2020 Winter/Spring Registration Information

**Monday, December 16, 2019**
All Recreation Programs
Registration for South Portland Residents begins at 12:00am online.
Walk-in registration begins at 7:00am.

**Monday, December 9, 2019**
Youth Winter Swim Lessons
Registration for South Portland Residents begins at 7:00am online.
Walk-in registration begins at 7:00am.

**Monday, March 9, 2020**
Youth Spring Swim Lessons
Registration for South Portland Residents begins at 7:00am online.
Walk-in registration begins at 7:00am.

**Thursday, December 19, 2019**
All Recreation Programs
Registration for Non-South Portland Residents begins at 12:00am online.
Walk-in registration begins at 7:00am.

**Thursday, December 12, 2019**
Youth Winter Swim Lessons
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Walk-in registration begins at 7:00am.

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Youth Spring Swim Lessons
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Walk-in registration begins at 7:00am.

Find us on Facebook: “South Portland Parks and Recreation”
Follow us on Twitter: @SoPoParksRec
See us on Instagram: SoPoParksRec

www.sopoparksrec.com / Phone: 207-767-7650

**Mill Creek Ice Skating Pond**
Photo Credit: Darrell Parker, Parks Foreman
South Portland Parks & Recreation
2019-2020
Winter/Spring Program Brochure

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Winter/Spring - 2019/2020 • Program Brochure
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.”

City of South Portland
Closed Dates

Thursday, November 28
Thanksgiving Day

Wednesday, December 25
Christmas Day

Wednesday, January 1
New Year’s Day 2020

Monday, January 20
Martin Luther King Jr. Day

Monday, February 17
Presidents Day

Monday, April 20
Patriots Day

Monday, May 25
Memorial Day

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
Saturday: 7:00am-7:00pm  Sunday: 12:00pm-8:00pm
*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: 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

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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 Center for more information.

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 Requests can be made online through our website at 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.

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) 767-7670 ext. 7803
kcoughlin@southportland.org
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 Fees: South Portland residents: FREE Non-residents under age 60: $1.00 Non-residents over age 60: FREE

Our Objective:
To provide Middle School and High School aged students with a fun, safe place to spend their after school hours in an environment that is free of violence and intimidation, encouraging the development of social and emotional growth among its teen members.

The Teen Center is located in the Redbank Community Center and is open to ANY student in grades 6-12 that live in South Portland. Teens have access to a full size gym, kitchen and activity room with ping pong, foosball and other games. There is also an area where students can do homework and receive help from staff. Although the Teen Center is a free drop-in program, all participants are required to register each school year. Parents and teens are to sign and agree to the Teen Center Code of Conduct Policy. These forms are available at the Teen Center, South Portland Community Center and online.

What’s new?
The Teen center has partnered up with Opportunity Alliance, to conduct a six weeks Cooking Matters class starting this winter. This class is designed to promote healthy lifestyle among the youth & teens. Classes will be held once a week at the Redbank Community Center. Please call or email to get the program schedule.

Hours of Operation (School Year): September 9th – June 2020, Monday – Friday 2:30pm – 6:00pm. Schedule subject to change at any time. Stay in touch with the latest updates, schedules and special events at the Teen Center by liking “South Portland Parks & Recreation” on Facebook!

Address: 95 MacArthur Circle West, South Portland ME 04106
Teen Center Number: (207) 347-4145

FMI please contact Alicia Hoyt, Teen Center Coordinator at ahoyt@southportland.org (207) 347-4145.

Thank you to WEX for all your support of the South Portland Teen Center!

Redbank Teen Center

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Teen Center Number: (207) 347-4145

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Winter/Spring - 2019/2020  •  Program Brochure

Wainwright Farms Recreational Complex
South Portland Municipal Golf Course
Winter 2019-2020

Skating Rink
Cross-Country Skiing Trails

Enjoy a nice winter’s day by getting out to go skating at Wainwright Recreation Complex’s 8,000 square foot outdoor ice rink or by putting on your cross-country skis to enjoy miles of trails around the 140 acres here at Wainwright or travel the Greenbelt Walkway. We also have X-C ski trails at the South Portland Municipal Golf Course.

*Ice rink and cross-country ski trails are weather and conditions dependent. Please refer to our website www.sopoparksrec.com, social media outlets or call the Community Center (767-7650) to check conditions.

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, as shown below. The Coalition meets monthly at the South Portland High School and it’s 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
Mindful Eating Group Classes

Mindful eating is an approach that focuses on enjoying food and eating, recognizing and honoring the body’s signals around hunger and fullness, and helping people navigate hurdles on their unique paths toward nourishment and satisfaction. Group classes provide a safe space for learning, sharing and practicing mindful eating techniques. Note that this class is not focused on weight loss, but mindful eating principles can be used with any type of eating plan you may be following. *Min 6/Max 12

**Foundations of Mindful Eating (Mindful Eating 1)**

Based on the original, evidence-based MB-EAT program, this series of classes will cover basic concepts of mindful eating including inner/outer wisdom, hunger awareness, taste satisfaction, mini-meditations, acceptance and forgiveness around food, and eating for quality over quantity.

**Dates:** Thursdays, January 16-February 6  **Time:** 6:30pm-8:00pm  
**Location:** SPCC Upstairs Conference Room  **Cost:** Res $40.00/Non-Res $50.00

**Tools and Techniques of Mindful Eating (Mindful Eating 2)**

Building upon the content in Mindful Eating 1, this series of group classes delves further into the various techniques and tools available through mindful eating training.

**Dates:** Thursdays, February 27-March 19  **Time:** 6:30pm-8:00pm  
**Location:** SPCC Upstairs Conference Room  **Cost:** Res $40.00/Non-Res $50.00

**Instructor:** Kitty Broihier  
**Coordinator:** Whitney Dorsett

Kitty Broihier, MS, RD, LD is a Registered and Licensed Dietitian and is a certified Mindfulness Based Eating Awareness Training (MB-EAT) instructor and Mindful and Instinctive Eating Practitioner (MIEP). She holds a Bachelor's degree in dietetics and nutrition from Michigan State Univ. and a Master's degree in nutrition communications from Boston Univ. She is an adjunct faculty nutrition instructor at SMCC and is the owner of NutriComm Inc., a nutrition consulting and communications business in South Portland.

Senior Activities

**Mindful Eating Group Classes**

**Identity Protection**
Learn how to protect yourself from consumer fraud and identity theft.

**Date:** Thursday, January 23  
**Time:** 6:00pm-7:00pm  
**Location:** SPCC Senior Wing  
**Cost:** FREE

**Your Money 101 for Young Adults and High School Students**
Learn the importance of handling money, the benefits of compounded interest savings, obtaining credit, student loans and developing wise habits to help meet your financial goals. *High school students are welcome to attend with their parent or guardian.

**Date:** Thursday, February 27  
**Time:** 6:00pm-7:00pm  
**Cost:** FREE

**Retirement & Investment Savings**
Learn how to save for retirement, money markets accounts, about cd's, IRA's and Investing.

**Date:** Thursday, March 26  
**Time:** 6:00pm-7:00pm  
**Cost:** FREE

**Mortgages & Mortgage Refinancing**
Explore homeownership costs and benefits, the types of home loans available to you, and how to secure a mortgage. Get a sense of how refinancing your mortgage may help reduce your monthly payments.

**Date:** Thursday, April 16  
**Time:** 6:00pm-7:00pm  
**Cost:** $FREE

**Auto Loans & Refinancing**
Learn how to shop for the right vehicle at the best rate available. Explore the option of refinancing your vehicle.

**Date:** Thursday, May 21  
**Time:** 6:00pm-7:00pm  
**Cost:** FREE

FREE pick up for South Portland Seniors only.

**Instructor:** Evergreen Credit Union Wellness Team member  
**Coordinator:** Whitney Dorsett

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**Evergreen Credit Union**

**Financial Wellness Workshops**

South Portland Parks, Recreation and Waterfront has teamed with the wellness team at Evergreen Credit Union to offer affordable financial workshops to help adults in the community better understand their personal finances. Evergreen will be hosting a financial wellness workshop once a month. Each month Evergreen staff will raffle one item to those who partake in that workshop. Items will range from local sports tickets to local business merchandise. Light refreshments will be provided.  

*Minimum of 8/Maximum of 50.

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**Date:** Thursday, May 21  
**Time:** 6:00pm-7:00pm  
**Cost:** FREE

FREE pick up for South Portland Seniors only.

**Instructor:** Evergreen Credit Union Wellness Team member  
**Coordinator:** Whitney Dorsett
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, Jan. 28th – you must have registered by Thursday Jan. 23rd in order to get picked up on the 28th.

**DATES:** TUESDAYS, January 14 & 28, February 25th, March 10th & 31st and April 7th & 14th

(Note: Only 1 activity day in February)

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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
- **Lunchtime:** 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 $3.00 Res./$4.00 Non-Res.
- **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-3:30pm 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 8:30am** (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.
Each month for a two-week session, we will knit a different dishcloth! Each class is a 2 week class (must attend both classes).

Mondays, January 6 & 13
**Dishcloth: Stained Glass Window Dishcloths**

Everyone’s favorite dishcloth, better known as brick pattern. In this two-week class, we will knit this easy and colorful pattern. Basic knitting skills required. Bring size 8 or 9 knitting needles and 2 contrasting balls of Sugar ‘n Cream Cotton yarn. Pattern will be provided.

Mondays, February 3 & 10
**Dishcloth: Heart Shaped Dishcloths**

Just in time for Valentine’s Day – heart shaped dishcloths! Basic knitting skills required. Bring size 8 or 9 knitting needles and one skein of Sugar ‘n Cream yarn, and a stitch holder if you have one (not a necessity, scrap yarn will work). One skein will make 2 dishcloths. Pattern will be provided.

Mondays, March 2 & 9
**Dishcloth: Round Knit Dishcloths**

Another fun variation of everyone’s favorite dishcloth. Basic knitting skills required. This design is created by knitting in short rows. Bring size 8 or 9 knitting needles and one skein of Sugar ‘n Cream yarn. Pattern will be provided.

Mondays, April 6 & 13
**Dishcloth: Dress Dishcloths**

Just in time for Easter - knit this adorable Easter dress dishcloth in the ‘feather and fan’ stitch that covers your dish detergent bottle when not in use. Basic knitting skills required. Bring size 8 or 9 knitting needles and one skein of Sugar ‘n Cream yarn, size G or H crochet hook (to complete neck edge). One skein will make 2 dishcloths. Pattern will be provided.

**Time:** 9:00am-10:30am  **Location:** SPCC Senior Wing  
**Cost:** FREE (each month the class is a 2-week class and you must attend both classes)  
**Instructor:** Volunteer Judy Simpson  
**Coordinator:** Karla Doyon

**New**

**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-ins always welcome! Registration is encouraged.  
**Date:** Every Thursday morning January through April  
**Time:** 9:00am-11:30am  
**Location:** SPCC Senior Wing  
(bring a cushion & water)  
**Cost:** FREE  
**Coordinator:** Karla Doyon

**Crochet Beaded Bracelets**

Crochet a lovely beaded bracelet to custom fit your wrist. Kits will be provided with all supplies necessary to make one bracelet. In this two-week class we will create a bracelet that is both pretty and comfortable. If you can do a single crochet stitch – you can make this bracelet!  
**Min 4/Max 6**  
**Date:** January 24 & January 31  
(this is a 2 week class/must attend both classes)  
**Time:** 9:00am-12:00pm  
**Location:** SPCC Senior Wing  
**Cost:** $15.00  
**Instructor:** Volunteer Judy Simpson  
**Coordinator:** Karla Doyon

**Wet and Needle Felted Flowers**

Create flowers from wool roving using two different techniques. In this two-week beginner class, we will learn how to needle felt and wet felt. Kits will be provided with enough supplies to make several flowers in both techniques. Please bring a towel, small dishpan or plastic bowl, and be sure to wear clothing you don’t mind getting wet.  
**Min 4/Max 6**  
**Date:** February 21 and 28  
(this is a 2 week class/must attend both sessions)  
**Time:** 9:00am–12:00pm  
**Location:** SPCC Senior Wing  
**Cost:** Res: $35.00/Non-Res: $45.00  
**Instructor:** Volunteer Judy Simpson  
**Coordinator:** Karla Doyon
Recycle Denim Jeans Into 12+ Different Projects

In this three-week class we will recycle denim jeans into several different items - you choose what you want to create: full or half apron, journal cover, key fob, plant pot, ditty bag, dog toy, greeting cards, bracelets, etc. Basic sewing skills required. Please bring a couple pairs of clean old jeans, sewing machine and accessories, 1/2 yard of 100% cotton accent fabric per apron.

**Min 4/Max 6**

**Date:** March 13, 20 & 27  
**(this is a 3-week class/must attend all 3 sessions)**

**Time:** 9:00am-12:00pm  
**Location:** SPCC Senior Wing  
**Cost:** FREE  
**Instructor:** Volunteer Judy Simpson  
**Coordinator:** Karla Doyon

Celtic Afternoon

Wear your best St. Patrick’s Day outfit and join us for a PowerPoint presentation of the history of the Celts, the Druids and their art. Our presentation will include breathtaking pictures of the Cliffs of Mohr, Croagh Patrick, Newgrange the Rock of Cashel and the Book of Kells. Savor Irish tea, punch, traditional brown bread, soda bread and chocolate potato cake while you enjoy the presentation! Free pick up for South Portland residents only!  

**Min 10/Max 35**

**Date:** Tuesday, March 17  
**Time:** 1:00pm-3:00pm  
**Location:** SPCC Senior Wing  
**Cost:** FREE  
**Presenter:** Volunteer Maureen O’Donnell  
**Coordinator:** Karla Doyon

iPhone Basics

So you think you know your iPhone. Let us explore what your iPhone can do for you. The objective of each session is to personalize your iPhone to you. Session objectives:  
- Discover the variety of SETTING options, use of BASIC apps, daily apps, and taking and editing PHOTOS.  
- REQUIREMENTS: Bring a FULLY charged Apple iPhone, iPhone pass codes.  
- NOTE: You may only sign up for ONE session.

**Min 4/Max 6**

**Dates:** Tuesdays, January 14 & 28  
**Time:** 2:30pm-4:00pm  
**Location:** Upstairs Conference Room at SPCC  
**Cost:** FREE  
**Instructor:** Volunteer Diann Wood  
**Coordinator:** Karla Doyon

Sacred Landscapes Presentation

Join us to explore ancient Chinese techniques for bringing ourselves into harmony with our surroundings. Our discussion will focus on how information related to traditional feng shui, geomancy, and landscape design can better situate us in our fast-paced mobile society. We will discuss the role and importance of feng shui in Chinese culture, aspects of geomancy and working with earth energies as practiced in ancient China, and how this information is used.

**Min 10/Max 50**

**Date:** Friday, January 17  
**(Snow date: Tuesday, January 21)**  
**Time:** 11:00am-12:30pm  
**Location:** SPCC Senior Wing  
**Cost:** $4.00  
( includes presentation and light refreshments: coffee/tea/sparkling water/fruit/cheese & crackers)

**Presenters:** Sacred Landscapes Team, Calin, Jini & Ted  
**Coordinator:** Karla Doyon

iPhone: Beyond The Basics

This will be a discussion and hands-on application of the following:  
- Safari – online access.  
- Apps – pre-installed, downloading and managing.  
- Apps for everyday use.  
- Phone calls and contacts – adding and deleting contacts.  
- Camera and photos – shooting photos and video, editing and adding albums.  
- Google Maps – basics.  
- Texts – text and voice messaging.  
- Attaching photos to text messaging and emails.  
- Calendar –daily use of calendar.  
- Social media options.  
- REQUIREMENTS: Bring a FULLY charged Apple iPhone, iPhone pass codes.  

**Min 4/Max 6**

**Date:** Wednesdays, March 4 & 18  
**Time:** 9:00am-10:30am  
**Location:** Upstairs Conference Room at SPCC  
**Cost:** FREE  
**NOTE:** You may only sign up for ONE session.

**Instructor:** Volunteer Diann Wood  
**Coordinator:** Karla Doyon

**UKULELE ONWARD & UPWARD**

To go upward and onward from beginner status on ukulele, you need to expand your chord vocabulary beyond C, F and G7. You also need to master the essential strums that most popular uke tunes use. A brief look at fingerstyle ukulele, scales, technique, music theory and playing by ear and we are off into a whole new level! Jeff Weinberger will be your guide on this journey onward and upward. Prepare for take-off!

**Min 10/Max 25**

**Date:** Saturday, February 8  
**(snow date Saturday, February 15)**  
**Time:** 12:30pm-1:30pm  
**Location:** SPCC Senior Wing  
**Cost:** $15  
( encourages you to bring your own Ukulele/only a few loaners will be available)

**Instructor:** Maine Musician and Educator Jeffrey Weinberger  
**Coordinator:** Karla Doyon
Coffee Time Support Group

Here’s 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 will be provided. You are welcome to bring your own lunch.

John Rich has been leading support groups for about 20 years. His style ranges from compassionate to humorous, encouraging healthy self-expression. Being a senior himself, John understands both the joys and challenges of healthy aging. He is deeply inspired by the courage, resilience, and adaptability of senior populations.

**Date:** Tuesdays, January 14 & 28, February 11 & 25, March 10 & 31 and April 7 & 14  
**Time:** 10:30am-12:00pm  
**Location:** SPCC Upstairs Conference Room  
**Drop-In Cost:** $7.00  
**Coordinator:** Karla Doyon

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Senior Meals

Come connect with other seniors in the community while enjoying a delicious meal. One Tuesday a month, we will have meals in the Senior Wing at SPCC. Please note that the April meal is more expensive. There will be a guest speaker at each meal. Free pick up for South Portland Residents only (you must register for pick-up). Min 10/Max 50

**Date:** Tuesdays, January 7, February 4, March 3 and April 28  
**(Deadline to register & payment due 1 week before the meal.)**  
**Time:** 12:00pm-2:00pm  
**Location:** SPCC Senior Wing  
**Cost:** $7.00 January/$7.00 February/$7.00 March & $13.00 for April (pls. note April is more $)  
**Meals:**  
- **January:** Shepherd's Pie,  
- **February:** Finger Sandwiches,  
- **March:** Chinese,  
- **April:** Olive Garden  
**Coordinator:** Karla Doyon

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Valentine’s Day Brunch

Bring your friends and join us for sweets (chocolate), and delicious food! Come put some fun into your Valentine's Day by joining us for a very special brunch. Along with food and treats you will be entertained! Lunch, entertainment and special Valentine’s Day surprises included! FREE Home pick-up is available for South Portland residents only. Min 10/Max 40

**Date:** Friday, February 14  
**Time:** 11:00am-1:00pm  
**Location:** SPCC Senior Wing  
**Cost:** $14.00  
**Coordinator:** Karla Doyon
**BINGO**

Open to residents and non-residents (50+ and older). You're invited to participate in weekly BINGO games. Each week come play at least 15 games of BINGO. Light refreshments are provided including coffee & a snack.

**Dates:** Mondays, January 6-April 27 (No BINGO 1/20, 2/17 & 4/20)

**Time:** 12:30pm-3:00pm

**Location:** SPCC Senior Wing

**Cost:** $1.00 each Monday (cost includes games, coffee & prizes)

Please bring .25 cents for snacks (optional)

**Coordinator:** Karla Doyon

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**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, January-April

**Time:** 12:30pm-4:00pm

**Location:** SPCC Senior Wing

**Cost:** FREE

**Coordinator:** Karla Doyon

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**Sleigh Ride at Rockin’ Horse Stables**

Wintertime in Maine brings with it elegance and serenity that can only be seen from a horse-drawn sleigh being pulled through the tranquil atmosphere of Kennebunkport. Upon completion of our ride what better way to top off our journey than to warm up next to a crackling fire enjoying the simple pleasures of hot chocolate and conversation. Step back into the way life should be, if only for a day!

Min 10/Max 13

**Date:** Thursday, January 2

**Time:** Departs SPCC 12:15pm SHARP (Ride is at 1:00pm)

Approx. Return 3:00pm

**Location:** Kennebunkport, ME

**Cost:** Resident: $18.00/Non-Resident: $28.00

**Coordinator:** Karla Doyon

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**New Year’s Celebration @ Ocean Gateway**

Join us at Ocean Gateway to celebrate the New Year! We will salute 2020 with our friends from Portland Recreation. During this event, we will have a delicious selection of Thai food for lunch; there will be a chance to win a few prizes, and more! Let’s get this year started right! Free pick up for South Portland residents only.

Min 10/Max 25

**Date:** Friday, January 10

**Time:** Departs SPCC 11:30am (Function is 12-2pm)

**Location:** Portland, Maine

**Cost:** $15.00

**Coordinator:** Karla Doyon

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**Hannaford Cooking Class**

Join Hannaford Registered Dietitian, Andrea Paul for an interactive, healthy, and delicious cooking class at the Portland Forest Ave store! Andrea is a firm believer that food should be nourishing, delicious, satisfying, and that eating well doesn’t have to be complicated. Join her for some in-store nutrition education and shopping tips, hands-on cooking class, and of course, sampling the yummy recipes the group prepares. Andrea will be happy to answer your food & nutrition questions. Min 5/Max 5

**Date:** January 15 or February 12

**Time:** Departs SPCC 10:30am (approx. return 1:00pm)

**Location:** Hannaford, Portland

**Cost:** $4.00

**Coordinator:** Karla Doyon

(If you have food allergies or intolerances, please inform the coordinator prior to the class.)

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**Pie Parade**

Get your recyclable fork, tour Rocklands historic inns and EAT PIE! There will be approximately 20 venues serving 50+ types of pies! Pizza pies, whoopie pies, brownie pies, shepherd’s pie, pup-pies, the list is endless! 100% of ticket sales go directly to charity! (Food Pantry & Fuel Assistance programs). You are sure to go home pie-eyed! NO REFUNDS AFTER REGISTRATION. Dress comfortable, warm layers & be prepared to walk around Rockland.

Min 8/Max 13

**Date:** January 26

(Deadline to register: January 16, 2020)

**Time:** 9:30am departure from SPCC (approx. return 5:30 pm)

**Location:** Rockland, ME

**Cost:** Res $35.00/Non-Res $45.00

**Coordinator:** Karla Doyon
Rancourt Shoe Factory Tour

In a city once defined by its many shoemakers, Rancourt and Company has carved a new niche in Lewiston. The company is connecting techniques of the past with today’s technology. This year alone, Rancourt’s 62 employees will hand make 45,000 pairs of shoes! Rancourt’s shoes are shipped to dozens of countries around the world and the United States. Ground level factory, no stairs. 2 hour tour, no open toed shoes, scarfs, or loose clothing. Min 8/Max 13

Date: Thursday, January 23
Time: Departs SPCC 12:15pm (approximate return 4:30pm)
Location: Lewiston, ME
Cost: Residents $5.00/Non-Residents $5.00
Coordinator: Karla Doyon

Brick Store Museum Storage Tour

The Brick Store Museum ignites personal connections to local history, art, and culture through exhibitions, education, and programs celebrating the human experience in the Kennebunk and surrounding communities. Year-round the Museum presents 4-5 rotating exhibitions on local history and art. “Discover what’s behind-the-scenes at Kennebunk’s local history museum on the Brick Store Museum’s Collection Storage Tour! Explore our archive containing over 70,000 artifacts belonging to the history of Kennebunk and Southern Maine.” Walking & stairs. Min 8/Max 13

Date: Thursday, February 6 /Snow date: Friday, February 7
Time: Departs SPCC 9:15am
Return: Approx. 2:30pm (lunch out after tour – on your own)
Location: Kennebunk, ME
Cost: Res $13.00/Non Res $13.00 (plus your money for lunch)
Coordinator: Karla Doyon

Stonewall Kitchen Warehouse, Hobby Lobby & Aldi

Travel with us to tax-free New Hampshire to a true warehouse outlet (Stonewall Kitchen Warehouse Store), a crafter’s idea of heaven for projects, crafts & home supplies (Hobby Lobby) and let’s see what all the fuss is about at this family owned discount supermarket (Aldi)! All of this fun and tax free too! We will grab a quick bite in between stops at a fast food chain. Min 8/Max 13

Date: Friday, February 28
Time: Departs SPCC 9:00am/approx. return 3:00pm
Location: Rochester, NH
Cost: Residents $8.00/Non-residents $8.00
(Purchases on your own, bring money for lunch)
Coordinator: Karla Doyon

Oxford Casino

We are off to the slots! Join us for this fun trip up to the Oxford Casino! Wednesday is Senior Day! The Oxford Grill offers an extensive menu while the Oxford Express has quicker options, i.e., sandwiches, pizza and hot dogs. You will be on your own for lunch while we are there. Please play responsibly! Min 8/Max 13

Date: Wednesday, March 4
Time: 9:30am departure from SPCC (approximate return 4pm)
Location: Oxford, ME
Cost: Residents $5.00/Non-Residents $5.00
Coordinator: Karla Doyon

Celebrating Saint Patrick’s Day

This year we will be joining, our friends at Cape Elizabeth while we enjoy a catered boiled dinner before the Stillson School of Irish Dance perform traditional Irish step dance in their sparkling, colorful costumes. Director Carlene Moran Stillson will tell us about the history of the dance and explain the reasons for the costume designs. Free pick up for South Portland residents only. No refunds after 2/27/20. Min 10/Max 25

Date: Friday, March 13 (Please note the date)
Time: 11:30am-1:00pm
Location: Cape Elizabeth, Maine
Cost: $20 (Lunch & Entertainment & Transportation)
Coordinator: Karla Doyon

Bigelow Laboratory for Ocean Sciences Tour

Research at Bigelow Laboratory for Ocean Sciences is organized around three core themes of Blue Biotechnology, Ocean Biogeochemistry and Climate Change, and Ocean Health. We will head to Boothbay for a 90-minute walking tour of Bigelow Labs for Ocean Sciences! We will be getting an overview of what Bigelow Labs does from our tour guide and enjoy three stops with scientists to hear more detailed descriptions of individual scientific projects, equipment, etc. Lunch out following. Min 8/Max 13

Date: Wednesday, April 8
Time: Departs SPCC 8:00am/Approx. return 2:30pm-3:00pm
Location: Boothbay, Maine
Cost: $5.00 (plus your own money for lunch)
Coordinator: Karla Doyon
**Brunswick Museums Outing**

First, we will visit the Brunswick Naval Aviation Museum for an escorted tour of the exhibits and you may try your hands at the flight simulator. From there we will head to Flight Deck Brewery for lunch where you may purchase food from Cook’s Lobster & Ale House food truck. Following lunch, we are off to the Peary-MacMillan Museum and Artic Studies Center for a guided a tour and time on our own.  

Min 8/Max 13

Date: Thursday, April 16  
Time: Departs SPCC 9:00am/Approx. return 3:00pm-4:00pm  
Location: Brunswick, ME  
Cost: $6.00 (please don’t forget your own money for lunch)  
Coordinator: Karla Doyon

**Lunch Outing at North43 Bistro**

North43 Bistro has a beautiful waterfront location at Spring Point Marina in South Portland. Their dining room boasts gorgeous views anytime of the year! Chef/Owner Stephanie Brown has French culinary training, Tuscan roots and loves to throw in Asian flare. Menus feature fresh, seasonal and local ingredients. North43 Bistro takes pride in providing great customer service and getting to know their guests and their community.  

Min 8/Max 13

Date: Thursday, February 27  
Time: Departs SPCC 11:30am/Approx. return 2:30pm  
Location: South Portland  
Cost: Res $25.00/Non-Res $35.00 (includes choice of 2 entrees, dessert, beverage, tax & gratuity)  
Entrée Choice: Chicken Pot Pie w/ House Made Biscuit or Lemon Crumb Baked Haddock w/ Green Beans,  
Dessert: Chocolate Flourless Torte with Vanilla Whipped Creme  
Coordinator: Karla Doyon

**Lunch at The Green Ladle Culinary Arts School**

Part of the Lewiston Regional Technical Center, the Ladle offers the opportunity for students to get real hands-on work in the positions of head chef, cook, waiter/waitress and hosting. Menu will be available 1 week prior. We will make a quick stop at the European Bakery after the meal. Please note that the TIP is not included. Please bring cash for the hard-working students for tips.  

Min 8/Max 13

Date: Thursday, April 2  
Time: Departs SPCC 9:30am/approx. return 1:00pm  
Location: Lewiston, ME  
Cost: $15.00 (Lunch-bring cash for tip)  
Coordinator: Karla Doyon

**Mystery Trip**

Where are we headed? No one will know! Join us for another exciting adventure. Come with an open mind and likeness of the unusual! Please be prepared for a long day! Please bring money for lunch.  

Min 8/Max 13

Date: Wednesday, April 29  
Time: Depart SPCC 9:00am (approx. return between 5-6pm)  
Location: It’s a mystery!  
Cost: $15.00  
Coordinator: Karla Doyon

**Almost Maine @ Portland Stage**

What better way to celebrate the bicentennial of our State than with a play that put us on the map? Offering charming vignettes about love, and life in Maine, this beloved play broke box office records, went onto critical acclaim, and delighted audiences across the globe after its premiere at Portland Stage in 2004. This celebratory production will feature John Cariani. (NO REFUNDS AFTER REGISTRATION)  

Min 8/Max 13

Date: Saturday, February 1  
Time: Departs SPCC 3:15pm SHARP (Show is at 4pm)  
Approx. return 6:30pm  
Location: Portland, ME  
Cost: Res $46.00/Non-Res $56.00  
Coordinator: Karla Doyon
A Chorus Line
@ Seacoast Repertory Theater

A Chorus Line is a stunning and acclaimed concept musical capturing the spirit and tension of a Broadway chorus audition – returning to Seacoast Rep with bold choreography and beautiful music. Catch it before the Netflix series launches. NO REFUNDS AFTER REGISTRATION. Min 8/Max 13

Date: Thursday, March 5
Time: Departs SPCC @ 6:30pm/Approx. return 10:30pm
Location: Portsmouth, NH
Cost: Residents $26.00/Non-Residents $36.00
Coordinator: Karla Doyon

Behind The Scenes Tour
City Theater, Biddeford

Visit the costume room filled with costumes, the annex and more as we go backstage at this historic theater. Please note that this trip involves walking and stairs. There are 3 to 4 flights of stairs and some without railings. Please wear appropriate footwear. We will go out to lunch following the tour. Please bring money for lunch. Min 7/Max 7

Date: Wednesday, March 18
Time: Departs SPCC 10:45am/Return: Approx. 2:30pm
Location: Biddeford, Maine
Cost: $7.00
Coordinator: Karla Doyon

Desperate Measures at Good Theater

MAINE PREMIERE! When the dangerously handsome Johnny Blood’s life is on the line, he must put his fate into the hands of a colorful cast of characters including a mysterious sheriff, an eccentric priest, an authoritarian governor, a saloon girl done good, and a nun out of the habit. Before the sun sets, will they rise up and pull off the greatest caper yet, or will Johnny be left hanging? NO REFUNDS AFTER REGISTRATION. Min 8/Max 13

Date: Wednesday, April 1
Time: Departs SPCC 6:15pm(show is at 7pm) Approx. return 9:30pm
Location: Portland, ME
Cost: Residents $24.00/Non-Residents $34.00
Coordinator: Karla Doyon

Footlights Theater & Dinner

We are headed to the Footlights Theater in Falmouth to see Surrender Dorothy, a world-premiere musical with music and lyrics by nationally known, award-winning singer and songwriter, Carole Wise! Thursday night is pay what you can, we have our reservations and you bring the cash! Suggested donation is $10-$20. We will eat dinner out before the show (dinner is on your own). Min 8/Max 13

Date: Thursday, April 9
Time: Departs SPCC 4:00pm Show is at 7:00pm Approx. return 9:30pm
Location: Falmouth, ME
Cost: $5 to SPCC/Bring your cash donation for the theater and money for dinner
Coordinator: Karla Doyon

Senior Fitness

Seacoast Adventure Sledding

Time for fun! We will be joining our friends from Portland Recreation at Seacoast Adventure in Windham to go sledding for approximately 2 hours. You are responsible for wearing all of the appropriate outdoor gear – hats, mittens, snow pants, etc. This will be an afternoon of fun and excitement as you will slide down the hill and will be able to ride back up! Please keep your physical capabilities in mind and know your limitations. Min: 10/Max: 13

Date: Tuesday, February 11
Time: Departs SPCC 9:30am/Approx. return 2:30pm
Location: Windham, ME
Cost: $10 (Please bring money for lunch out on your own following the fun!)
Coordinator: Karla Doyon

Laughter Yoga for Adults

Learn how to laugh at nothing at all and gain all the health benefits that laughter has to offer. This simple yet very powerful form of exercise is one that everyone can do anywhere, anytime. Previous experience not necessary as the yoga portion involves various breathing and stretching exercises all done in a chair or standing (no Yoga poses). Leave the class with joy in your heart, feeling happy and relaxed. Registration encouraged, drop-ins welcome! Min: 4/Max: 12

Date: Tuesday, March 24  Time: 12:00pm-1:00pm
Location: SPCC Multi-Purpose Room
Cost: FREE (Bring water, an open mind-think outside the box!)
Leader: Denise Macaronas, CLYL, CLL
Coordinator: Karla Doyon

www.sopoparksrec.com

207-767-7650
Continuing in January - come join us to play Cornhole at the REDBANK Community Gym! Please try to pre-register before attending the program.

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.

Chair January
Date: January 7-30
Cost: Resident $32.00/Non-Resident $42.00

Chair February
Date: February 4-27
Cost: Resident $32.00/Non-Resident $42.00

Chair March
Date: March 3-31
Cost: Resident $36.00/Non-Resident $46.00

Chair April
Date: April 2-30
Cost: Resident $36.00/Non-Resident $46.00

Location: SPCC MP Room  Drop in fee: $5.00 per class
Instructor: Jessamyn Schmidt  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.

T’ai Chi January
Dates: Fridays, January 3-24
Time: 11am-12:15pm
Cost: Residents $20.00
Non-Residents $30.00

T’ai Chi February
Dates: Fridays, February 7-28
Time: 11:00am-12:15pm
Cost: Residents $20.00
Non-Residents $30.00

T’ai Chi March
Dates: Fridays, March 6-27
Time: 11:00am-12:15pm
Cost: Residents $20.00
Non-Residents $30.00

T’ai Chi April
Dates: Fridays, April 3- 4
Time: 11am-12:15pm
Cost: Residents $20.00
Non-Residents $30.00

Drop in rate: $5.00 per class
Instructor: Michael Elliott  Coordinator: Whitney Dorsett

Senior Cornhole & Badminton
Continuing in January - come join us to play Cornhole at the REDBANK Community Gym! Please try to pre-register before attending the program.

Drop-ins always welcome!
Dates: Thursdays-January 9- April 30
Time: 9:30am-11:30am
Location: REDBANK Community Gym
Cost: FREE
Coordinator: Karla Doyon
Mindful Eating Group Classes

Mindful eating is an approach that focuses on enjoying food and eating, recognizing and honoring the body's signals around hunger and fullness, and helping people navigate hurdles on their unique paths toward nourishment and satisfaction. Group classes provide a safe space for learning, sharing and practicing mindful eating techniques. Note that this class is not focused on weight loss, but mindful eating principles can be used with any type of eating plan you may be following. Min 6/Max 12

Foundations of Mindful Eating (Mindful Eating 1)

Based on the original, evidence-based MB-EAT program, this series of classes will cover basic concepts of mindful eating including inner/outer wisdom, hunger awareness, taste satisfaction, mini-meditations, acceptance and forgiveness around food, and eating for quality over quantity.

Dates: Thursdays, January 16-February 6
Time: 6:30pm-8:00pm
Location: SPCC Upstairs Conference Room
Cost: Residents $40.00/Non-Residents $50.00

Tools and Techniques of Mindful Eating (Mindful Eating 2)

Building upon the content in Mindful Eating 1, this series of group classes delves further into the various techniques and tools available through mindful eating training.

Dates: Thursdays, February 27-March 19
Time: 6:30pm-8:00pm
Location: SPCC Upstairs Conference Room
Cost: Residents $40.00/Non-Residents $50.00

Instructor: Kitty Broihier  Coordinator: Whitney Dorsett

Kitty Broihier, MS, RD, LD is a Registered and Licensed Dietitian and is a certified Mindfulness Based Eating Awareness Training (MB-EAT) instructor and Mindful and Instinctive Eating Practitioner (MIEP). She holds a Bachelor’s degree in dietetics and nutrition from Michigan State Univ. and a Master’s degree in nutrition communications from Boston Univ. She is an adjunct faculty nutrition instructor at SMCC and is the owner of NutriComm Inc., a nutrition consulting and communications business in South Portland.
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.

Dates: May 19-July 21
Game Times: Between 5:45pm-8:00pm
Location: South Portland Recreation Complex at Wainwright Farms Fields - Multipurpose Field 1 and 2
Cost: Residents $60.00/Non-Residents $70.00 (Must be 18 years of age and out of High School)
Coordinator: Whitney Dorsett and Brady Cyr

Adult Soccer Leagues

Each league will consist 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.

Indoor Co-ed Soccer League 6 v 6
Dates: Wednesdays, March 4-May 27 (No games 3/18, 4/15 and 5/20)
Game Times: 6:30pm, 7:30pm and 8:30pm
Location: Redbank Community Center

Outdoor Co-ed Soccer League 6 v 6
Dates: Wednesdays, June 3-August 5
Game Times: 6:00pm and 7:00pm
Location: Wainwright Recreation Complex

Coordinator: Whitney Dorsett and Brady Cyr

Pickleball Beginner Lessons

This program design is to help you get off the couch and on to a pickleball court near you. Come learn from a veteran racket sport instructor, David Cousins. David will teach participants the basic rules and skills of Pickleball. This 4-day program is structured for you to gain the confidence to get on the court with other beginners and intermediate players. Min 4/Max 12

Items to bring: Sneakers (non-street shoes), water bottle, comfortable clothes, and pickleball paddle. There will be basic paddles and balls available for use during lessons.

TRUE BEGINNERS ONLY: Pre-registration is required. No Senior Discount available.

Beginner Pickleball January Sundays
Dates: Tuesday, January 7, 14, 21 and 28
Times: 1:15pm-2:45
Location: Redbank Community Center
Cost: Residents $40.00/Non-Res $50.00
Instructor: David Cousins

Beginner Pickleball February Sundays
Dates: Tuesday, February 4, 11, 18, 25
Times: 1:15pm-2:45pm
Location: Redbank Community Center
Cost: Resident $40.00/Non-Res $50.00
Instructor: David Cousins

Beginner Pickleball January Fridays
Dates: Fridays, January 3, 10, 17 and 24
Times: 9:00am-10:30am
Location: Redbank Community Center
Cost: Resident $40.00/Non-Res $50.00
Instructor: Reggie Main

Beginner Pickleball February Fridays
Dates: Fridays, February 7, 14, 21, Mar 6 (No Class 2/23)
Times: 9:00am-10:30am
Location: Redbank Community Center
Cost: Resident $40.00/Non-Res $50.00
Instructor: Reggie Main

Beginner Pickleball April Fridays
Dates: Fridays, April 3, 10, 17, 24
Times: 9:00am-10:30am
Location: Redbank Community Center
Cost: Resident $40.00/Non-Res $50.00
Instructor: Reggie Main

Beginner Pickleball May Fridays
Dates: Fridays, May 1, 8, 15, 22
Times: 9:00am-10:30am
Location: Redbank Community Center
Cost: Resident $40.00/Non-Res $50.00
Instructor: Reggie Main

Beginner Pickleball June Fridays
Dates: Fridays, June 5, 12, 19, 26
Times: 9:00am-10:30am
Location: Redbank Community Center
Cost: Resident $40.00/Non-Res $50.00
Instructor: Reggie Main

Adult Open Gym Pickleball

This is a drop in program. MUST SHOW ID each visit. South Portland Recreation has several opportunities to get out and play pickleball.

SUNDAYS
Dates: January 5-May 17
Time: 2:00pm-3:45pm
Location: South Portland 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.

MONDAYS – FRIDAYS
Dates: January 6-June 12
Time: 8:00am-11:00am
Location: South Portland Community Center

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

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<th>Monday League - Spring</th>
<th>Thursday League - Spring</th>
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<tbody>
<tr>
<td>Dates: March 16-May 18</td>
<td>Dates: March 5-May 7</td>
</tr>
</tbody>
</table>

Location: South Portland Community Center
Cost Per League: Residents $60.00/Non-Residents $70.00
Coordinator: Whitney Dorsett and Alicia Hoyt

Women’s Basketball Leagues

South Portland Recreation will be offering a women’s basketball league. Teams and individuals are welcome! Individuals will be placed on teams with available spots. All team rosters must have a minimum of eight players. We ask players to register 2 weeks prior to the start of the session. Players must be 18 years of age and out of High School. The league rules are based on Maine High School basketball rules with a few variations. Full league rules are available online or at the South Portland Community Center. Our officials are IAABO certified. Captains must email Whitney Dorsett at wdorsett@southportland.org with a tentative roster after registering. Individuals please contact Whitney after registering to get on the free agents list.

Women’s League - Winter
Date: Sundays, January 5-March 8

Women’s League - Spring
Date: Sundays, March 15-May 17

Game Times: 3pm, 4pm, and 5pm
Location: Redbank Community Center
Cost: Residents $60.00/ Non-Residents $70.00
Coordinator: Whitney Dorsett & Alicia Hoyt

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 4
Tuesday Softball league - Semi Competitive Level - Starting May 5
Wednesday Softball league - Strongly Competitive Level - Starting May 6

Team Roster: Min 14/Max 20
Game Times: 5:45pm & 7:00pm
Date: Sundays, March 15-May 17
Location: South Portland Recreation Complex (Wainwright Fields)
Team Cost: $850.00
Free Agent Cost: Residents $60.00/ Non-Residents $70.00
Supervisor: Whitney Dorsett & Brady Cyr
Team Registration deadline is April 24.
### Adult Open Gym Volleyball

This is a drop in program. MUST SHOW ID each visit.

**Date:** Sundays, January 5-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

Open Gym Frequent User Passes are available at the South Portland Community Center front desk.

### Mix It Up!

*Mix It Up!* is a co-ed circuit training class combining cardiovascular fitness and resistance training. Be prepared to get your heart rate up using a wide variety of exercises and equipment. Mix it Up! is designed to be easy to follow and target strength building and cardiovascular endurance.

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

| Days and Times: Tuesdays & Thursdays, 5:00pm-5:50pm |
| Mix it Up! January |
| Date: January 2- January 28  
(1/30 make up class if needed)  
Resident Cost: $52.00  
Non-Resident Cost: $62.00 |
| Mix it Up! February |
| Date: February 4-February 27  
Resident Cost: $52.00  
Non-Resident Cost: $62.00 |
| Mix it Up! March |
| Date: March 3-March 26  
(3/31 make up class if needed)  
Resident Cost: $52.00  
Non-Resident Cost: $62.00 |
| Mix it Up! April |
| Date: April 2-April 28  
(4/30 make up class if needed)  
Resident Cost: $52.00  
Non-Resident Cost: $62.00 |

Drop in Rate: $10.00  
Instructor: Karen McCue  
Bodyflex2011@gmail.com  
Coordinator: Whitney Dorsett

### 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. No senior discount.  
*Min 6/Max 20*

**Mondays and Wednesdays**  
*Time:* 5:30pm-6:30pm  
*Location:* SPCC Aerobic Room

| Aerobic Dance January  
Date: January 6-29  
(No class 1/20)  
Cost: Res $42/Non-Res $52 |
| Aerobic Dance February  
Date: February 3-26  
(No class 2/17)  
Cost: Res $42/Non-Res $52 |
| Aerobic Dance March  
Date: March 4-30  
(No class 3/2)  
Cost: Res $48/Non-Res $58 |
| Aerobic Dance April  
Date: April 1-April 29  
(No class 4/20)  
Cost: Res $48/Non-Res $58 |

Drop in fee: $7.00 per class  
Instructor: Jean Ricciardelli

### Adult Intro To American Sign Language

In this class participants will develop the skills and knowledge needed to communicate in American Sign Language. This course emphasizes the cultural practices distinct to those that approach the world from a visual perspective. Topics include: historical events that have impacted the language and culture of the deaf community; the distinct cultural practices; and comparison of language features. We will learn through the use of many different activities such as games, art, stories, videos and music.  
*Min 6/Max 12*

**Date:** Wednesdays, January 22-February 26  
**Time:** 5:30pm-7:00pm  
**Location:** SPCC Upstairs Conference Room  
**Cost:** Residents: $50.00 Non-Residents: $60.00 (No senior discount)  
**Instructor:** Darleen Hutchins  
**Coordinator:** Whitney Dorsett
**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! **Min 4/Max 20**

**Times:** 9:00am-10:15am on Monday or Wednesday  
**Location:** SPCC Multipurpose Room

<table>
<thead>
<tr>
<th>Gentle Yoga Monday Winter</th>
<th>Gentle Yoga Monday Spring</th>
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</table>
| **Dates:** January 13-February 24  
(No class 1/20 & 2/17) | **Dates:** March 2-April 27  
(No class 3/16 & 4/13) |
| **Cost:** Residents $50.00/Non-Res $60.00 | **Cost:** Residents $70.00/Non-Res $80.00 |
| **Drop in fee:** $12.00 per class. | **Instructor:** Whitney Dorsett |

<table>
<thead>
<tr>
<th>Gentle Yoga Wednesday Winter</th>
<th>Gentle Yoga Wednesday Spring</th>
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<tbody>
<tr>
<td><strong>Date:</strong> January 8-February 26</td>
<td><strong>Date:</strong> March 4-April 29</td>
</tr>
<tr>
<td><strong>Cost:</strong> Residents $80.00/Non-Res $90.00</td>
<td><strong>Cost:</strong> Residents $90.00/Non-Res $100.00</td>
</tr>
<tr>
<td><strong>Drop in fee:</strong> $12.00 per class.</td>
<td><strong>Instructor:</strong> Whitney Dorsett</td>
</tr>
</tbody>
</table>

| Instructor: Arline Saturdayborn |

**Ballet Fusion**  
This is a very casual, non-technical class designed for adults who have never danced but have always wanted to. We will loosely follow the ballet format with emphasis on proper body alignment, balance, and endurance at the barre. We will then progress to the center for movement in motion, where we will learn phrases of choreography set to a variety of modern music. No experience or technique needed. **Min 4/Max 10**

**Days:** Wednesdays & Fridays 10:00am-11:00am  
**Location:** SPCC Aerobic Room

<table>
<thead>
<tr>
<th>Ballet Fusion January</th>
<th>Ballet Fusion March</th>
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<tbody>
<tr>
<td><strong>Dates:</strong> January 8-31</td>
<td><strong>Dates:</strong> March 4-27</td>
</tr>
<tr>
<td><strong>Cost:</strong> Resident $56.00/Non-Res $66.00</td>
<td><strong>Cost:</strong> Residents $56.00/Non Res $66.00</td>
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<tr>
<th>Ballet Fusion February</th>
<th>Ballet Fusion April</th>
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<tbody>
<tr>
<td><strong>Dates:</strong> February 5-28</td>
<td><strong>Dates:</strong> April 1-24</td>
</tr>
<tr>
<td><strong>Cost:</strong> Residents $56.00/Non-Res $66.00</td>
<td><strong>Cost:</strong> Residents $56.00/Non-Res $66.00</td>
</tr>
<tr>
<td><strong>Drop in fee:</strong> $8.00 per class.</td>
<td><strong>Instructor:</strong> Whitney Dorsett</td>
</tr>
</tbody>
</table>

| Instructor: Jennifer Sciaraffa |

**Yoga for Ordinary People and Everyday Life**  
This class is for people who would like to try yoga but think they cannot do it. If you are tired, stiff, inflexible, overloaded, stressed out, large bodied or out of shape, this is the class for you! We will learn and practice basic yoga poses and focus on ways that you can use Yoga in your daily life: in the car, in bed, in a chair, waiting in line, pumping gas, or at work. You may see amazing results in better sleep, increased energy and well-being.

**Days:** Sundays, 5:00pm–6:15pm  
**Location:** SPCC Multipurpose Room

<table>
<thead>
<tr>
<th>Winter</th>
<th>Spring</th>
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</table>
| **Dates:** January 26-March 8  
**Cost:** Residents $70.00/Non-Res $80.00 | **Dates:** March 22-April 26 (No class 4/12)  
**Cost:** Residents $50.00/Non-Res $60.00 |
| **Drop in fee:** $12.00 per class. | **Instructor:** Whitney Dorsett |

| Instructor: Arline Saturdayborn |

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**SHiNE Fitness Dance**  
Get a workout that feels like a dance party! This high energy, booty shakin’ class will give you a full body workout while dancing to the best pop and hip hop music out there. Bring your sneakers and your sass and get ready to join the most uplifting and fun dance fitness class ever. No experience is needed. Everyone is welcomed. Guaranteed to make you sweat and smile. **Min 4/Max 10**

**Time:** Thursdays at 6:15pm-7:15pm  
**Location:** SPCC Aerobic Room

**SHiNE January**  
**Date:** January 9-30  
**Cost:** Residents $40.00  
Non-Residents $50.00

**SHiNE February**  
**Date:** February 6-27  
**Cost:** Residents $40.00  
Non-Residents $50.00

**SHiNE March**  
**Date:** March 5-26  
**Cost:** Residents $40.00  
Non-Residents $50.00

**SHiNE April**  
**Date:** April 2-23  
**Cost:** Residents $40.00  
Non-Residents $50.00

**Drop in fee:** $12.00 per class.  
**Instructor:** Jennifer Sciaraffa  
**Coordinator:** Whitney Dorsett
Stained Glass

Come learn the surprisingly easy art of stained glass using the copper foil method. Participants should come to the first class with some ideas or patterns for a panel approximately 8”x11”. Equipment and most materials will be provided. A comprehensive material list will be available for students interested in setting up a home studio.

**Date:** Tuesdays, February 25-March 24  
**Time:** 1:00pm-3:00pm  
**Location:** SPCC ART Room  
**Cost:** Resident: $55.00/Non-Resident: $65.00  
*No senior discount will apply to this program.*  
**Instructor:** Rachel Mills  
**Coordinator:** Whitney Dorsett

Retirement & Investment Savings

Learn how to save for retirement, money markets accounts, about cd’s, IRA’s and Investing.

**Date:** Thursday, March 26  
**Time:** 6:00pm-7:00pm  
**Cost:** FREE

Mortgages & Mortgage Refinancing

Explore homeownership costs and benefits, the types of home loans available to you, and how to secure a mortgage. Get a sense of how refinancing your mortgage may help reduce your monthly payments.

**Date:** Thursday, April 16  
**Time:** 6:00pm-7:00pm  
**Cost:** FREE

Hand Built Ceramics

Working with Kiln-fired clay, we will explore the variety of forms and techniques used in basic hand built ceramics. Break out your creative self. Hint: The possibilities are endless! Projects will be fired and glazed. Dress for a little bit of mess. No senior discount for this program.

**Date:** Tuesdays, January 7-February 4  
**Time:** 1:00pm-3:00pm  
**Location:** SPCC ART Room  
**Cost:** Residents $55.00/$65.00 Non-Residents  
**Instructor:** Rachel Mills  
**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 w/ 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)  

**Date:** Wednesdays, February 5-March 4  
**Time:** 2:30pm-4:30pm  
**Location:** SPCC ART Room  
**Cost:** Resident: $55.00/Non-Resident: $65.00  
**Instructor:** Pauline Cook  
**Coordinator:** Whitney Dorsett

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)  

**Date:** Wednesdays, February 5-March 4  
**Time:** 11:30am-1:30pm  
**Location:** SPCC ART Room  
**Cost:** Resident: $55.00/Non-Resident: $65.00  
**Instructor:** Pauline Cook  
**Coordinator:** Whitney Dorsett

Identity Protection

Learn how to protect yourself from consumer fraud and identity theft.

**Date:** Thursday, January 23  
**Time:** 6:00pm-7:00pm  
**Location:** SPCC Senior Wing  
**Cost:** FREE

Your Money 101 for Young Adults and High School Students

Learn the importance of handling money, the benefits of compounded interest savings, obtaining credit, student loans and developing wise habits to help meet your financial goals. *High school students are welcome to attend with their parent or guardian.*

**Date:** Thursday, February 27  
**Time:** 6:00pm-7:00pm  
**Cost:** FREE
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.

Middle School Shawnee Peak Trips

We’re offering two fun day trips to Shawnee Peak this winter, just for Middle School students! Our first trip will be on February 5 (early release day) and our second will be on February 19 (school vacation week). Come spend the day skiing or riding on one of Maine’s longest operating ski resorts. With over 40 trails, 7 glades, and 3 terrain parks, there’s something for everyone. Lessons are not offered with this trip. Space is limited.

Early Release Day Trip

Date: Wednesday, February 5 (Early Release Day)
Times: Depart SPCC at 12:30pm, return at 7:30pm
Grade: 6-8
Cost:
   Transportation Only: $20.00
   Lift Ticket & Transportation: $30.00
   Lift Ticket, Rental & Transportation: $60.00

Coordinator: Anthony Johnson & Kristina Ertzner

February Vacation Week Trip

Date: Wednesday, February 19 (School Vacation Week)
Times: Depart SPCC at 10:00am, return at 4:00pm
Grade: 6-8
Cost:
   Transportation Only: $20.00
   Lift Ticket & Transportation: $65.00
   Lift Ticket, Rental & Transportation: $100.00

More Middle School February Vacation Trips on page 32

Lost Valley Sunday Ski/Ride Program (Ages 7-12)

Join us for another fun season of skiing and riding at Lost Valley this winter! The program will be held on the following Sundays: January 19, 26, February 2, 9, 16 & 23 (makeup date March 1). Participants must sign up for all six weeks – no individual trip rates. Unfortunately, no refunds or vouchers can be issued for missed or canceled trips. The program will depart SPCC each week via school bus at 9:00am and return by 4:00pm.

Helmets are required and available to rent for an additional fee. All participants are strongly encouraged to enroll in lessons. Lessons will run from 10:30am–noon each Sunday. Participants will meet for lunch in the lodge from 12:00pm-12:30pm, then are free to ski/ride with friends and chaperones until departure at 3:00pm.

Registrations will only be accepted beyond this date if there is space available.

Program Details

Dates: Sundays, January 19-February 23	Time: Depart SPCC at 9:00am, Return at approx. 4:00pm
Option	Cost
Transportation Only $75.00

All options below include transportation
Helmet Rental $35.00
Lift Only $165.00
Lift & Rental $245.00
Lift & Lesson $270.00
Lift, Lesson & Rental $350.00

Coordinator: Anthony Johnson

Chaperones Needed!

Must commit to all trips and ski/ride with our group at all times. All chaperones must complete a volunteer application are subject to a criminal background check. If interested please contact Anthony Johnson at ajohnson@southportland.org.
GPS Skills 11 Indoor Soccer

The Global Premier Soccer (GPS) Skills 11 program will focus on 1v1 attacking moves taken from some of the best players in the world. The program will focus on ball mastery and encourage our players to be confident in trying to execute a variety of 1v1 moves in both non-pressure, 1v1 situations and small-sided games.

**Dates:** March 5-April 2  
**Ages:** 7-11  
**Location:** SPCC  
**Fee:** Residents $70.00/Non-Residents $80.00  
**Instructors:** GPS Staff  
**Coordinator:** Jenee Pelletier

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<thead>
<tr>
<th>Session</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Location</th>
<th>Times</th>
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</thead>
<tbody>
<tr>
<td>GPS Session 2</td>
<td>7-8</td>
<td>Thursdays</td>
<td>March 5-April 2</td>
<td>SPCC</td>
<td>5:45pm-6:45 pm</td>
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<tr>
<td>GPS Session 2</td>
<td>9-11</td>
<td>Thursdays</td>
<td>March 5-April 2</td>
<td>SPCC</td>
<td>6:45pm-7:45 pm</td>
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Volleyball Clinic

We are pleased to have Coach Emily Savage back to offer middle schoolers a chance to come learn how to play volleyball! This is for kids who have never played before and those who want to brush up on their skills. Coach Emily will go over rules, proper techniques and strategies in this growing sport. Games will be played and fun will be had! The clinic will take place at the South Portland Community Center. Minimum.

**Dates:** March 10-April 7  
**Day:** Tuesdays  
**Time:** 6:30pm-8:00pm  
**Grades:** 6-8  
**Cost:** Residents $50.00/Non-Residents $60.00  
**Instructor:** Emily Savage  
**Coordinator:** Jenee Pelletier

Football Fun

South Portland Recreation is proud to partner with the Head Coach of SPSHS Football, Coach Filieo, to offer 2 five week long football spring clinics for kids going in K-5 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.

**Date: Session 1:** March 8-April 5  
**Session 2:** April 19-May 17  
**Days:** Sundays  
**Time:** K-2: 11:00am-12:00pm  
3-5: 12:30pm-2:00pm  
**Location:** Redbank  
**Cost:** Residents $50.00/Non-Residents $60.00  
**Instructor:** Aaron Filieo SPSHS Varsity Football Coach and SPSHS players  
**Coordinator:** Jenee Nadeau

Player Development Academy

Aimed at players who want to take their game to the next level! Challenger Sports international coaches offer professionally organized practices that focus solely on individual techniques and skills that will fast track your game to new heights!

**Dates:** May 3-May 31  
**Day:** Sundays  
**Time:** 11:00am-11:45am  
**Ages:** 6-8  
**Location:** Wainwright Complex  
**Cost:** Residents $90.00/Non-Residents $100.00  
**Instructor:** Challenger Sports  
**Coordinator:** Jenee Pelletier

Hoop Magic

This program is for boys and girls in grades K – 1. By rotating through stations, we will teach the children the basics in passing, dribbling, shooting, and defense. Participants will spend the majority of their time in stations learning the basic skills and will be wrapping up each station by playing fun games that help use the skills learned that day. SPSHS basketball players will assist with this program. **Cost includes a t-shirt.**

**Min 12/Max 50**

<table>
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<tr>
<th>Session</th>
<th>Time</th>
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<tbody>
<tr>
<td>Grade K</td>
<td>11:00am-11:45am</td>
</tr>
<tr>
<td>Grade 1</td>
<td>12:00pm-12:45pm</td>
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</table>

GPS Skills 11 Indoor Soccer

The Global Premier Soccer (GPS) Skills 11 program will focus on 1v1 attacking moves taken from some of the best players in the world. The program will focus on ball mastery and encourage our players to be confident in trying to execute a variety of 1v1 moves in both non-pressure, 1v1 situations and small-sided games.

**Min 5 Max 16**
**GPS Juniors Indoor Soccer**

The Global Premier Soccer (GPS) Juniors Program is an incredible introduction to the movement and coordination skills learned through soccer. With a curriculum designed by the GPS technical department of which has been aligned with the Early Childhood Education Foundations, we will help children learn the FUNdamental soccer skills in an exciting and creative environment. **Includes program t-shirt.**

**Location:** SPCC Gym  
**Cost:** Residents $70.00/Non-Residents $80.00  
**Instructor:** GPS Staff  
**Coordinator:** Jenee Pelletier

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**Tiny Tykes Soccer**

Tiny Tykes is a new and exciting program run by Challenger Sports British Soccer Coaches that focuses on the development of children aged 2 – 5 years old. Challenger Sports International coaches are experts at working with young children and will combine soccer with fun games, stories and music that keeps your children entertained and enthused to return next week. Come join our **CUBS AND LIONS PROGRAM** and join **LENNY THE LION** as you learn our Tiny Tykes theme song! Includes Tiny Tykes Uniform, size 3 ball, Kicker stickers awarded after each session and Graduation certificate after level completion.

**Date:** May 3-May 31  
**Day:** Sundays  
**Grade:** K-2  
**Location:** Wainwright Complex  
**Cost:** Residents $90.00/Non-Residents $100.00  
**Instructor:** Challenger Sports  
**Coordinator:** Jenee Pelletier

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**Pillow Hockey (Grades K-2)**

This is a co-ed league for children who would like to have a chance to play with others on Saturday mornings. Pillow Hockey is a modified form of floor hockey, using soft round “Q-tip”-like sticks and a soft ball. All children will receive a T-shirt. Parents will hear from their child’s coach the week prior to the first game. There are no practices for this program. Games will take place at Redbank Gym. **Min of 20/Max 100**

**Dates:** March 7-April 4  
**Day:** Saturdays  
**Time:** Games will be played in the morning  
**Grades:** K-2  
**Location:** Redbank Community Center  
**Cost:** Residents $40.00/Non-Residents $50.00  
**Instructor:** Matt Green  
**Coordinator:** Jenee Pelletier

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**Track & Field**

Children in grades 2 – 5 will be introduced to all aspects of track and field. There will be a warm-up and stretching time. We will focus on a different area of track and field each week. Participants will learn about race distances, starting and finishing technique, proper running form and relay running. There will be an introduction to the field events with a focus on the long jump. Athletes will compete in an intra-squad meet on the final day of the session. Program held at SPHS track. **Min 10/Max 40**

**Dates:** April 18-May 16  
**Day:** Saturdays  
**Time:** 9:00am-10:00am  
**Grades:** 2-5  
**Location:** SPHS Track  
**Cost:** Residents $45.00/Non-Residents $55.00  
**Instructor:** Matt Green  
**Coordinator:** Jenee Pelletier

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**Floor Hockey (Grades 3-5)**

Leave the skates behind and join the best (and only) floor hockey league in town. This co-ed league is for children who would like to have a chance to play floor hockey with others on Saturday afternoons (no weekday practices). Children will be placed on teams and will hear from their child’s coach the week prior to the first game. Games will take place at Redbank Gym. All children will receive a t-shirt. Mouth guards are required and are not provided by the SPCC. **Min 20/Max 60**

**Dates:** March 7-April 4  
**Day:** Saturdays  
**Time:** Games will be played in the morning  
**Grades:** 3-5  
**Location:** SPCC  
**Cost:** Residents $40.00/Non-Residents $50.00  
**Instructor:** Matt Green  
**Coordinator:** Jenee Pelletier

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**Track Magic**

Children in Kindergarten - 2nd grade, or a child who has turned 5, will get the chance to take their first steps into track and field. Each session will incorporate games and varied relays that focus on teamwork. Proper warm-up techniques will be introduced and beginning track skills such as running in a straight line, throwing, and jumping into a sand pit will be practiced in a non-competitive environment. Program held at SPHS track. **Min 10/max 40**

**Date:** April 18-May 16  
**Day:** Saturdays  
**Time:** 10:00am-10:45am  
**Grade:** K-2  
**Location:** SPHS Track  
**Cost:** Residents $45.00/Non-Residents $55.00  
**Instructor:** Matt Green  
**Coordinator:** Jenee Pelletier
Middle School Ultimate Frisbee

The South Portland middle school Ultimate Frisbee team is in its 5th season and getting stronger each year. Ultimate is a coed sport with a strong focus on skill building and teamwork. The players participate in a middle school league with teams from Portland, Cape Elizabeth, Falmouth, Cumberland, Gorham, and Scarborough. There will be after school practices, evening games, and 2-3 half day tournaments. Dates TBD. Past participants can attest that ultimate will quickly become your favorite sport to play and watch! Includes jersey and disc.

Season: After April break on April 22, 2019 - a State wide tournament the first or second week in June.
Practices: We will have a few indoor learn to play sessions at Red Bank Gym in early March, dates TBD. Starting late April practices will be on Monday, Wednesday and Friday from 3:30 - 4:30 pm, weather permitting.
Grades: 5-8
Location: Wainwright Complex and games in neighboring towns.
Cost: $65.00
Instructors: Victoria Morales
Coordinator: Jenee Pelletier

2020 Winter Jam

T.R.U.org presents the 2nd annual winter jam. T.R.U. provides free youth sports empowerment programs for children in grades K-12 in the Southern Maine area. This is a free educational basketball event for kids in grades K - 12. T.R.U.'s programs are geared towards youth development, social inclusion, and helping with healthy decision-making. Offering these programs free of cost, helps advance and improve the physical and psychosocial development of children involved in the programs and events. Incorporating life skills and healthy decision-making education T.R.U. empowers our youngest generation to have a positive impact on our communities for years to come. Through T.R.U.'s signature Summer Slam & Winter Jam events, they have provided educational services for over 1,000 children in the last eight years. [www.trusports.us](http://www.trusports.us)

The event will take place on MLK Holiday weekend. T.R.U.org will be honoring the legacy and life of Dr. Martin Luther King Jr. with a guest speaker.

Dates: January 18, 2020  Time: 1:30pm-5:00pm
Grades: K-12
Location: Redbank Community Center
Cost: FREE
Coordinator: Whitney Dorsett

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).

Dates: Session 1: January 27-March 9 (No class 2/17)
Session 2: March 23-May 11 (No class 4/20)
Day: Mondays
Time: 6:30pm-7:30pm
Ages: 8-18
Location: SPCC Multipurpose Room
Cost: Resident $40.00/Non-resident $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.

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<td>March 23–May 4 (No Class April 20)</td>
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Day: Mondays  
Time: 5:00pm-6:00pm  
Ages: 5-12  
Location: SPCC Multipurpose Room  
Cost: Residents $60.00/Non-Residents $70.00  
Instructor: Dragon Fire Martial Arts  
Coordinator: Jenee Pelletier

Hip-Hop/Acrobatics Dance
This class will be broken up into 2 styles of dance, hip-hop and acrobatics. Dancers will begin with hip-hop, a warm up for the body and explore different hip-hop concepts, styles and movement. Students will also be taught hip-hop choreography. During the second half of class, dancers will learn acrobatics skills, such as mat exercises, balance and strengthening skills, and basic tumbling, all taught by a certified instructor. A great class for ages 6 and up, for boys and girls of all levels!

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Day: Mondays  
Time: 4:30pm-5:15pm  
Ages: 6-10  
Location: SPCC  
Cost: Residents $65.00/Non-Residents $75.00  
Instructor: Drouin Dance Center  
Coordinator: Jenee Pelletier

Bouncing Buds
Bouncing Buds is a dancer’s first experience with movement. This class is designed for the student to take class without a parent or guardian, experiencing creative movement and pre-ballet steps. Dancers will learn to work with a group, share and take turns, and follow directions while having fun and dancing with props. Please send your dancer in comfortable and non-restrictive clothing and bare feet. No jeans please. Parents/guardians will not be allowed in the room during class time.

Dates:  
Session 1: January 27–March 9 (No class 2/17)  
Session 2: March 23–May 4 (No Class 4/20)

Day: Mondays  
Time: 9:15am-9:45am  
Age: 2-3  
Location: South Portland Community Center  
Cost: Residents $50.00  
Non-Residents $60.00  
Instructor: Brio Dance Studios  
Coordinator: Jenee Pelletier

Top Hop
Tot Hop is our youngest hip-hop class offering. This class is perfect for your dance, who has a lot of energy and is always on the move! Please send your dancer in comfortable clothing and indoor sneakers. No jeans please. Parents/guardians will not be allowed in the room during class time.

Dates:  
Session 1: January 27–March 9 (No class 2/17)  
Session 2: March 23–May 4 (No Class 4/20)

Day: Mondays  
Time: 10:00am-10:45am  
Age: 3-4  
Location: South Portland Community Center  
Cost: Residents $50.00  
Non-Residents $60.00  
Instructor: Brio Dance Studios  
Coordinator: Jenee Pelletier
Kids Gymnastics

This program is an introduction to gymnastics centered around having fun, while building confidence through various developmental gymnastics skills. Basic concepts of body positions, terminology and early stages of skill development are taught throughout each class. Gymnasts should wear comfortable clothing that they can bend and move in. No socks. If a child has long hair, it should be up.

**Dates:** March 7-April 4  
**Day:** Saturdays  
**Location:** Redbank Community Center  
**Cost:** Residents $95.00/Non-Residents $105.00  
**Instructor:** Maine Academy of Gymnastics  
**Coordinator:** Jenee Pelletier

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<th>Session</th>
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<tr>
<td>Gymnastics Ages 4/5</td>
<td>2:00pm-2:45pm</td>
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<td>Gymnastics Ages 6/7</td>
<td>3:00pm-4:00pm</td>
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<tr>
<td>Gymnastics Ages 8-10</td>
<td>4:15pm-5:15pm</td>
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Kiddie Gym

Looking for ways to get some energy out and meet new families this winter? Drop in to our Kiddie Gym and have some fun with your child. We will provide the equipment and activity center but parents/guardians must supervise their child at all times. This is a drop in program.

**Age:** 5 years of age and under  
**Dates:** January 14-April 28  
**Day:** Tuesdays  
**Time:** 9:30am-11:30am  
**Location:** Redbank Community Center  
**Cost:** Residents $3.00 per family  
**Non-Residents** $4.00 per family  
**Coordinator:** Jenee Pelletier

Discovery Yoga (Grades K-3)

In this class, children will learn the basics of yoga through poses, stories, crafts and games. We'll do lots of dance, creative movement, and imaginative play while exploring yoga principles such as kindness, concentration and self-control. Yogis will learn simple breathing techniques and strategies for relaxation. Please have your child wear comfortable clothing for movement, and bring water and a yoga mat if you have one.

**Dates:**  
**Session 1** January 10-February 14  
**Session 2** February 28-April 3  
**Days:** Fridays  
**Time:** 4:00pm-4:45pm  
**Grades:** K-3  
**Location:** SPCC  
**Resident Cost:** $60.00/$12.00 (drop In)  
**Non-Resident Cost:** $70.00  
$22.00 (drop In)  
**Instructor:** Maine Yoga Kids  
**Coordinator:** Jenee Pelletier

Kids Yoga (Grades 4-8)

This class is intended for older children interested in learning about the benefits of yoga. We’ll explore basic poses and sequences, and over time we’ll build on the basics to challenge our bodies and minds. Yogis will learn simple breathing techniques, meditation practices and strategies for relaxation. Please have your child wear comfortable clothing for movement, and bring water and a yoga mat if you have one.

**Dates:**  
**Session 1** January 10-February 14  
**Session 2** February 28-April 3  
**Days:** Fridays  
**Time:** 5:00pm-6:00pm  
**Grades:** 4-8  
**Location:** SPCC  
**Resident Cost:** $60.00/$12.00 (drop In)  
**Non-Resident Cost:** $70.00  
$22.00 (drop In)  
**Instructor:** Maine Yoga Kids  
**Coordinator:** Jenee Pelletier

Toddler Time

NEW PROGRAM! Looking for something to do with your preschooler on a chilly, rainy or quiet day? Bring them to Toddler Time! Here they can play with other children while exploring fun activities such as dress up and music. Once a month we will have a special guest or activity! Children must be accompanied by an adult who is welcome to watch or participate.

**Dates:** January 22–April 15  
**No program on 2/19**  
**Days:** Wednesdays  
**Time:** 10:30am-12:30pm  
**Ages:** 1-4  
**Location:** SPCC Aftercare Wing  
**Cost:** Drop in fee $3.00 per family  
**Coordinator:** Jenee Pelletier
American Red Cross Babysitting

This course provides youth training in basic childcare, safe play, first aid and critical emergency action skills. Each participant will receive an American Red Cross certificate, provided that he/she is age 11 or older upon completion of the class, attends and participates in the activities of every lesson, and can demonstrate all of the observable skills. The Red Cross has re-structured this program and only 6 hours are needed for completion. Participants must attend all 3 classes to receive certification. No make-up classes are available. Books are provided during class time.

Min 8/Max 10

Session 1
Dates: January 30, February 6, 13  Day: Thursdays
Time: 6:00pm-8:00pm
Age: Must be 11 or older to receive certification  Location: SPCC
Cost: Residents $70.00/Non-Residents $80.00

Session 2
Dates: March 12, 19, 26  Day: Thursdays
Time: 6:00pm-8:00pm
Age: Must be 11 or older to receive certification  Location: SPCC
Cost: Residents $70.00/Non-Residents $80.00

Instructor: Teri Freely  Coordinator: Jenee Pelletier

Learn To Sew

This program is designed for the beginner sewer. Your child needs little or no experience to participate! Jeanette will teach them how to select fabric, pin and cut, piece fabrics together then practice hand sewing completing a full project. Sewing machine basics will be reviewed but the majority of the class will be hand sewing. All materials for projects will be provided. Min of 4/Max 12

Dates: January 27-March 9 (No class 2/17)  Day: Mondays  Time: 4:00pm-6:00pm
Ages: 7-12  Location: SPCC  Cost: Residents $50.00/Non-Residents $60.00

Instructor: Jeanette Guglielmetti  Coordinator: Jenee Pelletier

Youth Art

Clay Clay Clay

Everybody loves clay and in this class we will work with kiln-fired, oven baked and air dry clay. Each week will be a different project ranging from ceramics to quirky sculptures. Come join the fun and get your hands dirty.

Min 4/Max 12

Dates: Session 1: January 7-February 4  Session 2: February 25-March 24
Day: Tuesdays  Time: 5:00pm-6:30pm
Grades: K-5  Location: SPCC Art Room
Cost: Residents $65.00/Non-Residents $75.00
Instructor: Rachel Mills  Coordinator: Jenee Pelletier

Preschool Fun with Art

This is a fun, relaxed class where your child can explore being creative and getting their fingers dirty. Each art task has a learning and exploring element. This class reaches your preschooler on their level while still teaching art basics. Learn about colors, shapes, movement, and more while having fun creating preschool masterpieces! (Please dress appropriately for getting messy.)  Min 4/Max 12

Dates: Session 1: January 23-February 20  Session 2: March 12-April 9
Day: Thursdays  Time: 10:30am-11:15am
Ages: 3-5  Location: SPCC Art Room
Cost: Residents $55.00/Non-Residents $65.00
Instructor: Lindsey Mattei  Coordinator: Jenee Pelletier
Youth Art

**Homeschool How to Draw**
Enjoy learning basic techniques and different types of drawing styles in this introductory drawing class. We will be learning a variety of techniques from cartoon drawing, shading, erasing, charcoal and more, while having fun with our creativity! Afterwards, you get the honor of showing off your drawing talent in a mini gallery showing for your family + friends. This class is good for people with interest in learning basic drawing skills and to better their drawing abilities. (Please dress appropriately for getting messy.)

*Min 4/Max 12*

**Homeschool No Brush Painting**
Learn all the fun and different ways you can create with paint. This class will show you different techniques and inventive ways to make beautiful pieces of art. Have fun exploring the paint work with no brushes! String, nature, pouring, found objects, fingers, and more will become our tools to create masterpieces! Afterwards, you get the honor of showing off your new painting techniques in a mini gallery showing for your family + friends. (Please dress appropriately for getting messy.)

*Min 4/Max 12*

**Life Sized Art**
Become an installation artist with us! We will be creating life-sized art pieces and using them to hand throughout the parks and rec. Each project is focused on transforming a part of the building into a work of art for everyone who comes in to see and enjoy!

*Min 4/Max 12*

**Comic + Cartoon Drawing**
Enjoy learning to draw cartoon + comic book styles! From fun characters, to different lettering and story details - you will leave this class feeling like a professional comic book artist.

*Min 4/Max 12*
2020 Summer Rec Camp Info & Save the Dates!
For South Portland Residents Only

- Kinder Camp – children entering Kindergarten
- Big Riots – children entering 3rd & 4th grade
- Teen Extreme – children entering 7th & 8th grade

*Locations: TBD*  Full Summer Price: $750 & Weekly Price: $150

Friday, April 3, 2020 – Summer Rec Camp Financial Assistance Deadline
Financial Assistance applications for Rec Camps grades K-8 ONLY must be completed and turned in at the South Portland Community Center on or before Friday, April 3, 2020. You will receive a letter from us in response to your request regarding the amount of assistance that you may/may not receive by April 26, 2020. Financial Assistance forms can be obtained at the Community Center, 21 Nelson Rd. any time after January 6, 2020 or online at www sopoparksrec com. If you are requesting financial aid for any program other than Rec Camp, you MUST fill out the Nathan Savage Scholarship Application.

Monday, May 4, 2020 – Registration
Online and walk-in registration will open for all Rec Camps on May 4, 2020. These camps are for South Portland Residents only. All registrations will be taken on a first come-first serve basis. More information regarding the camp registration process will be available in mid-March and will be distributed through flyers sent to schools and parent/family emails.

Wednesday, June 24, 2020 – Full Summer Option Registration Deadline
Full summer Rec Camp registration deadline is Wednesday, June 24th. Fee must be paid in full by Wednesday, June 24th in order for your child to begin camp on the first day, June 29, 2020.

Pick-a-week registration and fee must be completed by the end of the day Wednesday prior to the week of camp they wish to attend.

Recreation Camp Refund Policy
Requests made on or before Wednesday, June 24th 100% refund
No refunds will be given after June 24, 2020.

Vacation Camps

School Vacation Camps are for children in grades K-5 who 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.  Min 30/Max 50

February Vacation Camp
Dates: February 18-21  Days: Tuesday-Friday
Time: 8:00am-5:00pm
Grade: K-5  Location: SPCC Afterschool Wing
Fee: $120.00
Rec Supervisor: Kari Filieo

April Vacation Camp
Dates: April 21-24  Days: Tuesday-Friday
Time: 8:00am-5:00pm
Grade: K-5  Location: SPCC Afterschool Wing
Fee: $120.00
Rec Supervisor: Kari Filieo

Early Release Days & Teacher Workshop Days

We offer programs for Early Release Days and Teacher Workshop Days for children in grades K-5 who attend South Portland Schools. Children will enjoy field trips and special events, inside and outside play and arts and crafts. Transportation is provided from area elementary schools. There are no sibling discounts for these program.  Min 30/Max 50

EARLY RELEASE DAYS
Time: 12:30pm-6:00pm
Location: SPPC Afterschool Wing
Rec Supervisor: Kari Filieo

Grade: K-5
Fee: $40.00

Teacher Workshop Days
Time: 8:00am-5:00pm
Location: SPCC Afterschool Wing
Rec Supervisor: Kari Filieo

Grades: K-5
Fee: $55.00

Winter/Spring Early Release Dates
Wednesday, February 5
Wednesday, March 25
Thursday, April 16
Wednesday, May 6

Spring Teacher Workshop Date
Friday, April 17
### Middle School
#### February Vacation Trip
**Camden Snow Bowl**

Come with us to Camden Snow Bowl and spend the day enjoying runs down the mountain on their 400 ft. long, gravity toboggan chute! You can reach speeds of up to 35-40 mph and sled with up to 4 people. Bring a pair of ice skates and skate on the frozen pond on the property, no ice skate rentals available. We will arrive at the mountain at 11am and leave at 3 pm. This program is for South Portland Middle School students only.

**Min 15/Max 25**

**Date:** Tuesday, February 18, 2020  
**Time:** 9:00am-4:00pm  
**Grades:** 6-8  
**Location:** Depart SPCC at 8:45am  
**Return at 4:00pm**  
**Cost:** Resident $25.00  
**Non-resident $35.00**  
**Coordinator:** Kristina Ertzner

### Middle School
#### February Vacation Trip
**Seacoast Snow Tubing, Windham**

Come out and enjoy a 2 hour session of snow tubing on well groomed, curved and straight, 700 foot lanes. There is a carpet lift to get you back to the top of the hill! We will begin tubing at 12 pm and depart at 2 pm. This program is for middle school students only.

**Min 10/Max 25**

**Date:** Thursday  
**February 20, 2020**  
**Time:** 10:30am -3:30pm  
**Grades:** 6-8  
**Location:** Depart SPCC at10:30am  
**Return at 3:30pm**  
**Cost:** Resident $40.00  
**Non-resident $50.00**  
**Coordinator:** Kristina Ertzner

### Middle School
#### February Vacation Trip
**Pineland Farms, New Gloucester, ME**

Come explore Pineland Farms in the winter by snow shoeing the trails around the scenic farm! Bring a pair of ice skates and skate on the pond located on the property, no ice skate rentals available, or bring a sled and go sledding. When you need to warm up, go inside and have some hot chocolate while enjoying the view of Mt. Washington! This program is for middle school students only.

**Min 10/Max 25**

**Date:** Friday February 21, 2020  
**Time:** 10:00am-3:00pm  
**Grades:** 6-8  
**Location:** Depart SPCC at 10:00am  
**Return at 3:00pm**  
**Cost:** Resident $30.00  
**Non-resident $40.00**  
**Coordinator:** Kristina Ertzner

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### Family & Special Events

#### 19th Annual Father Daughter Dance

This night is for girls and their father, grandfather, uncle or special family friend. Join us for an evening of dancing, games and good times. Light refreshments will be served and music for all ages will be provided. Sorry, Moms; you will have to sit this one out. Maximum: 215 children. Preregistration is required. This event fills up very quickly. Do not wait to register!

**Date:** Saturday, March 7  
**Time:** 6:00pm-8:00pm  
**Location:** South Portland Community Center  
**Cost:** $12.00 per child, no charge for adults  
**Coordinator:** Robert Carter

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### Boston Red Sox Family Trips

South Portland Parks, Recreation and Waterfront will once again be offering two trips (spring & summer) to see the Boston Red Sox this season! Dates are still TBD. Transportation will be via custom coach with Northeast Charter & Tours. 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.

**Game dates and seating information will be available later this winter – Stay tuned to our monthly newsletter.**  
**Coordinator:** Anthony Johnson
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.

**Date:** May 6-June 30  **Time:** 6:00am–9:00pm
**Locations:** Various South Portland Parks & Trails
**Cost:** FREE
**Coordinator:** Karl Coughlin

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Winterfest 2020

Join us in celebrating the winter season at the annual Winterfest! This 1 day event has activities, performances and food that the whole family can enjoy! Winterfest is sponsored by the South Portland Cape Elizabeth Rotary and South Portland Parks, Recreation & Waterfront Department.

**Dates:** Saturday, February 1, 2020
**Time:** Please see Winterfest flyer for times and locations.
**Grades:** K-5
**Location:** Wainwright Recreation Complex, South Portland Municipal Golf, Hinckley Park, SPCC

Check out our Facebook page this winter for more details “South Portland Parks and Recreation” OR “South Portland Winterfest”

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Kids Ice Fishing Derby

Come out for our 5th annual Kids Ice Fishing Derby! This event is for **kids ages 5-14**. An adult must accompany each participant. Participants are responsible for supplying their own traps and bait (limit 2 per child). Parking is limited at Hinckley Park, if you are able to please carpool. Pre-registration is required.

**Dates:** Saturday, February 1
**Session 1:** 9:00am-11:00am
**Session 2:** 12:00pm-2:00pm
**Locations:** Hinckley Park
**Cost:** $10.00 per child
**Coordinator:** Robert Carter

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Annual Winterfest Cardboard Sled Contest

**Sponsored by the Parks, Recreation and Waterfront Department**

**Saturday, February 1st, 2020 @ Wainwright Recreation Complex**

What kid doesn’t love playing with a big box? Here’s your chance to play with a box and win prizes for it! Create your own cardboard sled and bring it to WINTERFEST.

**Judging Categories**

1. Longest ride  2. Fastest ride  3. Most creative

**Construction:**

1. Materials: You may ONLY use Cardboard, Duct Tape and Paint
2. You may NOT use: Corrugated plastics or other materials such as nails, screws, staples, glue, pins, shrink wrap, plastic wrap, foil, masking tape or any other material.

*All sleds will be inspected for use of proper materials before entering the display area*

**Contest Details**

**Date:** Saturday, February 1
**Time:** Check in: 12:45pm Contest: 1:00pm-2:00pm
**Location:** Wainwright Fields
**Coordinator:** Robert Carter

**Preregistration is required:** Register at www sopoparksrec com

For questions Contact Robert Carter at rcarter@southportland.org or 767-7650
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.

Our pool is 25 meters in length with a one-meter diving board. This facility also has a ramp and Hoyer Lift, which allows for easy access to the water. Our 6-person hot tub spa is open to the public during all public swims. Please contact Aquatics Coordinator 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.
3. Children must be directly supervised by the accompanying adult/swimmer (age 18 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.

OPEN SWIM – Generally, 2-3 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 arm-reach of a parent or guardian at all times. The diving board is often available. Please refer to the monthly calendar for specifics.

ADULT SWIM – Participants must be at least 18 years old. Three 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 different speeds (marked on cones) and pick a lane that best represents their pace.

SHALLOW OPEN SWIM – This swim time will be held in the shallow end of the pool, while a program is using the deep end. There are no lap lanes available. Water toys are available during these swims.

LAP SWIM – Participants 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 per class and Non-residents $5 per class.

SHALLOW WATER AEROBICS – Non-swimmers welcome. Medium level intensity class taught with the instructor giving cues for other levels. Minimal impact due to the buoyancy of the water. Some classes share the pool with public swims.

DEEP WATER FITNESS – The workout will include aerobics and strength training. This is a no impact class due to the depth of the water. Participants must be able to swim a minimum of 25 meters (1 length) without a flotation device. Some classes share the pool with public swims.

RHYTHM & SCULPT – This shallow water workout is for all fitness levels. The class moves through the major muscle groups with specific exercises aimed at toning and refinement. Enjoy moving your body through the decades with the music and cued dance/sculpting movements. This class is held one time per week and shares the pool with a public swim.
Swim Lesson Registration Information

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.

Swimming lesson sessions runs for 7 weeks total. In the event of a facility closure due to weather or a pool related issue, we will extend one week longer to make up for the missed class. We will not allow for individuals to make up a missed class due to safety standards we must maintain for class sizes, instructor ratios and pool spacing.

If schools are CLOSED on a weekday, do NOT assume the pool is closed too. We follow the City's guidelines for closure, and most likely will remain open, even during inclement weather.

Winter 2020 Swim Registration Dates

Residents
may register ONLINE
(or in person) beginning
Monday, December 9 Starting at 7:00am

NON-Residents
may register ONLINE
(or in person) beginning
Thursday, December 12 Starting at 7:00am

Spring 2020 Swim Registration Dates

Residents
may register ONLINE
(or in person) beginning
Monday, March 9 Starting at 7:00am

NON-Residents
may register ONLINE
(or in person) beginning
Thursday, March 12 Starting at 7:00am
Please note the following...

1. If your child is placed on the waiting list, you will receive a call from our pool staff IF we are able to accommodate your request with instructions on how to register.

2. Registrations will be accepted for our swim lessons through the completion of the first week of lessons OR when classes are full.

3. Our swim session of swim lessons runs for 7 weeks total. In the event of a facility closure due to weather or a pool related issue, we will extended one week longer to make up for the missed class. We do not allow for individuals to make up a missed class, due to safety standards we must maintain for class sizes, instructor ratios and pool spacing.

4. Adults may register for adult swim lessons online or at the desk.

Preschool Aquatics Program Information

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

Preschool 1

For children 3-6 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 flotation 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/flotation and float or swim on their back with minimal assistance.

Preschool 2

Preschool Level 2 is designed for those 3-6 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/flotation 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 flotation 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/flotation, and float with ease.

Preschool 3

Preschool Level 3 is designed for children ages 3-6, 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.
**Preschool Aquatics Dates and Times**

For children ages 3-5 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.*

**Cost:** residents $50.00/ non-residents $60.00

### Winter 2020 Session:

**Fridays, January 3-February 14**
- **Time:** 9:00am-9:30am  (Preschool 2)
- **Time:** 9:30am-10:00am  (Preschool 1)

**Saturdays, January 4-February 15**
- **Time:** 8:00am-8:30am  (Preschool 1 and 2)
- **Time:** 9:00am-9:30am  (Preschool 2)
- **Time:** 10:00am-10:30am  (Preschool 2)
- **Time:** 8:30-9:00am  (Preschool 3)
- **Time:** 9:30am-10:00am  (Preschool 1 and 2)
- **Time:** 10:30am-11:00am  (Preschool 3)

**Sundays, January 5-February 16**
- **Time:** 2:00pm-2:30pm  (Preschool 2)
- **Time:** 2:30pm-3:00pm  (Preschool 1)
- **Time:** 3:30pm-4:00pm  (Preschool 2)

**Tuesdays, January 7-February 18**
- **Time:** 9:00am-9:30am  (Preschool 1)
- **Time:** 9:30am-10:00am  (Preschool 2)
- **Time:** 6:00pm-6:30pm  (Preschool 1 and 2)
- **Time:** 6:30pm-7:00pm  (Preschool 1 and 3)

**Wednesdays, January 8-February 19**
- **Time:** 9:00am-9:30am  (Preschool 1)
- **Time:** 9:30am-10:00am  (Preschool 2)
- **Time:** 1:00pm-1:30pm  (Preschool 2)
- **Time:** 1:30pm-2:00pm  (Preschool 3)

### Spring 2020 Session:

**Saturdays, March 28-May 9**
- **Time:** 8:00am-8:30am  (Preschool 1 and 2)
- **Time:** 9:00am-9:30am  (Preschool 2)
- **Time:** 10:00am-10:30am  (Preschool 2)
- **Time:** 8:30-9:00am  (Preschool 3)
- **Time:** 9:30am-10:00am  (Preschool 1 and 2)
- **Time:** 10:30am-11:00am  (Preschool 3)

**Sundays, March 29-May 17 (NO class on Easter 4/12/20)**
- **Time:** 2:00pm-2:30pm  (Preschool 2)
- **Time:** 2:30pm-3:00pm  (Preschool 1)
- **Time:** 3:30pm-4:00pm  (Preschool 2)

**Tuesdays, March 31-May 12**
- **Time:** 9:00am-9:30am  (Preschool 1)
- **Time:** 9:30am-10:00am  (Preschool 2)
- **Time:** 6:00pm-6:30pm  (Preschool 1 and 2)
- **Time:** 6:30pm-7:00pm  (Preschool 1 and 3)

**Wednesdays, April 1-May 13**
- **Time:** 9:00am-9:30am  (Preschool 1)
- **Time:** 9:30am-10:00am  (Preschool 2)
- **Time:** 1:00pm-1:30pm  (Preschool 2)
- **Time:** 1:30pm-2:00pm  (Preschool 3)

**Fridays, April 3-May 15**
- **Time:** 9:00am-9:30am  (Preschool 2)
- **Time:** 9:30am-10:00am  (Preschool 1)
Parent & Child Aquatics ("Family Lessons")

This class is for parents/care-givers and their 6 month 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 and encourages 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 registering your child for their first swim class.

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

Minimum 4 Participants

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<th>Winter 2020</th>
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Diving Lessons for Children and Adults

This program will include instructional classes in springboard diving. These lessons will be designed to incorporate a variety of experience levels. Those with no experience will learn the basics of approaches, hurdles, and entries, as well as some basic dives. Those with more experience will work on technique for voluntary and optional dives from all categories. These classes will be taught by Ryan Green, a coaching veteran in Maine High School’s SMAA, and multiple time Class A Diving Coach of the Year.

**Spring 2020 Session ONLY:**
Dates: Tuesdays, March 31-May 12  Time: 6:00pm-7:00pm
Cost: Resident: $50.00/Non-Resident: $60.00
Minimum age is 6 years old (with no exception)

BEGINNER Adult Swim Lessons

We are pleased to offer an exclusive Beginner Swim Lessons for adults (14+) this Fall. These skill-appropriate classes are offered to promote comfort and fundamentals, as well as safety in the water.

Beginners will focus on basics such as water comfort/stability, floating, treading, exhaling in the water and long dog style swimming. Advancement to more active skills such as: rotary breathing, front crawl, and breast stroke, will be taught as well. We will strive for learning efficiency in the water, and the confidence to swim independently without support.

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<td><em>(Closed on Easter 4/12/20)</em></td>
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South Portland Riptide Swim Club

Riptide Swim Club is designed for swimmers ages 8-14 who are looking to build endurance and improve their stroke technique. This program will provide an introduction to competitive swimming in a fun and relaxed atmosphere. Our goal is to inspire a love of the water and foster enjoyment of this lifelong sport. If you have any questions about this program or evaluations, please feel free to contact Head Coach Lia Langevald at Riptidesopo@gmail.com

**If your child has not participated in Riptide within the last year, please bring him/her to the Evaluation and Placement night prior to registration.**

If you do not attend the Evaluation Night, your registration will be removed from the system.**

**Practice Nights are Mondays and Wednesdays, 6:00pm-7:00pm**

**Cost:** Residents $90.00/Non-Residents $100.00 **Max 40 kids**

**Winter 2020 Session: January 13-March 18**

**Holidays/School Break:** 1/20, 2/17 & 2/19 (NO practice)

**Evaluation:** Thursday, January 9 at 6:00pm

(for those who are new OR have not been involved in the past year)

**Online Registration:**

Friday, January 10 for residents starting at 7:00am
Saturday, January 11 for non-residents starting at 7:00am

**Spring 2020 Session: March 23-May 22**

**Holidays:** 4/20 (NO practice)

**Evaluation:** Tuesday, March 17 at 6:00pm

(for those who are new OR have not been involved in the past year)

**Online Registration:**

Wednesday, March 18 for residents starting at 7:00am
Thursday, March 19 for non-residents starting at 7:00am

South Portland Riptide PLUS Swim Club

RipTide Plus is designed for Middle School swimmers who are genuinely interested in improving their swimming skills. Practice will consist of 50% technique work and 50% endurance and conditioning.

**Max 15 kids**

If you are newly interested in this program, please contact Head Coach Lia Langevald via email at Riptidesopo@gmail.com, BEFORE registering!

**Practice Nights are Mondays & Wednesdays 7:00pm-8:00pm**

**Cost:** Residents $90.00/Non-Residents $100.00

**Spring 2020 Session: April 6-May 22**

**Holiday:** 5/20 (NO practice)

**Swim Meet:** Friday, 5/22

**Online Registration:**

Wednesday, March 18 for residents starting at 7:00am
Thursday, March 19 for non-residents starting at 7:00am

American Red Cross Lifeguard Class

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

**These classes will be taught by:** Michael Carter

**Cost:** Residents $225.00/Non-Resident $250.00

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

**November 2019 Session:**

**Course dates:**

Friday, November 22, 5:00pm-9:00pm
Saturday, November 23, 8:00am-4:00pm
Sunday, November 24, 8:00am-4:00pm

**February 2020 Session:**

**Course dates:**

Friday, February 28, 5:00pm-9:00pm
Saturday, February 29, 8:00am-4:00pm
Sunday, March 1, 8:00am-4:00pm
Stroke Refinement Clinic

We are excited to offer a course for adults (14+) who are training for triathlons, swim races, competitive events or are simply looking to become stronger lap swimmers. This course will meet once a week under the guidance of our top instructors and coaches. This course will aim to get athletes in swimming shape by building endurance, utilizing drill work to refine competitive strokes, swimming directed sets and learning tips on how to swim efficiently. This is a course that no advanced swimmer wants to miss out on!

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

Pre-Requisite: Participants MUST be able to swim a minimum of 75 meters (three pool lengths) with your face IN the water using basic rotary breathing and be able to float on your back with ease. Please bring goggles and a swim cap to every lesson. We will supply all other equipment needed.

Winter 2020

Date: Thursdays, January 2-February 13  
Time: 8:00pm-8:45pm

Date: Saturdays, January 4-February 15
Time: 11:00am-11:45am

Date: Tuesdays, January 7-February 18
Time: 7:45am–8:30am

Spring 2020

Date: Saturdays, March 28-May 9
Time: 11:00am-11:45am

Date: Tuesdays, March 31 –May 12
Time: 7:45am–8:30am

ARC Learn to Swim Dates and Times

For children ages 6-14 years old
Cost: Residents: $50.00/Non-Residents: $60.00

Winter 2020 Session:

Thursdays, January 2-February 18
Time: 7:00pm-7:45pm (Levels 2, 3 and 4)

Saturdays, January 4-February 15
Time: 8:00am-8:45am (Levels 4 and 5)  
Time: 9:00am-9:45am (Levels 2, 3 and 4)  
Time: 10:00am-10:45am (Levels 2, 3 and 4)  
Time: 11:00am-11:45am (Levels 1, 2 and 3)

Sundays, January 5-February 16
Time: 1:00pm-1:30pm (Levels 2, 3 and 4)  
Time: 2:00pm-2:45pm (Levels 2 & 3)  
Time: 3:00pm-3:45pm (Levels 1 and 4)  
Time: 4:00pm-4:45pm (Level 1, 2 and 5)

Spring 2020 Session:

Saturdays, March 28-May 9
Time: 8:00am-8:45am (Levels 4 and 5)  
Time: 9:00am-9:45am (Levels 2, 3 and 4)  
Time: 10:00am-10:45am (Levels 2, 3 and 4)  
Time: 11:00am-11:45am (Levels 1, 2 and 3)

Sundays, March 29-May 17 (Closed on 4/12/20 for Eater)
Time: 1:00pm-1:45pm (Levels 2, 3 and 4)  
Time: 2:00pm-2:45pm (Levels 2 & 3)  
Time: 3:00pm-3:45pm (Levels 1 and 4)  
Time: 4:00pm-4:45pm (Level 1, 2 and 5)

Thursdays, April 2-May 14
Time: 7:00pm-7:45pm (Levels 2, 3 and 4)
**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.

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

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.)
What does your job entail with South Portland Parks, Recreation and Waterfront?
I am the Park Ranger for the city and I spend most of my spring, summer, and fall outdoors in our parks making sure people are obey our rules and regulations and also looking after the well-being of our parks. In the winter, I plan recreation events to get people out into the outdoors.

How did you get started in this field?
I went to the University of Arizona with the intent to become a game warden. After my first semester I realized I wanted to be a fisheries biologist and changed my major. Before graduating, I changed my major to conservation biology so I could apply to a wider variety of conservational positions.

What do you like most about your job?
I love that I found a job that I can apply my education towards. I get to use what I learned in my classes and apply them to try and help our cities green spaces. I also love being able to spend most of my time outdoors in nature.

What do you like most about South Portland?
South Portland is a beautiful city with breathtaking scenery. I enjoy that while it is a city, it still has a country feel to most of it. There are many parks through the city, somewhere close by, that you can sit in and enjoy nature.

What is your favorite park in South Portland?
My favorite park is the newly created Dow’s Woods. It is a small park but undiscovered by most people. You can be out on the trail or standing by the ponds edge and still see wildlife that are undisturbed by people or dogs.

Tell us about a new project or program you are working on?
I have been working on organizing a few events within the city. I am working on a project to bring the Axe Women of Maine in for a “woodsman’s” type event and also working on a pet adoption clinic that would help pets find a home and allow us to remind people of our city rules and regulations regarding animals in our parks.

What do you do for fun?
I love to be outdoors in nature. I like to hunt, fish, hike, and spend time with my dog Beau.

What is your favorite food?
I love Mexican food.

What is your favorite restaurant?
I don’t have a single favorite restaurant. Instead, I have a favorite restaurant for each type of food I enjoy.

What’s on your song list now?
I mostly only listen to country. I grew up in Nebraska and lived far out of town. We only had 2 radio stations and they were both country. I learned to like it from an early age.

What is Your favorite sports team?
The Nebraska Cornhuskers

What is your favorite sport to play?
I don’t play any sports.

What is your favorite hobby?
I have a few hobbies that include spending time outdoors hunting, fishing or hiking with my dog.

How can people get in touch with you if they have a question?
I can be reached by email at kertzner@southportland.org
Kevin Adams  
Director  
kadams@southportland.org

Karl Coughlin  
Deputy Director  
kcoughlin@southportland.org

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Anthony Johnson  
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Jenee Pelletier  
Youth Program Recreation Coordinator  
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Rick Perruzzi  
Recreation Manager  
eperruzzi@southportland.org
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

Please note that this is new for us so we ask that you please be patient while we iron out the kinks that may arise. We will do our best to make things run smoothly. Thank you for understanding!

Senior Programs offering home pick-ups:

**JANUARY**

- January 7 (Tuesday) – Senior Meal $7.00 (FREE home pick-up)
- January 10 (Friday) – New Year’s Celebration at Ocean Gateway (FREE home pick-up)
- January 14 (Tuesday) – Senior Activity Day (FREE home pick-up)
- January 23 (Thursday) – Evergreen Credit Union Financial Workshops (FREE home pick-up)
- January 28 (Tuesday) – Senior Activity Day (FREE home pick-up)

**FEBRUARY**

- February 4 (Tuesday) – Senior Meal $7.00 (FREE home pick-up)
- February 14 (Friday) – Valentine’s Day Brunch (FREE home pick-up)
- February 25 (Tuesday) – Senior Activity Day (FREE home pick-up)
- February 27 (Thursday) – Evergreen Credit Union Financial Workshops (FREE home pick-up)

**MARCH**

- March 3 (Tuesday) – Senior Meal $13.00 (FREE home pick-up)
- March 10 (Tuesday) – Senior Activity Day (FREE home pick-up)
- March 13 (Friday) – Celebrating Saint Patrick’s Day (FREE home pick-up)
- March 17 (Tuesday) – Celtic Afternoon (FREE home pick-up)
- March 26 (Thursday) – Evergreen Credit Union Financial Workshops (FREE home pick-up)
- March 31 (Tuesday) – Senior Activity Day (FREE home pick-up)

**APRIL**

- April 7 (Tuesday) – Senior Activity Day (FREE home pick-up)
- April 14 (Tuesday) – Senior Activity Day (FREE home pick-up)
- April 16 (Thursday) – Evergreen Credit Union Financial Workshops (FREE home pick-up)
- April 28 (Tuesday) – Senior Meal $TBA (FREE home pick-up)

**MAY**

- May 21 (Thursday) – Evergreen Credit Union Financial Workshops (FREE home pick-up)