance Speed & Conditioning Camp

The Skolfield Speed & Conditioning Camp is back again this summer! Skolfield Sports Performance is a leader in sports performance enhancement and their methodology has developed athletes of all ages.

Session is supervised and guided by nationally certified strength and conditioning coaches. The program will lay out step by step how to maximize an athlete’s acceleration, while helping them improve mobility, flexibility and strength. Participants will also be educated on the importance of biomechanics to decrease the potential of injury and enhance multi-directional speed and quickness. In addition, this program will educate participants on the correct foods needed to improve their athletic performance.

Min: 8/Max: 30

This program is partially subsidized by the Nathan Savage Youth Sports Scholarship Fund to allow as many South Portland youth to participate as possible. Don’t miss this great opportunity!

Dates: June 29-August 14
Days: Monday, Wednesday & Friday
Time: 8:00am-9:00am
Grades: Entering Grades 6-12
Location: SPHS Track
Cost: Residents - $100.00 (subsidized by Nathan Savage Scholarship Fund) Non-Residents - $275.00
Instructors: Skolfield Sports Performance Certified Coaches
Youth Tennis

Getting into tennis is fun and easy with Elizabeth Scifres' SPHS Varsity Coach! Along with varsity players, she will work with your child ages 8-12 to develop skills while building confidence with an emphasis on FUN. During the week your child will work on agility, movement, fitness, as well as ground strokes, serving, volleying and game strategy. The kids will use the skills in some friendly match play games against their teammates and maybe a varsity player! Have your child wear comfy/athletic clothing and bring a water bottle and snacks/lunch. Sneakers are REQUIRED footwear. Popsicles on the last day!

**Min**: 6/Max: 15

**Dates**: July 6-July 9
**Days**: Monday-Thursday
**Time**: 9:00am-1:00pm
**Ages**: 8-12
**Location**: South Portland High School Tennis Courts
**Cost**: Residents $90.00/Non-Res $100.00
**Instructor**: Elizabeth Scifres, SP Girls Varsity Tennis Coach
**Coordinator**: Jenee Pelletier

Teen Tennis

This program offers a combination of drills, instruction and play for kids ages 13-16. It's perfect for the player who wants to learn the game or the one that aspires to play at a high school and beyond. SPHS Varsity Coach Elizabeth Scifres and her Varsity players will focus each day on stretching, tennis fitness, and development of skills and strategy using innovative curriculum. Each day will be FUN and have friendly competition. Have your child wear athletic clothing and bring a water bottle and snack. Sneakers are REQUIRED footwear. Popsicles on the last day!

**Min**: 6/Max: 15

**Dates**: June 22-June 25
**Days**: Monday-Thursday
**Time**: 9:00am-1:00pm
**Ages**: 13-16
**Location**: South Portland High School Tennis Courts
**Cost**: Residents $90.00/Non-Res $100.00
**Instructor**: Elizabeth Scifres, SP Girls Varsity Tennis Coach
**Coordinator**: Jenee Pelletier

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**SoPo Smash Tennis**

**Youth Tennis**

This program introduces young players to the game of tennis. This will include an ideal blend of skill development and high activity games. All skill levels are welcome. The last date of each activity will be family fun day. Parents are welcome and encouraged to join in on the activities.

Kelly Anchors is a certified tennis pro at Apex Racket and Fitness, with over 25 years of experience. She has a passion for helping kids gain confidence and develop a love for the game of tennis.

**Min**: 4/Max: 10

**Spring After School Tennis Club**

**Dates**: May 7-June 11
**Days**: Thursdays
**Time**: 4:00pm-5:00pm
**Ages**: 7-12
**Location**: SPCC Gym & South Portland High School Tennis Courts
**Cost**: Res $50.00/Non-Res $60.00
**Instructor**: Kelly Anchors
**Coordinator**: Whitney Dorsett

**Summer Tennis Club**

**Dates**: June 29-July 27 (Rain Date 8/3)
**Days**: Mondays
**Ages**: 5-7 (9:00am-10:00am)
**Ages**: 8-12 (10:00am-11:00am)
**Location**: SPHS Tennis Courts
**Cost**: Res $50.00/Non-Res $60.00
**Instructor**: Kelly Anchors
**Coordinator**: Whitney Dorsett

**Grand Slam Tennis Camp**

Summer tennis camps offered through the St. Peter’s Grand Slam Tennis Programs are fun, yet challenging and instructional and cater to boys and girls ages 7-16 at all skill levels. Camps are taught by certified teaching pros and college tennis players. For the beginner, a progressive format is followed. Each session teaches basic tennis strokes and strategy in an enthusiastic but low pressure environment. For intermediate and advanced players, every session consists of intense drills to define strokes, conditioning exercises, strategy, and competitive match play.

**Min**: 8/Max: 48

**Dates**: July 20-July 24
**Days**: Monday-Friday
**Time**: 9:00am-12:00pm (Half Day)
**Time**: 9:00am-4:00pm (Full Day)
**Ages**: 7-16
**Location**: South Portland High School Tennis Courts
**Cost**: ½ Day Res $182.00/Non-Res $192.00
**Full Day Res $260.00/Non-Res $270.00
**Instructor**: St Peter’s Grand Slam Tennis
**Coordinator**: Jenee Pelletier
Red Riots Soccer Camp
The SPHS Varsity Boys Coach will be running this program. During your week at camp you can expect to develop new skills, improve the skills you already have, and have a ton of fun while doing it! This is for boys and girls. Includes camp t-shirt.  
Min: 15/Max: 60

Dates: July 20-July 23  
Days: Monday-Thursday  
Time: 5:30pm-7:00pm  
Grades: 3-8 as of September 2020  
Location: Wainwright Recreation Complex  
Cost: Residents $55.00/Non-Residents $65.00  
Instructor: Bryan Hoy, SPHS Varsity Boys Coach  
Coordinator: Jenee Pelletier

Red Riots Soccer Workouts
This is a FREE program. Head to Memorial Middle School for some summer workouts with the boys high school team! Coach Bryan Hoy will put students through a series of drills improving individual ball handling and shooting. Come prepared with water and comfy clothes. This is for boys and girls.

Dates: June 30-July 30  
Days: Tuesdays and Thursdays  
Time: 9:00am-10:30am  
Grades: 7-12 as of September 2020  
Location: Memorial Middle School Soccer Field  
Cost: FREE (Residents only)  
Instructor: Bryan Hoy, SPHS Varsity Boys Coach  
Coordinator: Jenee Pelletier

Challenger Sports British Soccer Camps
With an innovative curriculum that develops skills, speed and confidence in players of all ages and abilities, Challenger British Soccer Camps provide boys and girls with the rare opportunity to receive high-level soccer coaching from a team of international experts right in the heart of their own community. In addition to teaching new skills and improving game performance, each British Soccer Camp provides lessons in character development, cultural education and is the most fun your child can have learning the sport they love! Simply put, Challenger camps offer amazing coaches, awesome accents, innovative practices and a unique cultural twist that combine for a one-of-a-kind camp experience! Camp includes free ball and t-shirt.  
Min: 10/Max: 25

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Dates: August 10-14  
Days: Monday-Friday  
Location: Wainwright Recreation Complex (Baseball Field 1)  
Instructors: Challenger Sports Staff  
Coordinator: Jenee Pelletier

Pre-Season Soccer Camp With GPS
This program is for kids going into 1st through 5th grade in the fall 2020. GPS is bringing some of their best coaches from around the world for a week to help get the dust off before the soccer season starts! Your child will learn some awesome moves and strategies through basic skills and drills. Some FUN play will be added to get your son or daughter ready to go! End summer vacation with a jumpstart on soccer!  
Min: 8/Max: 30

Dates: August 17-21  
Days: Monday-Friday  
Time: 10:00am-12:00pm  
Grades: Entering Grades 1-5  
Location: Redbank Community Center  
Cost: $10.00  
Instructor: GPS  
Coordinator: Jenee Pelletier

Soccer Magic with GPS
For the third year, we are teaming up with Global Premier Soccer coaches to run this program. GPS coaches will teach the fundamentals of soccer using a fun and energetic curriculum that has been tailored to work with 3-6 year olds. All sessions are held in a fun and positive environment where players are encouraged to play with a smile on their faces. Our goal is for each child to have a great experience and begin to develop a passion for the game at an early age. Includes program shirt.  
Min: 10/Max: 50

We encourage the involvement of parent volunteers in this program. No soccer experience necessary, just the ability to follow directions and have fun.

Dates: September 6-October 11  
Days: Sundays  
Ages: 3-6  
Location: Wainwright Recreation Complex Baseball Field 1

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<td>Ages 5-6</td>
<td>10:00am-11:00am</td>
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Coordinator: Jenee Pelletier
Grades 1/2 & 3/4 Fall Soccer League

South Portland Parks and Recreation offers a Youth Soccer League for boys and girls in grades 1 through 4. The purpose of this program is to promote soccer skill development in an environment which will enhance the physical, social and emotional growth of the child as he/she learns to become part of a team and work with others. Sportsmanship will be stressed on all teams, with the ultimate goal of having FUN! Girls and boys will play on separate teams. Teams will practice 1 time during the week in the evening and play 1 game each Saturday in South Portland. Includes team shirt. **We do not allow Kindergarteners to play in this league, no exceptions will be made. In an effort to create equally balanced teams, unfortunately we cannot honor all specific team/coach requests.**

Register on or before August 3 and take $10.00 off the regular program fee. Final Registration Deadline is August 7. Registrations will only be accepted after this if there is space on a team.

League Details
**Dates:** August 29-October 10 (NO GAMES September 5/Rain Date October 11) (Practices will begin the week of August 17)
**Day:** Saturday games, weekday practices
**Time:** Games between 9:00am-Noon, practices are weekday evenings
**Location:** Wainwright Complex
**Cost:** $60.00 ($50.00 by August 3)
**Division:** Girls Grades 1/2 / Boys Grades 1/2
Girls Grades 3/4 / Boys Grades 3/4
**Coordinator:** Jenee Pelletier

Grades 5/6 Rec Soccer League

This is a recreational league, but games will be played in area towns, so travel is required. Teams have 1 practice per week in the evening at the Wainwright complex and play one game per weekend on Saturday mornings/early afternoons. A game schedule will be available late August. Includes team shirt. **In an effort to create equally balanced teams, unfortunately we cannot honor all specific team/coach requests.**

Coaches Needed! Please contact Jenee Pelletier at jpelletier@southportland.org.

League Details
**Dates:** August 29-October 10 (NO GAMES September 5/Rain Date October 11) (Practices will begin the week of August 17)
**Day:** Saturday games, weekday practices
**Time:** Games are mornings/early afternoons, practices are weekday evenings
**Location:** Wainwright Complex and other area towns for games
**Cost:** $60.00 ($50.00 by August 2)
**Division:** Girls Grades 5/6 / Boys Grades 5/6
Girls Grades 3/4 / Boys Grades 3/4
**Coordinator:** Jenee Pelletier

Football Fun

South Portland Recreation is proud to partner with the Head Coach of SPHS Football, Coach Filieo, to offer a 6 week long football summer clinic for kids going into 3rd-8th grade! Kids will work closely with Coach Filieo and his high school players on stationed drills and games using flag football gear. This is a non-contact clinic looking to teach the basics of the game and improve upon skills in preparation for contact football. There will be a heavy focus on blocking, tackling and other football specific skills. We will also work on other important areas such as communication, effort and sportsmanship.

**Dates:** June 24-August 5
**Days:** Wednesdays
**Time:** 6:00pm-7:30pm
**Grades:** 3-5
**Location:** Redbank Community Center
**Cost:** Residents $50.00/Non-Residents $60.00
**Instructor:** Aaron Filieo, SPHS Varsity Football Coach and SPHS players
**Coordinator:** Jenee Pelletier
Nothing But Net Basketball Camp

This camp is for girls entering grades 3-8 in September, 2020. Come join the SPHS coaches and players for a week full of fun! There will be skill contests, skill work, and game play. This is a great chance to learn how to become a better basketball player and have fun while doing it! Please bring a lunch each day. There will be time for swimming at the indoor community center pool (Days and times TBD). Please bring your swimsuit and towel. **Includes camp t-shirt.**

Dates: June 22-26
Days: Monday-Friday
Time: Monday-Thursday 9:00am-3:00pm, Friday 9:00am-12:00pm
Location: SPCC Gym
Cost: Residents $150.00/Non-Residents $160.00
Instructor: Lynne Hasson, SPHS Girls Varsity Coach
Coordinator: Jenee Pelletier

Summer Slam

Summer Slam gives school aged kids the opportunity to participate in a FREE one of a kind basketball camp experience. The day’s activities start with a Morning Skill Session, where coaches teach basketball fundamentals. The LUNCH LECTURE SERIES is an opportunity for kids to listen and learn from our MAINE MENTORS while being provided with a FREE LUNCH. An elimination 3 on 3 tournament is offered in the afternoon for multiple divisions to accommodate kids of all skill levels entering grade 4, 5/6, 7/8, 9/10 and 11/12. Registration is limited and will be offered on a first come basis! This event is run by TRUSPORTS.

Date: August 15
Day: Saturday
Time: 8:00am-6:00pm
Location: Redbank Community Center
Cost: FREE (must preregister)
Instructor: TRUSPORTS
Coordinator: Whitney Dorsett

Big Red Basketball Camp

This camp is for boys entering grades 2-9 in September, 2020. Be ready for a competitive week of basketball, combined with lots of fun! Learn skills from SPHS coaches and players. Please bring a lunch each day. There will be time for swimming at the indoor community center pool for grades 6-9 (Days TBD). Please bring your swimsuit and towel. **Camp includes free t-shirt.**

Dates: July 13-July 16
Days: Monday-Thursday
Time: Monday-Thursday 9:00am-4:00pm
Location: SPCC Gym
Cost: Residents $150.00/Non-Residents $160.00
Instructor: Kevin Millington, SPHS Varsity Boys Coach
Coordinator: Jenee Pelletier

Cross Country Running Camp

This camp will be offered for boys and girls entering grades 5-9 in September, 2020. Camp will meet each day at the SPHS Track. Each session will begin with stretching and warm up exercises. Runners will have an opportunity to work on his/her existing running techniques and get in shape for the upcoming season. You do not have to be participating in cross country this fall to attend this camp. This camp is designed to help any athlete get in shape for any sport this fall.

Dates: August 17-August 21
Days: Monday-Friday
Time: 9:00am-12:00pm
Location: South Portland High School Track
Cost: Residents $40.00/Non-Residents $50.00
Instructor: Matt Green
Coordinator: Jenee Pelletier

Track & Field Camp

This program is for boys and girls entering grades 2-9 in September 2020. This recreation based summer track and field program will include an exploration of different race distances, specific track technique, and instruction in different throwing and jumping events including hurdles. Participants will try as many or as few different events as interested. **Min: 20/Max: 50**

Dates: June 22-July 9
Days: Monday-Thursday
Time: 9:00am-10:00am
Location: SPHS Track
Cost: Residents $60.00/Non-Residents $70.00
Instructor: Matt Green
Coordinator: Jenee Pelletier

Summer Running & Conditioning Program

This program is for boys and girls entering grades 5-9 in September 2020. Athletes from all sports looking to get into or stay in shape over the summer will meet once per week for an organized workout and receive guidance in planning an off season conditioning program. The goal of the program is to prepare to compete in a fall sports team at the start of the school year.

Dates: July 6-August 3
Days: Mondays
Time: 6:00pm-7:00pm
Location: SPHS Track
Cost: Residents $40.00/Non-Residents $50.00
Instructor: Matt Green
Coordinator: Jenee Pelletier
Red Riots Youth Field Hockey Camp
Join SPHS Head Coaches Sarah Millington and Brenna Sicard with their HS players in this fun 5-day camp! Daily sessions will include drills that will teach and reinforce field hockey skills, proper warm up, aerobic conditioning and small sided games. There will be play days with local communities to try out their skills. You must bring goggles, mouth guard and your own stick if you have one. We have a limited supply. Players will be divided according to age and/or ability. **Includes camp t-shirt. Min: 12**

This camp will attend a field hockey play day in Scarborough on Thursday, July 23 at noon.

**Dates:** July 20-July 24  **Days:** Monday-Friday  **Time:** Half Day: 9:00am-12:00pm/Full Day: 9am-3pm  **Grades:** K-8  **Location:** Wainwright Complex – Field Hockey Field  **Cost:** Half Day: Resident $50.00/Non-Resident: $60.00  **Full Day:** Resident $75.00/Non-Resident: $85.00  **Instructor:** Sarah Millington, Brenna Sicard, SPHS Field Hockey  **Coordinator:** Jenee Pelletier

Field Hockey Magic
Maine Styx has joined us to run Field Hockey Magic! This is an opportunity to learn the skills of field hockey in a fun and informal setting. Children in grades K – 2 will be introduced to field hockey skills and get their hands on the equipment used to play this fast paced, and exciting game. Participants will get to hold a stick and learn the basics of passing, shooting, and defense as well as participate in some fun skill development games. Players will get to use their skills at 1 play day at the end of the season against local towns. Participants will receive a program t-shirt.  **Min: 10/Max: 25**

**Dates:** TBD  **Day:** Saturdays  **Time:** 8:30am-9:30am  **Grades:** K-2  **Location:** Wainwright Recreation Complex  **Cost:** Residents $60.00/Non-Residents $70.00  **Instructor:** Danielle Bishop - Maine Styx Field Hockey  **Coordinator:** Jenee Pelletier

Fall Field Hockey Grades 3-6
The purpose of this program is to promote field hockey skill development in an environment which will enhance the physical, social, and emotional growth of the child as she learns to become part of a team and work with others. The program will focus on the fundamentals of the game through skill work, fun games, and drills. There will be 2 practices during the week and play days against other towns on the weekends. Date and location TBD, **travel may be required for the play days.** A game schedule will be available early-September. Participants will receive a uniform. **COACHES NEEDED! We are looking for 1-2 parents willing to be head coaches with the assistance of the HS coaches. These coaches will be the go to people while the HS coaches help out.** Email Jenee at jpelletier@southportland.org if you are interested!  **Min: 12**

**Dates:** August 29-October 17  **Day:** Saturdays  **Time:** Practices –2 during the week TBD  **Grades:** 3-6  **Location:** Wainwright Recreation Complex  **Cost:** Residents $70.00/Non-Residents $80.00  **Coordinator:** Jenee Pelletier

Intro to Disc Golf
Disc golf is a fast growing sport and low cost recreation activity for people of all ages. Similar to golf, a player’s goal is to complete a hole in the fewest strokes (throws) using specialized flying discs (like a smaller Frisbee.) Just like golf, there are drivers, mid-range discs, and putters. This program is designed for those brand new to disc golf or just starting out. Participants will get chance to try a variety of throwing discs, learn different throwing techniques, pick up the basic rules of the game, and throw at a disc golf basket.  **Min: 10/Max: 20**

**Dates:** July 22-August 19  **Day:** Wednesdays  **Time:** 6:00pm-7:00pm  **Ages:** 10 and up  **Location:** Memorial Middle School  **Cost:** Residents $40.00  **Non-Residents $50.00**  **Instructor:** Matt Green  **Coordinator:** Jenee Pelletier

Kids Paddleboard Camp
Looking for a great camp towards the end of summer? Spend the week at Willard Beach with Seaspray Kayaking! Choose half or full day camp option. Campers will participate in fun paddling games and activities while learning about proper techniques and safety of paddling the coast of Maine. Camp includes a paddling t-shirt, daily snack and drink and certificate good for free kayaking for the rest of the summer with Seaspray Kayaking. Campers should bring sunscreen, swimsuit, towel, hat, sunglasses, strap on sandals or water shoes, water bottle and windbreaker. Parents/guardians will need to complete a Seaspray Kayaking waiver for their child to participate in this camp.

**Session 1:**  **Min: 6/Max: 12**  **Session 2:**  **Min: 6/Max: 20**

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**Dates:** Session 1: August 10-14  **Session 2:** August 17-21  **Days:** Monday-Friday  **Ages:** 8 and up  **Location:** Willard Beach  **Instructor:** Seaspray Kayaking  **Coordinator:** Jenee Pelletier
Aikido: The Art of Peace

Aikido is a non-combative martial art that offers lessons and tools that are useful for people of all ages. The form and power of Aikido comes from blending with and redirecting the energy of an attack, thus using the attackers force to throw him/her with minimal effort. We learn to utilize non-resistance and explore timing, use of space and distance, balance, and centering. By training in a supportive, non-competitive atmosphere students will learn and experience: useful physical skills such as rolling and falling safely, body awareness and self-defense skills, enhanced coordination of mind and body, increased self-confidence and self-discipline while having fun along the way. This is a mixed age class of children (8-18) and families including parents of the children enrolled. **Min: 3/Max: 20**

**Session 3**
**Dates:** May 18-June 29 (No class May 25)
**Day:** Mondays  **Time:** 6:30pm-7:30pm
**Ages:** 8-18
**Location:** SPCC Multipurpose Room
**Cost:** Residents $40.00/Non-Residents $50.00
**Instructors:** Bill & Barbara Toomey
**Coordinator:** Jenee Pelletier

Karate Kids

Students in this class will learn the basic strikes, blocks, kicks and stances used in karate training. This fundamental training also strengthens and prepares the body for the more difficult techniques ahead in one’s training. In addition to developing physical fitness, self-defense and safety skills, our karate program also helps your child build confidence, focus and respect for oneself and others. **Min: 5/Max: 30**

**Drouin Dance Camp**

Students will learn the fundamentals and basics of various styles of dance, including jazz, tap and acrobatic dance through exercises and progressions. Flexibility and strength exercises will be incorporated into the classes, along with choreography. Dancers will have a chance to show off their skills at a DANCE SHOW on Friday! Students should wear comfortable clothing and have bare feet, or wear ballet or jazz shoes if desired. Students should bring a pair of tap shoes to class, or if they do not have tap shoes, dress shoes will work fine as well. Water bottles are encouraged. Students with long hair should tie it back into a ponytail. Daily craft, prop making and snack time included into the schedule. **Min: 5/Max: 18**

**Jungle Tumble Dance Camp**

Get wild in the jungle with dance and tumbling! Each day campers will warm up, learn basic tumbling moves and creative movement steps, as well as work with a partner and in a group setting. Campers will also enjoy a story of the day, free play and crafting! We request dancers wear comfortable clothes. Snacks will be provided by Brio Dance Studio. If your child has any allergies please send a snack with them each day. Please note that Brio Dance Studio does not allow visitors during class time. **Min: 5/Max: 15**

**Drouin Dance Center**
**Location:** SPCC Aerobic Room
**Cost:** Residents: $85.00/Non-Residents: $95.00
**Instructor:** Drouin Dance Center
**Coordinator:** Jenee Pelletier

**Jungle Tumble Dance Camp**

**Location:** SPCC Aerobic Room
**Cost:** Residents: $140.00
Non-Residents: $150.00
**Instructor:** Julie Wilkes - Brio Dance Studio
**Coordinator:** Jenee Pelletier
Funtastic Workshops

Wonderful Wizardry: Magical Science
Discover the magic of science in this hands-on workshop. Join in the escapades of Harry and your favorite magical characters and creatures. Make an edible wand. We will brew some fantastic potions to drink. Let’s create and watch some amazing chemical reactions. Watch a mirage appear. You won’t believe it! Make cool crystals. Experiment with colored magic sand. See a mysterious glowing ball. Wonder where the sorting hat will place you? Come join us where the magic of science, art, and literature meet. For children who enjoy books like the Harry Potter series  Min: 8/Max: 22

Dates: July 6-July 10
Days: Monday-Friday
Time: 9:00am-12:00pm
Ages: 6-11
Location: SPCC
Cost: Residents $150.00/Non-Residents $160.00
Instructor: Funtastic Workshops
Coordinator: Jenee Pelletier

Make It & Take It Experiments
Discover how fun science can be with our exciting, hands-on workshop. You will make and take home a wide assortment of toys designed to teach you STEAM concepts in a hands-on way. Make an energy bead bracelet and watch as those amazing beads turn from white to a rainbow of colors before your eyes. Grow and take home a crystal tree. Make a colorful kaleidoscope, create a Sharpie tie dye shirt, and write a secret message in invisible ink. Make your own slime and green flubber and other cool projects. At the end of the week, we will also make ice cream in our own amazing, scientific, and Funtastic way!  Min: 8/Max: 22

Dates: July 13-July 17
Days: Monday-Friday
Time: 9:00am-12:00pm
Ages: 6-11
Location: SPCC
Cost: Residents $150.00/Non-Residents $160.00
Instructor: Funtastic Workshops
Coordinator: Jenee Pelletier

Animals, Insects, Rocks & Minerals
Have you ever wondered which birds fly the fastest? Or how many pairs of legs insects have? Or how some rocks float? Explore these questions and more through hands-on science experiments, fun activities, and engaging games. In this workshop, we will watch birds and insects in nature, create animal and insect-based art projects, compare rocks and minerals, take a micro-hike with our own magnifying lens (which each child takes home at the conclusion), learn the bee waggle dance, and use microscopes to look at specimens up close. Get in on all of this animal, insect, rock, and mineral fun!  Min: 8/Max: 22

Dates: July 20-July 24
Days: Monday-Friday
Time: 9:00am-12:00pm
Ages: 6-11
Location: SPCC
Cost: Residents $150.00/Non-Residents $160.00
Instructor: Funtastic Workshops
Coordinator: Jenee Pelletier

CSI: Crime Scene Investigation
You will be the super science sleuths as you have fun learning about forensics, crime scene investigations, and crime lab chemistry while you perform as many as 15 different experiments designed to show you just how those tricky cases are solved. Search for the evidence, gather clues, and discover how science can help solve a mystery. Participants will dust for fingerprints, analyze handwriting, test for blood type using simulated blood, examine hair and clothing fibers, practice chemistry to identify mystery substances, and much more. Participants will then use their skills to solve crimes of the century.  Min: 8/Max: 22

Dates: July 27-July 31
Days: Monday-Friday
Time: 9:00am-12:00pm
Ages: 8-12
Location: SPCC
Cost: Residents $150.00/Non-Residents $160.00
Instructor: Funtastic Workshops
Coordinator: Jenee Pelletier

Summer Art Camp
Have fun learning new art techniques, getting messy and doing outdoor art games. From paint filled balloons, bubble art to life-sized drawings we will be bringing new definitions of what “art” can be to life while having a lot of fun! Make sure to bring a water bottle, a snack and prepare to get messy! This is a very interactive, hands-on art class. You should only come wearing things that you are comfortable getting messy in.  Min: 6/Max: 10

Dates: Session 1: June 29-July 2 / Session 2: August 3-August 7
Time: 9:00am-12:00pm Location: SPCC Art Room Grades: 3-6
Cost: Session 1: $120.00 Resident/$130.00 Non-Resident / Session 2: $150.00 Resident/$160.00 Non-Resident
Instructor: Lindsey Mattei Coordinator: Jenee Pelletier

Animals, Insects, Rocks & Minerals
Have you ever wondered which birds fly the fastest? Or how many pairs of legs insects have? Or how some rocks float? Explore these questions and more through hands-on science experiments, fun activities, and engaging games. In this workshop, we will watch birds and insects in nature, create animal and insect-based art projects, compare rocks and minerals, take a micro-hike with our own magnifying lens (which each child takes home at the conclusion), learn the bee waggle dance, and use microscopes to look at specimens up close. Get in on all of this animal, insect, rock, and mineral fun!  Min: 8/Max: 22

Dates: July 20-July 24
Days: Monday-Friday
Time: 9:00am-12:00pm
Ages: 6-11
Location: SPCC
Cost: Residents $150.00/Non-Residents $160.00
Instructor: Funtastic Workshops
Coordinator: Jenee Pelletier

CSI: Crime Scene Investigation
You will be the super science sleuths as you have fun learning about forensics, crime scene investigations, and crime lab chemistry while you perform as many as 15 different experiments designed to show you just how those tricky cases are solved. Search for the evidence, gather clues, and discover how science can help solve a mystery. Participants will dust for fingerprints, analyze handwriting, test for blood type using simulated blood, examine hair and clothing fibers, practice chemistry to identify mystery substances, and much more. Participants will then use their skills to solve crimes of the century.  Min: 8/Max: 22

Dates: July 27-July 31
Days: Monday-Friday
Time: 9:00am-12:00pm
Ages: 8-12
Location: SPCC
Cost: Residents $150.00/Non-Residents $160.00
Instructor: Funtastic Workshops
Coordinator: Jenee Pelletier

Summer Art Camp
Have fun learning new art techniques, getting messy and doing outdoor art games. From paint filled balloons, bubble art to life-sized drawings we will be bringing new definitions of what “art” can be to life while having a lot of fun! Make sure to bring a water bottle, a snack and prepare to get messy! This is a very interactive, hands-on art class. You should only come wearing things that you are comfortable getting messy in.  Min: 6/Max: 10

Dates: Session 1: June 29-July 2 / Session 2: August 3-August 7
Time: 9:00am-12:00pm Location: SPCC Art Room Grades: 3-6
Cost: Session 1: $120.00 Resident/$130.00 Non-Resident / Session 2: $150.00 Resident/$160.00 Non-Resident
Instructor: Lindsey Mattei Coordinator: Jenee Pelletier
Junior Police Academy Camp (J-PAC) is for students entering grades 6, 7 and 8 in the fall. This week-long day camp will provide kids with activities that will develop communication decision-making skills, teamwork and leadership. Campers will learn about the role of police in their community and the importance of the department's Guiding Values: **Integrity, Respect, Service, Fairness and Leadership.** J-PAC Camp is led by South Portland veteran police officers who will teach the campers about respect, courage, honesty and leadership as well as the importance of being a positive role model to others. Activities include outdoor and indoor games, swimming at the SPCC pool, field trips and challenges that will encourage leadership and build confidence. Campers will learn about the SPPD K-9 Program, Crime Scene Investigations, and a presentation by the SWAT and Dive teams. A complete schedule for the week will be available at registration. 

**Min: 12/Max: 30**

Bring to camp each day: Bathing suit and towel, sunscreen, hat and extra clothes, a healthy lunch and snacks, water bottle for refilling.

**Dates:** July 6-10  **Days:** Monday-Friday  **Time:** 8:00am-4:00pm
**Grades:** 6-8  **Location:** SPCC
**Cost:** Residents: $80.00/Non-Residents: $90.00
**Instructors:** South Portland Police Department
**Coordinator:** Erin Curry SPPD & Jenee Pelletier SPRD

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**August Adventure Camps**

August Adventure Camps are for children who are entering grades K-4 and 5-8 and are residents of South Portland. Children will enjoy field trips and special events, inside and outside play and arts and crafts. There are no sibling discounts for this program. *Each camp will have a maximum of 50 participants.*

**This camp is Nate Savage Scholarship eligible.**

**SPCC Adventure Camp**

**Dates:** August 10-14  
**Days:** Monday-Friday  
**Time:** 7:30am-5:30pm  
**Grade:** K-4  
**Location:** South Portland Community Center  
**Cost:** $125.00  
**Coordinator:** Kari Filieo

**Redbank Adventure Camp**

**Dates:** August 10-14  
**Days:** Monday-Friday  
**Time:** 7:30am-5:30pm  
**Grade:** 5-8  
**Location:** Redbank Community Center  
**Cost:** $125.00  
**Coordinator:** Kari Filieo

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**Mr. Reagan’s Theater Camp**

NEW! Have you ever wondered how the camel got his hump? Or perhaps you’ve wondered who could fool the king and win a bag of gold? Well, you can find the answers to these burning questions and more at Mr. Reagan’s Theater Camp! No experience necessary. Just a willingness to try and have some fun! Actors will build theater skills such as: voice projection, stage presence and teamwork in a fun creative atmosphere. **There will be a presentation for parents and friends on Friday at 2:30 on the last day of camp!**

**Min: 10/Max: 25**

**Dates:** August 3-August 7  **Days:** Monday-Friday  
**Time:** 9:00am-3:00pm  
**Ages:** 6-11  
**Location:** SPCC  
**Cost:** Residents: $200.00/Non-Residents: $210.00  
**Instructor:** Patrick Reagan  
**Coordinator:** Jenee Pelletier
2020 Summer Rec Camp

Registration Information

Registration Opens: Tuesday, May 4th—Online and Walk In (please see times below)

Registration Times: You may register your child starting at the time listed below

- 8:00am—Kindercamp (entering Kindergarten) AND Teen Extreme (entering 7th/8th gr.)
- 9:00am—Little Riots Camp (entering 1st/2nd gr.)
- 11:00am—Big Riots Camp (entering 3rd/4th gr.)
- 1:00pm—5th and 6th Grade Camp (entering 5th/6th gr.)

Full Camp Registration Deadline: Friday, June 19th

Pick—A—Week Registration Deadline: Wednesday Before Desired Week

IMPORTANT REGISTRATION INFORMATION
A 50% deposit is required at the time of registration for each child. The remaining balance will be due on June 19th, at the end of business. If there remains a balance after this date, your child’s registration will be removed and their spot in camp will go to next on the wait list.

Camp Refund Policy: 100% refund by the end of business on June 19, 2020

Camp Information

Start date is subject to change based on the last day of school.

Camp Dates: Monday—Friday (M-Th for Teen Extreme)

June 29th—August 7th

Camp Hours: 7:30am—5:30pm

Camp Locations: Kindercamp —SP Community Center
Lil’ Riots & Big Riots —Memorial Middle School
5th/6th Grade—Mahoney Middle School
Teen Extreme—Redbank Community Center

*Open House: TBA
2020 Summer Rec Camp

Payment Information

For All Camps:  Your South Portland Recreation
Full 6 Weeks—$675.00  Account must be active and in
Pick A Week—$125.00/week  good standing to register. Log on

IMPORTANT PAYMENT  to sopoparksrec.com to create or
INFORMATION  check your account.

A 50% deposit for each child  is required at the time of reg-

Dates to Remember:

May 4th—Registration Opens
June 19th—Registration closes for full
Summer option and final payment is due.
No refunds after this date.

June 29th—First day of camp!
August 7th—Last day of camp!

If your child requires special assistance  because of physical limitations, or has
emotional or behavioral needs, please
fill out the “Child Concern Form” so that
we may reasonably accommodate his/
her needs.

Forms can be found at the front desk
at the SPCC or online upon registration.

SOUTH PORTLAND PARKS, RECREATION & WATERFRONT
Phone: 207-767-7650  www.sopoparksrec.com

-Camp Leadership-
Robert Carter, Recreation Manager
rcarter@southportland.org
Kari Filieo, Recreation Coordinator
kfilieo@southportland.org
South Portland Parks and Recreation

Afterschool Adventures!

2020 - 2021

Kindergarten – 5th Grade
This Program is available for South Portland Residents Only

Brown Elementary School
Skillin Elementary School
Kaler Elementary School
New - Small Elementary School
New - Dyer Elementary School

Before and Aftercare Provided
7:00am – 9:00am  3:00pm – 6:00pm
AM Spaces Available: 20
PM Spaces Available: 30

Starting on Monday, August 31, 2020 (Tentative first day of school)
Afterschool Adventures will be held each day school is in session.

Monday – Friday, 7:00am-9:00am (Before Care) and 3:00pm-6:00pm (Aftercare)
No program on school vacation weeks & teacher workshop days
(Aftercare)
(Alternative programs will be offered at an additional cost)

2020-2021 Registration Opens on Monday, April 20

Weekly Cost:

<table>
<thead>
<tr>
<th>Before Care Only</th>
<th>Before &amp; After Care</th>
<th>After Care Only</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 days: $50.00</td>
<td>3 days: $105.00</td>
<td>3 days: $60.00</td>
</tr>
<tr>
<td>4 days: $60.00</td>
<td>4 days: $125.00</td>
<td>4 days: $75.00</td>
</tr>
<tr>
<td>5 days: $68.00</td>
<td>5 days: $140.00</td>
<td>5 days: $87.00</td>
</tr>
</tbody>
</table>

*Sibling discount: $10.00 off 2nd child
Registration fee of $25.00 per child

Kari Filieo
Program Coordinator
kfilieo@southportland.org

Robert Carter
Recreation Manager
rcarter@southportland.org
Family Trips & Special Events

Boston Red Sox Family Trips
South Portland Parks & Recreation is offering these two family friendly bus trips to see the Boston Red Sox in 2020. Transportation will be via custom coach with Northeast Charter & Tours. Game tickets are located in the right field grandstands – section 5 (June 7 game) and section 2 (August 15 game). Each person is limited to no more than 6 tickets. Children ages 16 and under must be accompanied by a parent or guardian. Alcohol is not permitted on the bus. All participants MUST take the bus to AND from the game, no exceptions. We will arrive early to the game to allow time around the park. We will not be stopping for dinner on the way home.

Game #1: Sunday, June 7 vs Milwaukee - 1:05pm Game  Game #2: Saturday, August 15 vs. Oakland Athletics - 4:05pm Game

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 7</td>
<td>bus departs at 9:00am, returns at approx. 6:00pm</td>
</tr>
<tr>
<td>August 15</td>
<td>bus departs at Noon, returns at approx. 10:00pm</td>
</tr>
</tbody>
</table>

Cost: $85.00/$95.00 NR (includes ticket to game & transportation). Driver gratuity not included.
Coordinator: Anthony Johnson

2020 Mill Creek Park Summer Concert Series
All concerts start at 6:30pm (All Bands will play for 90 min.)

Wednesday, July 1: Joan Kennedy Trio (rain date 7/2)
Wednesday, July 15: Don Campbell Band (rain date 7/16)
Wednesday, July 22: Downeast Soul Coalition (rain date 7/23)
Wednesday, July 29: Motor Booty Affair (rain date 7/30)
Wednesday, August 5: American Ride (rain date 8/6)
Wednesday, August 12: Studio Two Beatles Tribute Band (rain date 8/14)

Stay tuned for more information on our Facebook page

2020 Bug Light Summer Movie Series
Movie will start at dusk (approximately 8:30pm)
Bring chairs, blankets, snacks or purchase something from the Food Trucks on site!

Every Tuesday in July / Rain Date will be July 28th.
Sponsored by the South Portland-Cape Elizabeth Chamber of Commerce & South Portland Parks, Recreation & Waterfront
Coordinator: Robert Carter

Dash For Cache
Come discover South Portland’s many parks and trails. This 11 week program is a technology meets nature treasure hunt. Participants will receive GPS coordinates via the “South Portland Parks and Recreation” Facebook page every Wednesday. The cache will remain at those coordinates until the following Tuesday. Once a geocache is found participants must log their name in the designated log book. For every geocache found participants will be entered into a weekly prize drawing and their name will be added, each time, into the grand prize lottery drawn at the end of the program. Questions or for more information on this program contact Karl Coughlin kcoughlin@southportland.org.

Dates: June 3-July 28  Time: 6:00am-9:00pm  Locations: Various South Portland Parks & Trails  Cost: FREE
Coordinator: Karl Coughlin

How the Dash for Cache Works
1. We hide a geocache in one of many beautiful parks, trails or green spaces
2. We post the coordinates on our Facebook page
3. Using a handheld GPS unit or phone APP, you locate the geocache and put your name in the log book
4. Your name is entered into a weekly prize lottery and grand prize lottery
5. You win (potentially)!

www.facebook.com/sopoparksrec

WINNER!
4th of July Extravaganzas

Celebrate the 4th of July with us at Bug Light Park. There will be live entertainment, food trucks, activities the whole family will enjoy, and FIREWORKS! Personal fireworks are not allowed in the park.

The park will be CLOSED to all traffic (except boat traffic) 4:30 pm. Parking is available on a first come first serve basis at nearby SMCC student parking lot on Broadway.

Event Details
Date: Saturday, July 4, 2020
Time: Activities begin at appx 5:30 pm
Fireworks begin at appx 9:15 pm
Location: Bug Light Park
Cost: Free
Coordinator: Robert Carter

“Tri Like a Savage” Kids Triathlon – Saturday, August 15th (Ages 8-15)

Join us in our 2nd Annual “Tri Like a Savage” Kids Triathlon! This event is in honor of South Portland’s own, Nathan Savage, who was passionate about family exercise, promoting physical activity, and giving back to the community.

The main goal of this event is to expose youth to the great sport of triathlons and to have fun! The aim is to encourage self-confidence and promote the importance of leading a healthy and active lifestyle. Race cost for South Portland residents is partially subsidized by the Nathan Savage Youth Programs Scholarship Fund to allow as many South Portland youth to participate as possible.

This event will take place at the South Portland Community Center and South Portland High School campus and surrounding neighborhood. It will not be professionally timed nor will there be any overall age division winners as the goal is to promote physical fitness and doing your best! Participants will receive a race shirt, medal, water bottle and other gifts.

Must pre-register by August 7, 2020. There will be no day of registration for this event.

New this year! Choose which race best suits your ability level!

<table>
<thead>
<tr>
<th>Short Course Race</th>
<th>Long Course Race</th>
<th>Packet Pickup</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Swim:</strong> 75 meters at SPCC Pool</td>
<td><strong>Swim:</strong> 125 meters at SPCC Pool</td>
<td><strong>Date:</strong> August 14</td>
</tr>
<tr>
<td><strong>Bike:</strong> 1 mile</td>
<td><strong>Bike:</strong> 2.3 miles</td>
<td><strong>Time:</strong> between 5:00pm-6:30pm</td>
</tr>
<tr>
<td><strong>Run:</strong> .5 mile on SPHS Track/field</td>
<td><strong>Run:</strong> 1 mile on SPHS Track/field</td>
<td><strong>Location:</strong> SPCC Gym</td>
</tr>
</tbody>
</table>

**Race Date:**
**Date:** August 15  **Time:** Short Course race at 9:00 am, Long Course race at 10:00 am  **Ages:** 8-15

**Location:** all participants will start with the swim portion at the SPCC pool. Race will finish with the run portion at the SPHS track.

**Cost:** Residents $5.00/Non-Residents $25.00
**2020 Golf Course Rates & Information**

The South Portland Golf Course is a nine-hole golf course situated on 25 acres located between Westbrook St, Wescott Rd, and Broadway. The clubhouse, which shares a building with the Branch Library, is located at 155 Wescott Rd.

The Par 33 layout measures 2071 yards. It is a fun course for players who are new to the game, and seniors who are looking to relax, get outside, and enjoy a round of golf. Yet it is tricky enough to challenge the intermediate players. The more experienced player will gain the benefit of working on their short game, as the dog-legs, and hidden, postage stamp greens can make shot-making a challenge.

The South Portland Golf Course is the perfect option for the golfer who is looking to get a quick nine in before or after work, or even during a lunch break. It is a great place for families and friends to come out, enjoy a round of golf together, and learn the game of a lifetime.

The course will open in mid-April weather permitting, and the season will run through October. All patrons are expected to follow the course rules, rules of golf, and proper on course etiquette.

We hope to see you on the course!

**2020 Season Rates**
- Monday-Friday (up to 27 holes) $15.00
- Saturday, Sundays & Holidays (up to 27 holes) $17.00
- Club Rentals (up to 27 holes) $10.00
- Pull Cart (up to 27 holes) $4.00
- GHIN CARD (one-time fee good for season) $35.00

* GHIN is the Golf Handicap system used by the USGA & MSGA. Most competitive price in the area.

**2020 Membership**
- Resident $15.00
- Non-Resident $25.00

* Members are entitled to $1.00 off greens fees
* Seniors (55+) and Juniors (17 & under) are entitled to $2.00 off greens fees.

* Refer to Junior League Program for special rate for Junior golfers

**Play Passes**
- 10 Play Pass by May 31 & get 3 extra plays $140.00
- 10 Play Pass after May 31 $140.00
- 5 Play Pass $70.00

*Passes can be purchased at the golf course or SPCC*

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**2020 Senior Coed Golf League**

We invite seniors to join us at South Portland Municipal Golf Course on Tuesday morning to play in an informal golf league. This 9 hole, 18 week league for both men and women age 55 and older is designed to appeal to the casual golfer who is focused on having fun and meeting new people. All levels are welcome.

If interested please contact the league coordinator below on or before May 1st. Regular green fees apply, unless a membership or a play punch card is purchased. Please see rates under Golf Course and Rates section on previous page.

**Dates:** Every Tuesday, May 12-September 15
**Meeting Time:** 7:20am-7:50am, tee times range from 7:30am to 9:30am
**Location:** South Portland Municipal Golf Course, 155 Wescott Road So. Portland
**Cost:** Regular green fees apply or membership rate or play pass (if purchased)
**Coordinator:** Jim Markan (markan1952@gmail.com)
Ladies Golf Clinics

Join longtime golf instructor Gerry Caron and start playing and enjoying the great game of golf! Learn swing basics including grip, stance and alignment, followed by an introduction to irons, woods, chipping and putting along with proper golf etiquette. Once the class is complete, you will be ready to schedule your first tee time! Some equipment is available to use, but bring your own if you have it. *Cost includes a complimentary pass to play at South Portland Municipal on your own.*

Gerry Caron is a former coach of the Bowdoin College Women’s Golf Team. Currently, he is the head coach for the Mt. Ararat High School Golf team, and in 2016, 2017 and 2018 was awarded “Golf Coach of the Year”.

Note: the last day of lessons will run from 5:30pm-7:30 pm, with the first hour instruction and the second hour on the course.

**Dates:** May 12-June 2  
**Day:** Tuesdays  
**Time:** 5:30pm-6:30pm, last clinic will run 5:30pm-7:30pm  
**Location:** South Portland Municipal Golf Course  
**Cost:** Residents $95.00/Non-Residents $105.00  
**Instructor:** Gerry Caron  
**Coordinator:** Rick Perruzzi/Anthony Johnson

NEW THIS YEAR

High School Golf League

New this year the South Portland Municipal Golf Course will be offering a competitive high school golf league for boys and girls entering grades 9-12 and including recently graduated seniors. This 9-Hole league will run every Sunday starting at 4:00pm beginning on May 3 and will conclude on August 9. This will be a competitive league using a combined match play and stroke play scoring format. This will enable high school golfers to partake in the same format they would be using during their high school golf season. Points are to be awarded and standings will be kept at the end of each round. Matches will be scheduled for the season and tee times assigned each week starting at 4:00pm (except for May 3 and August 9, as it will be a shotgun start). *The cost for this league is $110.00 for resident and $120.00 for non-resident, which includes entrance into the July 31 Junior Open and unlimited play for the 2020 season.*

**Dates:** May 3-August 9  
**Day:** Sundays  
**Time:** 4:00pm  
**Grades:** Entering 9-12 and recently graduated 12th graders  
**Location:** South Portland Municipal Golf Course  
**Cost:** Resident: $110.00/Non-Resident $120.00, includes registration for Junior Open and unlimited play for the 2020 season  
**Instructor:** Noah McHugh  
**Coordinators:** Rick Perruzzi and Anthony Johnson

2020 Junior Golf League

This summer we are offering a 6 week organized competitive league, which is designed for more experienced junior golfers, entering grades 7-12, who have a good understanding of the game of golf and course etiquette. Each week, players will be grouped together and individual standings will be kept. The league will finish leading into the 2020 Junior Open, which will be July 31. *Registration includes unlimited play for the 2020 season*

**Dates:** June 25-July 30  
**Day:** Thursdays  
**Time:** 8:00am-10:00am  
**Grades:** Entering 7-12  
**Location:** South Portland Municipal Golf Course  
**Cost:** Resident $100.00/Non-Resident $110.00  
*includes unlimited play for 2020 season*  
**Coordinator:** Rick Perruzzi
2020 Junior Open Tournament

Join us in this fun individual stroke play tournament and put your golf skills to the test! There will be an 18-hole shotgun tournament for boys and girls entering grades 7-12 and a modified 6-hole tournament for boys and girls entering grades 4-6. Prior experience playing golf is strongly recommended to ensure pace of play. Boys and girls will compete separate divisions; all participants will receive a tournament grab bag filled with golf items and awards for the top finishers for boys and girls entering grades 7-12. Boys and girls entering grades 4-6 will play a modified 6-hole event (2-hour time limit) to gain experience in a tournament setting. There will also be raffles for door prizes and lunch will be provided for participants after the completion of the morning session and prior to the afternoon session. We are also looking for hole sponsors, so if you own or know someone who owns a business and wants to sponsor a hole please contact Rick Perruzzi at eperruzzi@southportland.org. Registration Deadline is Sunday July 26 at 11:59pm.

Date: Friday, July 31  Time: 8:00am, shotgun start, entering grades 7-12 / 1:30pm, shotgun start, entering grades 4-6
Location: South Portland Municipal Golf Course  Cost: $15.00  Coordinator: Rick Perruzzi
South Portland Community Center Pool Information

DAILY FEES
Residents of South Portland: Adults $4.00 Children/Seniors $3.00
Non-Residents: Adults $5.00 Children/Seniors $4.00

Frequent user passes are available for purchase at the Front Desk. Passes are non-refundable if lost or stolen.

Our pool is 25 meters in length with a one-meter diving board and spa. This facility also has a ramp and Hoyer Lift, allowing for easy access to the water. Please contact Aquatics Supervisor Patrick McArdle (pmcardle@southportland.org) with any questions, comments or concerns. A complete list of rules is posted at the desk.

Please Note:
1. Proper bathing attire is required.
2. Shoulder length or longer hair must be tied back or worn in a swim cap.
3. Children (age 10 years or younger) must be directly supervised by the accompanying adult/swimmer (age 16 years or older).
4. Pool staff has the authority and responsibility to refuse service to anyone who poses a danger to themselves or others.
5. Patrons who are incontinent or not completely potty-trained must wear properly fitting rubber pants with elastic cuffs or swimming diapers.
6. Patrons must shower before entering pool.

OPEN SWIM – Generally 2 lap lanes are available. Children under 10 must be accompanied and supervised by a swimmer 16 or older. Patrons wearing a life-jacket/PFD MUST stay within arms-reach of a parent or guardian at all times.

ADULT SWIM – Participants must be at least 18 years old. 2-3 lap lanes are generally available. Some Adult Swims share the pool with aquatic fitness programs, please refer to the schedule.

ADULT LAP SWIM – For those 18 years and older (or youth with permission), the pool will have “all lanes in”, unless scheduled with a Water Aerobics class or Family Swim. Patrons should be aware of the various speeds (marked on cones) and pick a lane that best represents their pace. If the speed cones are not present, please consult with the guard on duty for which lane is best to begin swimming in.

SHALLOW WATER OPEN SWIM – There are no lane lines/lap swimming available during this swim. Water toys are available during these swims. These swims are often held in conjunction with a Deep Water Fitness class utilizing all deep end space. No diving or diving board allowed during this swim.

LAP SWIM – Participants (of any age) MUST be swimming laps for exercise benefit. Generally there are 3-6 laps available.

SENIOR CITIZEN SWIM – Participants must be at least 60 years young, please!

WATER AEROBICS – All aerobics classes have a Drop-in fee as follows: Residents $4.00 per class. Non-Residents $5.00 per class.

**SHALLOW WATER AEROBICS – Non-swimmers welcome. Medium level intensity taught with the instructor giving cues for other levels. Some classes share the pool with public swims.

**DEEP WATER FITNESS – This medium level intensity workout will be done in the deep end of the pool and will include aerobics training and muscle stretching done while wearing a water aerobics belt (available to borrow or purchase). Participants must be able to swim a minimum of 25 meters (1 length) without a floatation device.

**RHYTHM & SCULPT – Featuring music spanning from the 50’s to today, you’ll enjoy light dance moves and easy-to-follow steps geared to promote toning. You’ll use your own body, or our buoyancy equipment, to increase strength and balance. This low-impact class will focus for one song length each on: shoulders/upper back, abdominals, legs, arms, and glutes (two sets per muscle group). As with all instructional classes, be sure to listen to your body and modify as needed while recovering from physical obstacles.
Preschool Aquatics Program Information

*Please read the NEW standards that we will be following for level placement, beginning in 2020.*

**Preschool 1**

For children 3-5 years old, this is an introductory stage in aquatic development. We take a playful approach to learning water safety and swimming basics. Many children who take this class have never been in a pool, lake or other open water before. Either way, our goal is to provide quality leadership in a safe environment where youngsters can work towards self-sufficiency in the water, using a variety of swim techniques and floatation devices (where and when appropriate). In order to pass out of this level into Preschool 2, students must be able to get their faces wet comfortably, swim on their front with minimal assistance/floatation and float or swim on their back with minimal assistance.

**Preschool 2**

Preschool Level 2 is designed for those 3-5 year olds who have passed Preschool 1 (or a similar level with a different program) and clearly shown a higher level of ability and comfort in the water. Preschool 2 children must be able to put their faces in the water comfortably, swim with minimal assistance/floatation for short distance and float on their back with minimal support before entering the class. Participants will concentrate on more endurance swimming, elementary backstroke, underwater swimming, and beginner diving. Skills at this level are performed with assistance and some floatation aid, as well as independently. In order to pass out this level and into Preschool 3, students must be able to swim a short distance on their front and back with no support/floatation, and float with ease.

**Preschool 3**

Preschool Level 3 is designed for children ages 3-5, and is built on the skills learned in Preschool Levels 1 & 2. Instructors will provide additional guided practice of basic aquatic skills but at slightly more proficient performance level with greater distances. Skills taught at this level will include efficiency with front crawl, elementary backstroke, kneeling dives and treading water. A good portion of this class will be spent in deeper water with a focus on safety skills. When these children turn 6 years old and enter Learn-to-Swim Lessons, they may go to Learn-to-Swim Level 2 or Level 3, depending on the recommendation of the instructor.

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**Summer Swim Lesson Registration Dates**

**Swim Registration for SoPo Residents**

Swim Lesson Registration will begin at 7:00am on Monday, June 8 either in person or online at www.sopoparksrec.com through our registration software, MyRec. All swim classes will be listed under the “Aquatics Program” category.

**Non-Resident Registration**

Swim Lesson Registration will begin at 7:00am on Thursday, June 11 either in person or online at www.sopoparksrec.com through our registration software, MyRec. All swim classes will be listed under the “Aquatics Program” category.

You may register for one or more than one session this summer. If your child passes to a higher level at the end of the session, the instructors will find placement for them in the next level in the next session you register for.

Our swim staff is happy to assist you with level placement for your children. We can answer most questions by phone. Please contact the Community Center and ask for the Aquatics Supervisor on Duty. Questions answered BEFORE the registration date will make your registration go smoother, although we will be available to answer level placement questions during the actual registration time frame.

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**A Note to Parents**

In order to derive the maximum benefits from swim lessons, the following suggestions are recommended:

1. In order to keep hair out of your child’s eyes, PLEASE style hair in a ponytail, braid, or use a swim cap.
2. Always have your child use the restroom before class.
3. Try to get your child to every class on time and ask your child to learn the instructor’s name.
4. Do not expect miracles from your child. Improvement in swimming is often gradual. At the end of each session, a progress card is handed out, which provides the next class level recommendation. Often it takes several sessions to move from one level to the next.
Preschool Aquatics Dates and Times

For children ages 3-6 years old

PLEASE NOTE…3yo children may be in Parent & Child OR Preschool 1 lessons. Please consult with Aquatic Supervisors, Lesley, Mike or Dakota, if you have any questions about which level to start with.

(Age is just one factor for entering into our Preschool Swim lessons program.)

Register for one OR more than one session! If your child passes to higher level at the end of one session, the instructors will account for that in the next session.

Summer 2020 Sessions:

Session 1:
(8 total classes over 2 weeks)
Monday, Tuesday, Wednesday & Thursday 6/29-7/9

Time: 9:00am-9:30am  Level: PS3
Time: 9:30am-10:00am  Level: PS1 and PS2
Time: 10:00am-10:30am  Level: PS1
Time: 10:30am-11:00am  Level: PS2
Cost: Residents $60.00/Non-Residents $70.00

Session 2:
(8 total classes over 2 weeks)
Monday, Tuesday, Wednesday & Thursday 7/13-7/23

Time: 9:00am-9:30am  Level: PS3
Time: 9:30am-10:00am  Level: PS1 and PS2
Time: 10:00am-10:30am  Level: PS1
Time: 10:30am-11:00am  Level: PS2
Cost: Residents $60.00/Non-Residents $70.00

Session 3:
(8 total classes over 2 weeks)
Monday, Tuesday, Wednesday & Thursday 7/27-8/6

Time: 9:00am-9:30am  Level: PS3
Time: 9:30am-10:00am  Level: PS1 and PS2
Time: 10:00am-10:30am  Level: PS1
Time: 10:30am-11:00am  Level: PS2
Cost: Residents $60.00/Non-Residents $70.00

Tuesday Evening Lessons:
(6 classes total over 6 weeks)
Tuesdays only: 6/30-8/4

Time: 6:00pm-6:30pm  Levels: PS2
Time: 6:30pm-7:00pm  Levels: PS1 and PS3
Cost: Residents $50.00/Non-Residents $60.00
Parent & Child Aquatics (“Family Lessons”)

This class is for parents/care-givers and their 9 months to 5 year old child (by the start of the program). In this playful networking class, parents and the children learn together to increase the child’s comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. This level is fun-filled and helps introduce water safety concepts, while encouraging a healthy recreational habit that the entire family can enjoy.

Although at the age of 3, children can enter into our Preschool I class, we STRONGLY encourage parents to register their children for this Parent & Child class, if it is their first experience in swimming lessons. Please ask the swim staff should you have any questions about this recommendation.

Min: 4/Max: 15

Summer Sessions 2020

<table>
<thead>
<tr>
<th>Monday Morning Lessons:</th>
<th>Tuesday Evening Lessons:</th>
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<tr>
<td>(6 classes total over 6 weeks)</td>
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<tr>
<td>Mondays only: 6/29-8/3</td>
<td>Tuesdays only: 6/30-8/4</td>
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<td>Time: 9:00am-9:30am</td>
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Adult Swim Lessons-Mixed Ability Levels

We are offering Beginner and Advanced Swim Lessons/Stroke Clinics for Adult Swimmers (ages 14+). These skill-appropriate classes are offered to promote comfort and fundamentals while working through stroke development and proficiency.

Beginners may focus on basics such as rotary breathing, front crawl, and breast stroke. Advanced swimmers can expect to refine the basics while adding in the back stroke, flip turns and fitness swimming. Both levels strive for efficiency in the water, the ability to create your own workout, and the comfort to swim laps at your own pace.

Cost: Residents: $50.00/Non-Residents: $60.00

Summer Session 2020

| Dates: Tuesdays, June 30-August 4 (6 classes total) | Time: 7:45am-8:30am |
| Dates: Thursdays, July 2-August 6 (6 classes total) | Time: 8:00pm-8:45pm |

South Portland Riptide PLUS Swim Club

RipTide PLUS is designed for Middle School swimmers entering grades 6th-9th who are genuinely interested in improving their swimming skills. Practice will consist of 50% technique work and 50% endurance and conditioning.

If you are interested in this program and have not done it in the past year, please contact Head Coach Lia Langeveld via email at Riptidesopo@gmail.com.

Min: 9/Max: 15

Summer 2020 Session:

Date: June 1-July 22 (8 week session)

Practice Nights are Mondays and Wednesdays

Time: 6:00pm-7:00pm (please note new time for summer!)

Cost: Residents $90.00/Non-Residents $100.00

Online Registration:

Monday, May 25 for Residents starting at 7:00am
Thursday, May 28 for Non-Residents starting at 7:00am
Register today for an American Red Cross Lifeguard Course to learn lifesaving skills to help keep people safe in, on and around the water. Skills taught included CPR, how to respond in an emergency, and proper technique for rescues in the water.

These jobs are in high demand! Plus, the American Red Cross certification is recognized nationwide so you can work anywhere in the U.S.

Course Length: approx. 20-22 hours  
Cost: Residents: $225.00  
Non-Residents: $250.00

Minimum age is 15 years old, by the conclusion of the course (with no exception)

**May 2020 Session:**

**Course Dates:**
Friday, May 15  5:00pm-9:00pm  
Saturday, May 16  8:00am-4:00pm  
Sunday, May 17  8:00am-4:00pm

This class will be taught by: Michael Carter

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**ARC Learn to Swim Dates and Times**

For children ages 6-14 years old  
**Summer Sessions 2020**

Register for one OR more than one session! If your child passes to higher level at the end of one session, the instructors will account for that in the next session.

**Session 1: (8 total classes over 2 weeks)**
Monday, Tuesday, Wednesday & Thursday  6/29-7/9  
**Time:** 9:00am-9:45am  (Levels 3, 4 and 5)  
**Time:** 10:00am-10:45am  (Levels 1, 2 and 3)  
**Cost:** Residents $60.00/Non-Residents $70.00

**Session 2: (8 total classes over 2 weeks)**
Monday, Tuesday, Wednesday & Thursday  7/13-7/23  
**Time:** 9:00am-9:45am  (Levels 3, 4 and 5)  
**Time:** 10:00am-10:45am  (Levels 1, 2 and 3)  
**Cost:** Residents $60.00/Non-Residents $70.00

**Session 3: (8 total classes over 2 weeks)**
Monday, Tuesday, Wednesday & Thursday  7/27-8/6  
**Time:** 9:00am-9:45am  (Levels 3, 4 and 5)  
**Time:** 10:00am-10:45am  (Levels 1, 2 and 3)  
**Cost:** Residents $60.00/Non-Residents $70.00

**Thursday Evening Lessons:**
(6 classes total over 6 weeks)  
**Thursdays only 7/2-8/6**  
**Time:** 7:00pm-7:45pm  (Levels 1, 2, 3, 4 and 5)  
**Cost:** Residents $50.00/Non-Residents $60.00
Participants in the youth progressive swim program must be a minimum of 6 years old. All swimming abilities are welcome to participate in this American Red Cross Learn-to-Swim program. Because of space and staff limitations, children must be registered for the proper level. Our aquatic staff will gladly assist you in determining the best level for your child. Placement will be verified during the first class meeting and the staff will do their best to accommodate necessary level switches. In the event we are unable to do so, based on class size limits or timing, we can offer a full class refund or credit to be used towards a following session.

(Note: Distances listed in the prerequisites are the minimums that skills must be performed to meet specific proficiency requirements)

**Level 1: Introduction to Water Skills**

**OBJECTIVE:** To help students feel comfortable in the water and learn how to enjoy the water safely. Lessons include: Basic water safety rules, using a life jacket, submerging mouth, nose, and eyes, swimming on front and back using arm and leg actions, exhaling underwater, and floating on front and back.

**Level 2: Fundamental Aquatic Skills**

**OBJECTIVE:** To give students success with fundamental skills. Prerequisites include ability to fully submerge face for a minimum of 3 seconds, float on back and front with minimal assistance, and demonstrate safe water/pool entries and exits. Skills introduced include: Submerging entire head, front & back glides, bobbing in water, treading water using arm & leg motions, jellyfish float, swimming using front crawl and elementary backstroke action. Students will explore the deep end of the pool. In order to pass out of this level, students MUST be comfortable in deep water.

**Level 3: Stroke Development**

**OBJECTIVE:** To build on the fundamental skills (see Level 2) through guided practice. Prerequisites include demonstrated ability to perform unsupported 5-second float or glide on front and back, and independent swimming on front and back for a minimum of 15 yards. Being able to roll from front to back and back to front. Feel completely comfortable in the deep end. Skills introduced include: Reaching assists, swimming without assistance, front and back crawl stroke, rotary breathing in horizontal position, butterfly kick and body motion, kneeling and standing dive from side of pool, survival floats, and retrieving underwater objects. In order to pass out of this level, students MUST pass the DEEP WATER SWIM TEST which is defined as the ability to enter the water, stay afloat, swim (in any capacity) one length of the pool (going underwater at least one time) and ending with a 15 sec tread in deep water).

**Level 4: Stroke Improvement**

**OBJECTIVE:** To develop confidence in the strokes learned and improve other aquatic skills. Prerequisites include demonstrated ability to perform the crawl stroke with rhythmic breathing for a minimum of 15 yards, elementary backstroke for a minimum of 15 yards and a front dive. Skills introduced include: breaststroke, butterfly, and sidestroke, open turns, building endurance and feet-first surface dives.

**Level 5: Stroke Refinement**

**OBJECTIVE:** To provide coordination and refinement of strokes. Prerequisites perform a feet-first entry into deep water, swim front crawl for 25 meters, change direction and position as necessary, swim elementary backstroke for 25 meters, and swim breaststroke for 15 meters. Skills introduced include: efficient open turns, front and backstroke flip turns, standing dives and survival swimming, along with endurance swimming and more complex rescue safety topics.
Kari Filieo  
Out of School Recreation Coordinator

What does your job entail with South Portland Parks, Recreation & Waterfront?  
I am the Program Coordinator for Afterschool Adventures, Summer Rec Camp and our “no school day” programs like Early Release and Vacation Camp.

How did you get started in this field?  
I started working for the department as a Summer Rec counselor when I was in college.

What do you like most about your job?  
I love seeing the kids every day and trying to provide them with fun, creative ways to spend their time away from home and school.

What do you like most about South Portland?  
I love the SoPo Community. I grew up here and am so grateful to have raised my kids here with the amazing school staff and families we have met along the way.

What is your favorite park in South Portland?  
Millcreek Park

Tell us about a new project or program you are working on?  
We are currently working on providing Before & After Care in each of the five Elementary Schools for next school year.

What is your favorite food?  
Italian.

What is your favorite restaurant?  
SoPo favorites are Willows Pizza and Coppersmith’s.

What’s on your song list now?  
Always ’80s Hair Bands, especially Bon Jovi.

What is Your favorite sports team:  
Our house supports all New England teams with some NY Giants and Seattle Seahawks thrown in.

What is your favorite sport to play?  
Although I don’t currently “play” it, Track & Field has always been my favorite.

What is your favorite hobby?  
I love to read but don’t do it nearly enough!

How can people get in touch with you if they have a question?  
kfilieo@southportland.org
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## SUMMER SPECIAL EVENTS CALENDAR

### JUNE

**June 7 (Saturday)** – Boston Red Sox Family Trip (MUST PRE-REGISTER) - 9:00am departure from South Portland Community Center for a 1:05 pm game vs. the Milwaukee Brewers, return ~ 6:00pm  
**June 16 (Tuesday)** – Senior Lobster Roll Luncheon (MUST PRE-REGISTER) Lobster lunch with summer activities and games – 11:00am-1:00pm @ South Portland Community Center. Free Pick up for Residents

### JULY

**July 1 (Wednesday)** – Mill Creek Summer Concert Series, *Joan Kennedy Trio* @ Mill Creek Park, 6:30pm (Rain Date-July 2)  
**July 4 (Saturday)** – 4th of July Extravaganza @ Bug Light Park 5:30pm-end of fireworks  
**July 7 (Tuesday)** – Bug Light Summer Movie Series (Movie to be TBD) @ Bug Light Park, 8:30pm  
**July 14 (Tuesday)** – Bug Light Summer Movie Series (Movie to be TBD) @ Bug Light Park, 8:30pm  
**July 15 (Wednesday)** – Mill Creek Summer Concert Series, *Don Campbell Band* @ Mill Creek Park, 6:30pm (Rain Date - July 16)  
**July 21 (Tuesday)** – Bug Light Summer Movie Series (Movie to be TBD) @ Bug Light Park, 8:30pm  
**July 22 (Wednesday)** – Mill Creek Summer Concert Series, *Downeast Soul Coalition* @ Mill Creek Park, 6:30pm (Rain Date - July 23)  
**July 28 (Tuesday)** – (Rain Date) Bug Light Summer Movie Series @ Bug Light Park, 8:30pm  
**July 29 (Wednesday)** – Mill Creek Summer Concert Series, *Motor Booty Affair* @ Mill Creek Park, 6:30pm (Rain Date - July 30)  
**July 31 (Friday)** – Junior Golf Open Tournament (MUST PRE-REGISTER) @ South Portland Municipal Golf Course, 8:00am

### AUGUST

**August 4 (Tuesday)** – National Night Out @ Redbank Community Center, 5:30pm-7:30pm  
**August 5 (Wednesday)** – Mill Creek Summer Concert Series, *American Ride* @ Mill Creek Park, 6:30pm (Rain Date-August 6)  
**August 8 (Saturday)** – Art in the Park @ Mill Creek Park, 9:00am-4:00pm  
**August 12 (Wednesday)** – Mill Creek Summer Concert Series, *Studio Two Beatles Tribute Band* @ Mill Creek Park, 6:30pm (Rain Date-August 14)  
**August 15 (Saturday)** – 1st Annual SUMMER SLAM – Free youth basketball clinic/tournament @ Redbank Community Center and Outdoor Court, 8:00am-6:00pm  
**August 15 (Saturday)** – Boston Red Sox Family Trip (MUST PRE-REGISTER)-12:00pm departure from South Portland Community Center for a 4:05pm game vs. the Oakland Athletics, return ~ 10:00pm  
**August 15 (Saturday)** – “Tri Like a Savage” Kids Triathlon (MUST PRE-REGISTER) @ South Portland Community Center-9:00am-11:00am

### SEPTEMBER

**September 9 (Wednesday)** – Bug Light Park Fall Classic Car Show @ Bug Light Park, 4:30pm-Sunset