2019 Winter & Spring Registration Information

**Monday, Dec 10, 2018**
All recreation programs
Registration for South Portland Residents begins at 12:00am online. Walk-in registration begins at 7:00am.

Winter swim programs
Registration for South Portland Residents begins at 7:00am.

**Thursday, Dec 13, 2018**
All recreation programs
Winter registration for Non-South Portland Residents begins at 12:00am online. Walk-in registration begins at 7:00am.

Winter swim programs
Registration for Non-South Portland Residents begins at 7:00am.

**Monday, Mar 4, 2019**
Spring swim programs
Registration for South Portland Residents begins at 7:00am.

**Monday, Mar 7, 2019**
Spring swim programs
Registration for Non-South Portland Residents begins at 7:00am.
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Our Mission
“Our mission is to provide, maintain and develop recreational facilities, open space and leisure opportunities that will enhance the well being of the citizens of the community.”

City of South Portland
Phone, Address & Hours of Operation

South Portland Community Center/Recreation Offices
21 Nelson Rd, South Portland, ME 04106
Telephone: 767-7650
Hours of Operation:
Monday-Friday: 6:00am-9:00pm
Saturday: 7:00am-7:00pm
Sundays: 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: 347-4145
Teen Center Hours: Monday-Friday: 2:30pm-5:30pm
Other Hours: vary with scheduled programs

Parks Department
929 Highland Ave, South Portland, ME 04106
Telephone: 767-7670
Office Hours: Monday-Friday: 7:00am-3:00pm
Website
www.sopoparksrec.com

City of South Portland Closed Dates

Wednesday, Jan 1 - New Year’s Day
Monday, Jan 21 - Martin Luther King Jr Day
Monday, Feb 18 - Presidents’ Day
Monday, Apr 15 - Patriots’ Day

2019 Winter & Spring Registration Dates

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Wainwright Farms Recreational Complex - Winter 2018-2019
Skating Rink - Cross Country Skiing Trails
Enjoy a nice winter’s day by getting out to go skating on our 8,000 square foot outdoor ice rink or by putting on your cross-country skis to enjoy miles of trials around the facility and on the Greenbelt.

*Ice rink and cross-country ski trails are weather and conditions dependent. Please refer to our social media outlet or call the Community Center (767-7650) to check conditions.
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 after the class or the one-time event has taken place. If you are dissatisfied with a program after the first class of a session, you must let us know before the second class of the session. We will issue a 50% refund at this time. No refunds will be given after the second class of a session. Refunds take about 14-21 days to process. We do not provide cash refunds. If injury occurs to a participant that prevents the participant from continuing in a class, you may request a pro-rated refund of the activity fee.

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

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

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

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

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

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](http://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 55:** $1.00
- **Non-residents over age 55:** FREE
Redbank Teen Center Information

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 and encouraging the development of social and emotional growth among its teen members.

The Teen Center, located in the Redbank Community Center, is open to ANY student in grades 6-12 that resides 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): Jan 2-Jun 2019, Monday-Friday 2:30pm–5:30pm. 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 Jordan Keller, Teen Center Coordinator at jkeller@southportland.org, (207)-347-4145.

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

**Winter Walks**

Join us as we wander through the Maine woods and elsewhere exploring the winter wonderlands. Walks are 1-2 miles. You must be physically able to walk the trails independently and dress appropriately for the weather. It is strongly suggested you wear stabilicers or ice cleats for traction and bring walking poles as the trails may be slippery and at times there may be uneven terrain. Water and snacks provided.

**Dates & Locations:**
- **Thursday, Jan 17:** Saco Heath & Ferry Beach State Park, Saco
- **Wednesday, Feb 13:** Winter Walk on the Beach – Pine Point to the O.O.B. Pier
- **Friday, Mar 22:** Sea Road Trail, Kennebunk
- **Thursday, Apr 18:** Vaughn Woods, South Berwick

**Time:** All 4 trips Depart SPCC @ 8:30am
**Cost:** Residents $5.00/Non-Residents $5.00 (water & snacks)
**Coordinator:** Karla Doyon

**Guided Snowshoe Walk at Wells Reserve**

A guided winter walk at the Wells Reserve. We will learn the stories of this historic saltwater farm, the importance of estuaries and whatever else the winter forest has to offer! This walk in the woods will run with snow or not! Please bring your snowshoes, microspikes/crampons if you have them. Ten pairs of snowshoes are available for rent. Please note, that the trails at the Reserve are not groomed so there may be some uneven terrain.

**Min: 8/Max: 13**

**Date:** Tuesday, Jan 22
**Time:** 10:15am Departs SPCC (approx. return 1:30pm)
**Cost:** Residents $15.00/Non-Residents $15.00 (includes guided walk, snowshoe rental, water, snacks)
**Residents $10.00/Non-Residents $10.00** (bringing own snowshoes, includes guided walk, water, snacks)
**Location:** Wells National Estuarine Research Reserve at Laudholm, Wells, ME
**Coordinator:** Karla Doyon

**Pineland Farm Tour, Lunch & Walk**

A guided winter walk at the Wells Reserve. We will learn the stories of this historic saltwater farm, the importance of estuaries and whatever else the winter forest has to offer! This walk in the woods will run with snow or not! Please bring your snowshoes, microspikes/crampons if you have them. Ten pairs of snowshoes are available for rent. Please note, that the trails at the Reserve are not groomed so there may be some uneven terrain.

**Min: 8/Max: 13**

**Date:** Thursday, Feb 28
**Time:** 9:15am (return approx. 2:30pm)
**Cost:** Residents $20.00/Non-Residents $30.00 (includes tour, lunch, water & snacks)
**Location:** New Gloucester, ME
**Coordinator:** Karla Doyon

**Exercise With Jessamyn**

**MAT CLASS Tuesdays & Thursdays 9:00am-10:15am**

The Mat class is a challenging series of stretches, strengthening and balance poses designed to involve every muscle group in the body. With an emphasis on core strength we move through a steady flow to target strength and flexibility. Working at your own pace, the mat class will introduce you to a balance of yoga, calisthenics and stretches, all taught with patience, humor and a respect for individual needs.

**Min 6/Max 30.**

**CHAIR CLASS Tuesdays & Thursdays -10:30am-11:30am**

The Chair class is a gentle series of stretches and strengthening poses that will wake up your body, head to toe. The chair serves us in seated warm-ups and then in standing exercises, working toward strength in the core, arms and legs and especially in balance work. An excellent class where individual needs are respected in a fun, supportive atmosphere.

**Min of 6/Max of 30.**

**Mat January**
- Date: Jan 15-31
- Resident Cost: $24.00
- Non-Resident: $34.00

**Mat February**
- Date: Feb 5-28
- Resident Cost: $32.00
- Non-Resident: $42.00

**Mat March**
- Date: Mar 5-28
- Resident Cost: $32.00
- Non-Resident: $42.00

**Mat April**
- Date: Apr 2-30
- Resident Cost: $36.00
- Non-Resident: $46.00

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- Non-Resident: $46.00

**Location:** SPCC MP Room
**Instructor:** Jessamyn Schmidt
**Coordinator:** Whitney Dorsett

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- Resident Cost: $36.00
- Non-Resident: $46.00

**Location:** SPCC MP Room
**Instructor:** Jessamyn Schmidt
**Coordinator:** Whitney Dorsett
**50 + Bowling**

South Portland Parks and Recreation has teamed up with Easy Day restaurant and bowling alley for Senior Bowling every Wednesday. Come bowl in a relaxing setting with peers. All levels are welcome. Bowling balls and shoes are available at Easy Day. Morning refreshments provided at times. You must register through SPCC – please do not just show up at Easy Day, this is a SPP&R program. Easy Day is not open to the public, only our group at this time. Thank you!

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

**Date:** Jan-Apr  
**Days:** Wednesdays  
**Time:** 9:30am-11:30am  
**Location:** EASY DAY, 725 Broadway, South Portland  
**Cost:** Residents $10.00 /Non-Residents $10.00 monthly to SPCC, $3.00 per game to Easy Day per string  
**Coordinator:** Karla Doyon

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**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, Jan 4-Jan 25  
**Time:** 11am-12:15pm  
**Cost:** Residents $20.00/Non-Residents $30.00

**T’ai Chi February**

**Dates:** Fridays, Feb 1-Feb 22  
**Time:** 11:00am-12:15pm  
**Cost:** Residents $20.00/Non-Residents $30.00

**T’ai Chi March**

**Dates:** Fridays, Mar 1-Mar 29  
**Time:** 11am-12:15pm  
**Cost:** Residents $25.00/Non-Residents $35.00

**T’ai Chi April**

**Dates:** Fridays, Apr 5-Apr 26  
**Time:** 11am-12:15pm  
**Cost:** Residents $20.00/Non-Residents $30.00  
**Location:** SPCC Senior Wing  
**Drop in Cost:** $5.00 per class  
**Instructor:** Michael Elliott  
**Coordinator:** Whitney Dorsett

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**Senior Badminton**

Beginning in **January** - come join us at the REDBANK Community Gym to play Badminton! **This is a free program sponsored by Aetna Medicare.** Please try to pre-register before attending the program. Drop-ins always welcome!

**Dates:** Thursdays,  
Jan 3-Apr 25  
**Time:** 9:30am-11:30am  
**Cost:** FREE  
**Location:** Redbank Community Gym

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**Senior Cornhole**

Beginning in **January** - come join us to play Cornhole at the REDBANK Community Gym! This is a free program sponsored by Aetna Medicare. Please try to pre-register before attending the program. Drop-ins always welcome!

**Dates:** Thursdays, Jan 3-Apr 25  
**Time:** 9:30am-11:30am  
**Cost:** FREE  
**Location:** Redbank Community Gym
Senior Activities

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 indoor horseshoes or indoor mini shuffleboard, 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 dates you must register by the Thursday before the scheduled date in order to get picked up. Example: You want to come on Tuesday, Jan. 29 – you must have registered by Thursday Jan. 24 in order to get picked up on the 29th.

**DATES:** Tuesdays, Jan 8 & 29, Feb 5 & 26, Mar 5 & 19 and Apr 9 & 16

**Times for FREE Activities:**
- Coffee & Conversation: 8:30am-9:30am
- Coloring: 9:30am-10:30am
- Indoor Walking: 10:30am-11:30am
- Lunchtime: 11:30am-12:30pm (Bring your lunch, enjoy time w/ friends – at times we will have a guest speaker and/or entertainment, maybe even a movie)
- Indoor Mini Shuffleboard & Indoor Horseshoes: 12:45pm-1:45pm
- Tea Time: 2:00pm-3:00pm (We use our fancy tea cups, tea pots, and have a variety of teas & tea cookies)

**Times for Low Cost Activities:**
- Coffee Time Support Group: 10:30am-12:00pm
- Cost: Residents: $6.00/Non-Residents: $6.00

**Senior Activity Days**

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.

**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!

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

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

**Country Mugs & Muffins**

WANTED: Seniors for a “Stompin” good time! Put on your best bandanna, or cowboy hat, saddle up and ride on over to the SPCC Senior Wing to enjoy a country breakfast, listen to country tunes and maybe even do some country dancing! Yee-haw! Min 15/Max 50

**Date:** Friday, Apr 5
**Time:** 9:30am-11:30am
**Cost:** Residents $12.00 Non-Residents $12.00
**Location:** SPCC Senior Wing
**Coordinator:** Karla Doyon

**Valentine’s Day High Tea Luncheon**

Bring your friends and join us for sweets (chocolate), tea and delicious food! Come put some fun into your Valentine’s Day by joining us for a very special high tea luncheon. Along with food and treats you will be entertained! Lunch, entertainment and special Valentine’s Day surprises included! **Home pick-up is available for South Portland residents only.** Min 10/Max 30

**Date:** Thursday, Feb 14
**Time:** 12:00pm-2:00pm
**Cost:** Residents $14.00 Non-Residents $14.00
**Location:** SPCC Senior Wing
**Coordinator:** Karla Doyon

**Irish Luncheon & Dancers**

Come and join our celebration with a visit from The Stillson School of Dance from Gorham. They will delight you with colorful costumes, lively dance and music! The school is the only accredited professional Irish Dance Group in the State of Maine; winning many competitions. Lunch includes corned beef, cabbage, carrots, potatoes, rolls, pastry & beverages. **Home pick-up is available for South Portland residents only.** Please note the time and date! Min 10/Max 30

**Date:** Friday, Mar 15
**Time:** 1:00pm-3:00pm
**Cost:** Residents $15.00 Non-Residents $15.00
**Location:** SPCC Senior Wing
**Coordinator:** Karla Doyon
Senior Luncheons

Come connect with other seniors in the community while enjoying a delicious catered meal. One Tuesday a month, we will have lunches in the Senior Wing at SPCC. These lunches are sponsored by Southern Maine’s Agency on Aging. **Please be advised you will need to fill out an SMAA meal admission form at your first meal. If you register for pick-up please note that the transportation cost is non-refundable.**

**Date:** Tuesdays, Jan 15, Feb 12, Mar 12 and Apr 2 (No pick-up available on 4/2)  
**Time:** 12:00pm-2:00pm  
**Location:** SPCC Senior Wing  
**Cost for Seniors under 60:** $8.00  
**Cost for Seniors under 60 w/ pick-up:** $12.00 (transportation cost is non-refundable)  
**Cost for Seniors over 60:** $6.00  
**Cost for Seniors over 60 w/ pick-up:** $10.00 (transportation cost is non-refundable)  
**Coordinator:** Karla Doyon

**PICK UP IS AVAILABLE FOR THESE LUNCHEONS FOR SOUTH PORTLAND RESIDENTS ONLY FOR A $4 FEE – YOU WILL BE CALLED W/ A PICK UP TIME IF YOU REGISTER FOR PICK-UP 1-3 DAYS BEFORE LUNCHEON**

Senior Lunch Policy and Rates:  
For each of our meals attended by a senior member, the Southern Maine Agency on Aging contributes $2.00 towards the $8.00 cost per person, allowing us to charge a discounted rate of $6.00. If a senior has made a reservation and does not attend, we owe the full $8.00 for the missed meal. If you do not cancel by the deadline or do not attend, you will still be expected to pay for the missed meal at the $8.00 rate.

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, Jan 8 & 29, Feb 5 & 26, Mar 5 & 19 and Apr 9 & 16  
**Time:** 10:30am-12:00pm  
**Cost:** Residents $6.00/Non-Residents $6.00  
**Location:** SPCC Upstairs Conference Room  
**Coordinator:** Karla Doyon

Diabetes 101

In Maine 37% of seniors have prediabetes, and 90 percent of them don’t know they have it. Prediabetes can lead to type 2 diabetes and its many serious complications. Join us for a diabetes 101 including a risk test to see if you are at risk for type 2 diabetes. An an introduction to the types of diabetes and tips and resources to delay the onset of type 2 diabetes. Please register.

**Date:** Wednesday, Jan 9  
**Time:** 9:00am-10:30am  
**Cost:** This class if FREE and presented by the American Diabetes Association  
*Even though this is a FREE class you must register as there is a limited amount of space, thank you!*  
**Location:** SPCC Senior Wing  
**Coordinator:** Karla Doyon
Join us for an introductory essential oils class and learn how to use them in your everyday life! Find out how you can enhance immune support, relaxation, sleep, stress relief, emotional balance, respiratory health, green cleaning, and so much more. In the class, you’ll learn about essential oil safety, how essential oils are produced, and common methods of use. You’ll also learn to create a more natural, healthy lifestyle with Aromatherapy.  

**Date:** Tuesday, Apr 23  
**Time:** 9:30am-10:30am  
**Cost:** FREE (Must preregister, as there is limited space.)  
**Location:** SPCC Senior Wing  
**Instructor:** Janine Fifield, Certified Integrative Nutrition Health Coach  
**Coordinator:** Karla Doyon

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**Safe Landing Strategies**

Join the physical therapists from Maine Strong Balance Center to learn how you can reduce your risk of falling. Discuss the anatomy and physiology of balance. Learn about tips to reduce your fall risk. View and discuss a demonstration on how to fall safely. Please register even though this is a free program as we have a limited amount of space, thank you!  

**Min 10/Max 30**

**Date:** Thursday, Mar 14  
**Time:** 9:30am-10:30am  
**Cost:** FREE (must register)  
**Location:** SPCC Senior Wing  
**Coordinator:** Karla Doyon

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**Afternoon With April Bolstridge**

Come to the Senior Wing and meet April Bolstridge! April spent 6 months on the Appalachian Trail and 6 months on the Pacific Crest Trail! She will give us a presentation complete with pictures and we will hear stories about her exciting and sometimes funny adventures on the trails! Coffee/Tea and light afternoon snacks provided!  

**Min 25/Max 50**

**Date:** Friday, Feb 22  
**Time:** 1:00pm-3:00pm  
**Cost:** Residents $4.00/Non-Residents $4.00  
**Location:** SPCC Senior Wing  
**Coordinator:** Karla Doyon

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**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, Jan 7-Apr 29 (NO BINGO 1/21, 2/18)  
**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.  

**Cards & Games:** Thursdays at SPCC in the Senior Wing  
(No Cards & Games 2/14 & 4/25)  
**Time:** 12:30pm-4:00pm  
**Cost:** FREE  
**Location:** SPCC Senior Wing  
**Coordinator:** Karla Doyon

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**Essential Oils 101**

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**Crafting With Judy**

**Multi-Purpose Game Mat**

One side is slick making it perfect for playing cards or Mahjongg. Flip it over when playing dice or making jigsaw puzzles. Finished size is 36” square. This project will be constructed with heat-activated adhesive so please bring an iron (and portable ironing board if you have one). If you are more comfortable sewing yours, please bring your sewing machine! We will have 2 irons, you may have a waiting time.  

**Min 6/Max 6**

**Date:** Wednesday, Jan 16  
**Time:** 9:00am-12:00pm  
**Cost:** Residents $10.00/Non-Residents $10.00  
**Location:** SPCC Senior Wing  
**Instructor:** Volunteer Crafty Senior & Expert Sewer Judy Simpson  
**Coordinator:** Karla Doyon

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**Reusable Produce Bags**

Reduce your carbon footprint by recycling old shear/lace curtains. Finished bag measures approximately 11” X 13” and is perfect for holding your fresh produce (onions, oranges, etc.) on grocery shopping day. This project will be constructed with heat-activated adhesive so please bring an iron (and portable ironing board if you have one). If you are more comfortable sewing, please bring your sewing machine! We will have 2 irons, you may have a waiting time.  

**Min 6/Max 6**

**Date:** Wednesday, Apr 10  
**Time:** 1:00pm-3:00pm  
**Cost:** Residents $4.00/Non-Residents $4.00  
**Location:** SPCC Senior Wing  
**Instructor:** Volunteer Crafty Senior & Expert Sewer Judy Simpson  
**Coordinator:** Karla Doyon
Footlights Theater & Dinner Out

We are headed to the Footlights Theater in Falmouth to see a TBA hilarious comedy! 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 before the show at the Falmouth House of Pizza (dinner is on your own).

Date: Thursday, Feb 7
Time: Departs SPCC 4:00pm
Cost: $5.00 to SPCC/Bring your cash donation for the theater and money for dinner
Location: Falmouth
Coordinator: Karla Doyon

Lyric Theatre Dress Rehearsal Night

Transportation to and from the Lyric Music Theater Thursday night dress rehearsal. Mousetrap on January 31st. Pick up is only available for South Portland residents. If you register you will be called with a pick-up time.

Date: Thursday, Jan 31
Time: Departs SPCC at 7:00pm
All shows are at 7:30pm
Cost: Residents $5.00
Non-Residents $5.00
(cost is for transportation only and you pay $10 cash at the door of the theatre for performance)
Coordinator: Karla Doyon

The Irish Curse @ Good Theater

What is the Irish Curse – and how it manifests itself – is the raw centerpiece of this wicked, rollicking and very funny new play. From its blistering language to its brutally honest look at body image, The Irish Curse is a revealing portrait of how men think they “measure up”. A priest, a roofer about to get married, a lawyer whose wife has left him, a young athletic bragger and a gay police detective make up the cast. Please note: Contains adult language and mature themes.

Date: Monday, Mar 4
Time: Departs SPCC 6:15pm
(approx. return 9:30pm)
Cost: Residents $24.00
Non-Residents $34.00
No refunds after registration.
Location: Portland, ME
Coordinator: Karla Doyon

Boston Celtics Game Trip

Join us for an exciting night of NBA professional basketball as we head to see the Boston Celtics in non-stop dribbling action vs. the Cavaliers. This is an 18 years of age and older trip to the January 23, 2019 game. The game is at 7:30 PM. We will be traveling to Boston via VIP motor coach. The bus will be leaving from the South Portland Community Center at 4:00 PM and returning around midnight. Tickets are in balcony section 309, 311 and 323.

Please bring a valid ID and anything else you may need for the duration of the trip. Please be advised you may bring snacks/liquids on the bus but may not bring anything into the Garden.

NO REFUNDS AFTER DECEMBER 20, 2018.

Date: Jan 23, 2019
Departure Time: 4:00pm
Game Time: 7:30pm
Return Time: 11:55pm
Departure Location: South Portland Community Center
Game Location: TD Garden Boston, MA
Cost: Residents $125.00/Non-Residents $135.00
Coordinator: Whitney Dorsett

NO SENIOR DISCOUNT.

Boston Bruins Game Trip

Join our 18 years of age and over trip to the Boston Bruins game vs the LA Kings on Saturday, February 9, 2019 at 1:00pm. This group will be traveling on the Downeaster Amtrak train to and from Boston. The train will drop the group off directly at the TD Garden arena. The seats are located in balcony section 307. The Bruins will shoot twice on this side of the arena.

We will be meeting at the Portland Transportation Center/Amtrak Downeaster Station. Train time TBA. Train departure time will be available in December.

Please bring a valid ID and anything else you may need for the duration of the trip. Please be advised you may not bring any food or drink into the Garden.

MEETING/CHECK IN SPOT
Transportation Center
100 Thompson’s Point Road
Portland Transportation Center
Portland, ME 04102-2630
*Parking is on your own. Cost of $7.00

Date: Feb 9, 2019
Time: 8:00am-7:30pm
Train Departure Time From Portland: 8:20am
Train Return Departure Time From Boston: 4:45pm
Game Location: TD Garden Boston, MA
Cost: Residents $175.00/Non-Residents $185.00
Coordinator: Whitney Dorsett

NO SENIOR DISCOUNT.

NO REFUNDS
**Jaggerspun Mill Tour**

Come see a worsted spinning mill in action! The Jagger Brothers Mill has been spinning yarn for over 100 years! The tour will show the process of spinning from bales of fiber to spun yarn. Mill end yarns and fiber will be available for purchase at the end of the tour. **This is a four-story mill and there is walking and stairs.** We will stop at Bonanza for lunch (on your own.)

**Date:** Wednesday, Jan 30  
**Time:** 8:30am departs from SPCC/2:30pm approx. return time  
**Cost:** Residents $5.00/Non-Residents $5.00 (bring money for lunch)  
**Location:** Springvale, ME  
**Coordinator:** Karla Doyon

**Stonewall Kitchen Warehouse Store**

Travel with us to tax free New Hampshire to a true warehouse outlet! This warehouse store consists of all seconds and imperfect items! Items are half price or lower. There are pallets of items just waiting for you. Maybe they have a crooked label or a small dent in the jar. Even though it is a warehouse outlet, they have plenty to choose from, such as gourmet foods, jams, plenty of samples and restrooms too!

**Date:** Friday, Feb 8  
**Time:** Departs SPCC 9:00am/approx. return 1:00pm  
**Cost:** Residents $8.00/Non-Residents $8.00 (transportation only – purchases on your own).  
**Location:** Rochester, NH  
**Coordinator:** Karla Doyon

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**Maine State Museum Tour**

The Maine State Museum offers the best of Maine all under one roof. From beautiful nature scenes with live trout, to a three-story working mill, the museum exhibits offer something for everyone. We will have a 1 hour guided tour, then you will have 1 hour to explore on your own. We will self-guide ourselves through the State House at noon. We will depart the museum at 1pm. **Lunch out (on your own).**

**Date:** Wednesday, Feb 27  
**Time:** Departs SPCC 8:45am (approx. return 2:30pm-3pm)  
**Cost:** Residents $13.00/Non-Residents $13.00 (entrance fee, tour, snacks & water, bring money for lunch)  
**Location:** Augusta, ME  
**Coordinator:** Karla Doyon

**Oxford Casino & The Lost Gull**

Wednesday is Senior day at the casino! We will have lunch at the The Lost Gull and an afternoon at the slots! We are headed out for lunch at a local Oxford favorite The Lost Gull (on your own) then to Oxford Casino to try your luck for a few hours Please play responsibly!

**Date:** Wednesday, Mar 6  
**Time:** 10:00 am departure from SPCC (approximate return 4pm)  
**Cost:** $5.00  
**Location:** Oxford, ME  
**Coordinator:** Karla Doyon

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**Boston Flower Show**

“The Boston Flower & Garden Show is about inspiring, educating and motivating the region’s gardeners. Whether for curb appeal, backyard, kitchen, indoor, rooftop or community gardens, this is where New England’s green lovers go to discover new ideas while having fun with family and friends. This March, as winter wanes, the Boston Flower & Garden Show’s designers, exhibitors and marketplace vendors will whet your appetite for the sumptuous joys of the season ahead. Colorful life-sized gardens, intricate floral arrangements, informative lectures and demonstrations and exciting special events will incorporate elements of the popular food gardening trend. Learn about organic, small-space gardens, homesteading hobbies, edibles as ornamentals and family-friendly spaces for outdoor dining and entertaining. Enjoy the first taste of Spring while gathering the recipes and ingredients you’ll need for this year’s successful garden.”

Pick up for this program will be at the South Portland Community center at 8:00am. Lunch will be on your own. There are several food vendors in walking distance of the show. The price covers transportation and entrance into the show.

**Date:** Wednesday, Mar 13, 2019  
**Departure Time:** 8:00am  
**Return Time:** 5:15pm  
**Departure Location:** South Portland Community Center  
**Show Location:** Seaport World Trip Center Boston, MA  
**Resident Cost:** $75.00  
**Non-Resident Cost:** $85.00  
**Coordinator:** Whitney Dorsett
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.

**Date:** Wednesday, Apr 17  
**Time:** Departs SPCC 8:00am  
**Return Time:** Approx. 4:30pm-5:00pm  
**Cost:** Residents $12.00  
Non-Residents $12.00  
(activity, water & snacks. Lunch on your own.)  
**Location:** It’s a mystery!  
**Coordinator:** Karla Doyon

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New Year’s Eve CELEBRATION
Join us as we welcome in the New Year with our friends from Portland Recreation! A 2019 New Year’s Party at the Clarion Hotel! Lunch will include warm rolls, pot roast, potatoes, vegetable, four cheese lasagna, cookies, brownies, coffee, tea and water. There will also be some form of entertainment. **Home pick up is available for South Portland residents only.**

**Date:** Friday, Jan 4  
**Time:** Departs SPCC 11:30am sharp!  
(return approx. 2:30pm)  
**Cost:** Residents $25.00  
Non-Residents $35.00  
**Coordinator:** Karla Doyon

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Sleigh Ride at High View Farm
Over the hill and through the woods on an adventure we will go! Bill & Darcy Winslow welcome us to feel the wonder, vitality, peace and joy at High View Farm. We will embark on a 40 minute sleigh ride and then have a 20 minute campfire with hot chocolate. HVF is home to free-ranging Belgian draft horses, you may witness the twinkle in Bill’s eyes as he hitches up his team!

**Date:** Friday, Jan 11  
**Time:** Departs SPCC at 9:30am  
(approx. return 1:30pm)  
**Cost:** Residents $15.00  
Non-Residents $15.00  
**Coordinator:** Karla Doyon

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Portsmouth Naval Shipyard Tour & Lunch
For more than 200 years, Yankee ingenuity and craftsmanship have been the keys to success for Portsmouth Naval Shipyard. In this popular tour, learn about the role and achievements of the Yard in times of war and peace from a military historian's perspective. Joe Gluckert was selected as the Portsmouth Naval Shipyard Historian in 2014. Prior to this rewarding career as a US Navy civilian Museum Specialist, Mr. Gluckert served in both the US Army’s and US Air Force’s Field History programs documenting US military operations on the home front and overseas.

**Date:** Thursday, April 11  
**Time:** Departs SPCC 8:15am (approx. return 3pm)  
**Cost:** Residents $10.00/Non-Residents $10.00  
(includes tour– please bring money for lunch out following tour)  
**Location:** Kittery/Portsmouth  
**Special Instruction:** You must bring a government-issued ID, and be a legal US Citizen, your name and address will be given to the shipyard prior to our visit. Also: neither the PNSY bus or comfort facilities are handicap accessible, participants must be able to use the bus and negotiate stairs.  
**Coordinator:** Karla Doyon

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Pie Parade
Grab your recyclable fork, tour Rockland’s 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! Dress comfortably, warm layers & be prepared to walk around Rockland. **No refunds after registration.**

**Deadline to register:** Jan 17, 2019  
**Date:** Jan 27, 2019  
**Time:** 9:30am departure from SPCC (approx. return 5:30 pm)  
**Cost:** Residents $35.00/Non-Residents $45.00  
(No refunds after registration)  
**Location:** Rockland, ME  
**Coordinator:** Karla Doyon

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Feile Restaurant & Pub
Fine Dining like no other! Located in the heart of Wells Feile serves great homemade food in an inviting atmosphere. The word Feile means hospitality and generosity. Feile makes nearly everything they serve in house from fresh, local product Irish cuisine and more! Dinner is on your own.

**Date:** Thursday, Mar 7  
**Time:** Departs SPCC 2:00pm  
**Return Time:** Approx. 6:00pm-7:00pm  
**Cost:** Residents $5.00/Non-Residents $5.00  
(transportation only – dinner is on your own)  
**Location:** Wells, ME  
**Coordinator:** Karla Doyon
Irish Tea @ The Cozy Tea Cart

The Cozy Tea Cart is dedicated to the art of fine tea and the ceremony of tea. Indulge yourself, take a sip and tempt your palate w/ the subtle nuances of exquisite tea, each of which bears the unique essence of its' land of origin. Our Irish tea will consist of 6 pots of tea, Irish scones w/ cream and preserves, Irish cheddar & apple tea sandwiches and chocolate cake.  

Min 8/Max 13

Date: Thursday, Mar 21
Time: Depart SPCC 12.30pm
Return Time: Approx. 6:00pm-7:00pm
Cost: Residents $22.00  
Non-Residents $32.00
Location: Brookline, NH
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. We will be attending the last luncheon of the semester, which will consist of a BBQ meal. Please note that the TIP is not included. Please bring cash for the hard-working students for tips. Min 8/Max 13

Date: Friday, Apr 12
Time: Departs SPCC 9:30am  
( approx. return 1:00pm)
Cost: Residents $15.00  
Non-Residents $15.00
Location: Lewiston, ME
Coordinator: Karla Doyon

Parsonfield Seminary Tour & Tea Luncheon

One of the areas most beloved National Historic sites! We will start with a tour of the buildings, which includes the former dormitory. We will hear first-hand about the history, the Underground Railroad ties to the seminary and how it was founded by the first free will Baptists. We may even hear about the hauntings! Following the tour, we will have a tea luncheon consisting of finger sandwiches, desserts & teas.  

Min 8/Max 13

Date: Tuesday, Apr 30
Time: Departs SPCC at 9:30am  
(approx. return 2:30pm)
Cost: Residents $25.00  
Non-Residents $35.00
Coordinator: Karla Doyon

Adult Programs

Boston Celtics Game Trip

Join us for an exciting night of NBA professional basketball as we head to see the Boston Celtics in non-stop dribbling action vs the Cavaliers. This is an 18 years of age and older trip to the January 23, 2019 game. The game is at 7:30 PM. We will be traveling to Boston via VIP motor coach. The bus will be leaving from the South Portland Community Center at 4:00 PM and returning around midnight. Tickets are in balcony section 309, 311 and 323.

Please bring a valid ID and anything else you may need for the duration of the trip. Please be advised you may bring snacks/liquids on the bus but may not bring anything into the Garden.

NO REFUNDS AFTER DECEMBER 20, 2018.

Date: Jan 23, 2019
Departure Time: 4:00pm
Game Time: 7:30pm
Return Time: 11:55pm
Departure Location: South Portland Community Center
Game Location: TD Garden Boston, MA
Cost: Residents $125.00/Non-Residents $135.00
Coordinator: Whitney Dorsett

Boston Bruins Game Trip

Join our 18 years of age and over trip to the Boston Bruins game vs the LA Kings on Saturday, February 9, 2019 at 1:00pm. This group will be traveling on the Downeaster Amtrak train to and from Boston. The train will drop the group off directly at the TD Garden arena. The seats are located in balcony section 307. The Bruins will shoot twice on this side of the arena.

We will be meeting at the Portland Transportation Center/Amtrak Downeaster Station. Train time TBA. Train departure time will be available in December.

Please bring a valid ID and anything else you may need for the duration of the trip. Please be advised you may not bring any food or drink into the Garden.

MEETING/CHECK IN SPOT
Transportation Center  
100 Thompson's Point Road  
Portland Transportation Center  
Portland, ME 04102-2630
*Parking is on your own. Cost of $7.00

Date: Feb 9, 2019  
Time: 8:00am-7:30pm
Train Departure Time From Portland: 8:20am
Train Return Departure Time From Boston: 4:45pm
Game Location: TD Garden Boston, MA
Cost: Residents $175.00/Non-Residents $185.00
Coordinator: Whitney Dorsett

NO SENIOR DISCOUNT
NO REFUNDS
Adult Basketball Leagues

South Portland Recreation has two coed adult basketball leagues. Teams are welcomed! Individuals will be placed on teams with available spots. All teams must have a minimum of seven players with at least two males and two females on the roster. We ask for players to register 2 weeks prior to the session starting so the department can order shirts. 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 session.

Game Times: Between 6:00pm-9:00pm

Monday League Spring
Dates: Mar 25–Jun 10, 2019
No games on 4/15 + 5/27

Cost: Residents $55.00/Non-Residents $65.00
Location: South Portland Community Center Gym
Coordinator: Whitney Dorsett

Boston Flower Show

“The Boston Flower & Garden Show is about inspiring, educating and motivating the region’s gardeners. Whether for curb appeal, backyard, kitchen, indoor, rooftop or community gardens, this is where New England’s green lovers go to discover new ideas while having fun with family and friends.

This March, as winter wanes, the Boston Flower & Garden Show’s designers, exhibitors and marketplace vendors will whet your appetite for the sumptuous joys of the season ahead. Colorful life-sized gardens, intricate floral arrangements, informative lectures and demonstrations and exciting special events will incorporate elements of the popular food gardening trend. Learn about organics, small-space gardens, homesteading hobbies, edibles as ornamentals and family-friendly spaces for outdoor dining and entertaining. Enjoy the first taste of Spring while gathering the recipes and ingredients you’ll need for this year’s successful garden.”

Pick up for this program will be at the South Portland Community center at 8:00am. Lunch will be on your own. There are several food vendors in walking distance of the show. The price covers transportation and entrance into the show.

NO REFUNDS AFTER FEBRUARY 15, 2019.
Date: Wednesday, Mar 13, 2019
Departure Time: 8:00am
Return Time: 5:15pm
Departure Location: South Portland Community Center
Show Location: Seaport World Trip Center Boston, MA
Resident Cost: $75.00 Non-Resident Cost: $85.00 Coordinator: Whitney Dorsett

Adult Open Gym Basketball

Each program is drop in only. Must show ID per visit.

SUNDAYS
Date: Jan 26-Apr 28 Time: 9:00am-10:30am Over 40
Location: Redbank Community Center
Date: Jan 6-Apr 28 Time: 3:30pm–5:30pm Over 30
Location: South Portland Community Center

TUESDAYS
Date: Jan 8-Apr 30 Time: 11:30am-1:30pm
Location: South Portland Community Center

WEDNESDAYS (So. Portland Residents Only Night)
Date: Jan 2-Apr 24 Time: 7:00pm-9:00pm
Location: South Portland Community Center

THURSDAYS
Date: Jan 3-Apr 25 Time: 12:00pm-2:00pm
(No program 2/21 + 4/18)
Location: Redbank Community Center

FRIDAYS
Date: Jan 4-Apr 26
Time: 11:30am-1:30pm
Location: South Portland Community Center

Cost: Residents $3.00/Non-Residents $4.00/Military $1.00
We also have open gym punch cards available at the front desk.

Adult Basketball 3 v 3 Tournament

The recreation department will be hosting the first annual adult 3 v 3 tournament this winter. Each team must have 1 female and 1 male on the court at all times. This tournament will be a double elimination format. Teams will be placed in a bracket at random. Tournament rules are available online or at the South Portland Community Center. This tournament will be a fundraiser for the South Portland Redbank Teen Center program.

Date: Saturday, Feb 23 Time: 9:00am–5:00pm
Location: South Portland Community Center Gym
Cost: $125.00 per team (Deadline Feb. 18 or when team max is reached.)
Coordinator: Whitney Dorsett
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 score book 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. **Team registration deadline is April 25.**

**League Nights**

**Monday Softball league - Social Causal Level**

**Starting May 6**

**Tuesday Softball league - Semi Competitive Level**

**Starting May 7**

**Wednesday Softball league - Strongly Competitive Level**

**Starting May 8**

**Game Times:** 5:45pm & 7:00pm

**Team Cost:** $850.00

**Team Roster Minimum: 14 Max: 20**

**Free Agent Cost:** $55.00 Residents, $65.00 Non-Residents

**Location:** South Portland Recreation Complex

(Wainwright Fields)

**Coordinator:** Whitney Dorsett

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Adult Flag Football League

Join us on Tuesday nights for our coed adult flag football league! 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.

**Basic Information**

6 v 6 play
2–20 minute halves
Field size – 80 yards x 40 yards with 2 –10 yard end zones
Must be 18 years of age and out of High School
Roster - Minimum of 8 players per team including 3 females. Maximum of 12 players per team.
8 regular season games. Top 12 game playoffs
Players receive league team shirts

Game times are between 5:45pm–8:00 pm.
Flag Football League

**Dates:** May 14 – July 23

**Cost:** Residents: $55.00
Non-Residents $65.00

**Location:** South Portland Recreation Complex at Wainwright Farms

Fields - Multipurpose Field 1 and 2

**Coordinator:** Whitney Dorsett

-------------------------------------------------------------

Adult Open Gym Volleyball

This program is a drop in program only. Must show ID per visit.

**Days:** Sundays

**Date:** Jan 6–Apr 28

**Time:** 6:00pm-8:00pm

**Location:** South Portland Community Center

**Cost:** Residents: $3.00/
Non-Residents $4.00/$1.00 Military

We also have open gym punch cards available at the front desk.

-------------------------------------------------------------

Adult Open Gym Pickleball

South Portland Recreation has several opportunities to get out and play some pickleball. Each program is drop in only.

**SUNDAYS**

**Date:** Jan 6–Apr 28

**Time:** 1:00pm–3:00pm

**Location:** South Portland Community Center

**Cost:** Residents: $3.00/Non-Residents: $4.00/Military with ID: $1.00

We also have open gym punch cards available at the front desk.

-------------------------------------------------------------

**WEDNESDAYS**

**Beginner Pickleball Play Only**

**Date:** Jan 2 – Apr 24

**Time:** 9:00am–11:30am

**Location:** Redbank Community Center

**MONDAYS – FRIDAYS**

**Date:** Jan 2–Apr 30

(No program on 1/21, 2/18, 4/15)

**Time:** 8:00am–11:00am

**Location:** South Portland Community Center
**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 immediate players.

*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 Tuesdays**
*Dates: Tuesday, Jan. 8, 15, 22 and 29*
*Times: 12:00pm–1:30pm*
*Location: Redbank Community Center*
*Cost: $40.00 resident/$50.00 non-resident*

**Beginner Pickleball February Tuesdays**
*Dates: Tuesday, Feb 5, 12, 19, 26*
*Times: 12:00pm–1:30pm*
*Location: Redbank Community Center*
*Cost: $40.00 Resident/Non-Resident $50.00*

**Beginner Pickleball March Tuesdays**
*Dates: Tuesdays, Mar 5, 12, 19, 26*
*Times: 12:00pm–1:30pm*
*Location: Redbank Community Center*
*Cost: $40.00 Resident/Non-Resident $50.00*

**Beginner Pickleball April Tuesdays**
*Dates: Tuesdays, Apr 2, 9, 16, 23*
*Times: 12:00pm–1:30pm*
*Location: Redbank Community Center*
*Cost: $40.00 Resident/$50.00 Non-Resident*

**Apr 30 - Tuesday Class Snow Day Make Up**

**Beginner Pickleball January Fridays**
*Dates: Fridays, Jan. 4, 11, 18 and 25*
*Times: 9:00am–10:30am*
*Location: Redbank Community Center*
*Cost: $40.00 Resident/$50.00 Non-Resident*

**Beginner Pickleball February Fridays**
*Dates: Fridays, Feb 1, 8, 15, 22*
*Times: 9:00am–10:30am*
*Location: Redbank Community Center*
*Cost: $40.00 Resident/$50.00 Non-Resident*

**Beginner Pickleball March Fridays**
*Dates: Fridays, Mar. 1, 8, 15, 22*
*Times: 9:00am–10:30am*
*Location: Redbank Community Center*
*Cost: $40.00 Resident/$50.00 Non-Resident*

**March 29 – Friday Class Snow Day Make Up**

**Beginner Pickleball April Fridays**
*Dates: Fridays, Apr 5, 12, 19, 26*
*Times: 9:00am–10:30am*
*Location: Redbank Community Center*
*Cost: $40.00 Resident/$50.00 Non-Resident*

**Instructor:** David Cousins
**Coordinator:** Whitney Dorsett

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**Adult Tennis**
**Monday Mixer**
Monday Tennis mixer is for players who enjoy more match-style play. We offer doubles or mixed doubles. Instructors will be available should you have any questions or seek any tips. Players at all levels are welcome. *Min of 8/Max of 20*

**Date:** May 13-Jun 17
(no class 5/27)
**Time:** 6pm-7pm
**Cost:** Residents $55.00
Non-Residents $65.00
**Drop in Cost:** $12.00
**Location:** South Portland High School Tennis Courts
**Instructor:** David Cousins
**Coordinator:** Whitney Dorsett

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**Free Adult Tennis Lessons**
Free adult tennis lessons will be held for players at the beginner level and those who have never played before. Participants will learn the basic tennis skills and have the chance to play against one another. Sessions will be held at the SPHS tennis courts. *Min of 6/Max of 20*

**ATL 1 (Beginner) - Wednesdays**
*Date:* May 22-Jun 12
*Time:* 6:00pm-7:00pm
**Cost:** FREE but must preregister
**Location:** South Portland High School Tennis Courts
**Instructor:** David Cousins
**Coordinator:** Whitney Dorsett

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**Adult Cardio Tennis**
Cardio Tennis is a fun group activity that incorporates a good workout. This program features a warm-up, drills, cardio workout, and cool down phases. If you are looking for a great new way to get in shape, burn calories, and enjoy the game of tennis then Cardio Tennis is for you! For intermediate/advanced skill levels. *Min of 8/Max of 24*

**Tuesday Cardio Tennis Spring**
*Date:* May 14-Jun 11
*Time:* 6:00pm-7:00pm
**Cost:** Residents $55.00/Non-Residents $65.00

**Saturday Cardio Tennis Spring**
*Date:* May 18-Jun 15
*Time:* 8:00am-9:00am
**Cost:** Residents $55.00/Non-Residents $65.00
**Drop In Fee:** $12.00
**Instructor:** David Cousins
**Coordinator:** Whitney Dorsett
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.

Tuesdays & Thursdays, 5:00-5:50pm

<table>
<thead>
<tr>
<th>Dates</th>
<th>Resident Cost</th>
<th>Non-Resident Cost</th>
<th>Instructor</th>
<th>Coordinator</th>
</tr>
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<tr>
<td>Jan 8-1 Jan 31</td>
<td>$52.00</td>
<td>$62.00</td>
<td>Karen McCue</td>
<td><a href="mailto:Bodyflex2011@gmail.com">Bodyflex2011@gmail.com</a></td>
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</table>

Aerobic Dance

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

Min 6/Max20

Day: Mondays and Wednesdays
Time: 5:30pm-6:30pm

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<th>Cost</th>
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<tr>
<td>Jan 2-30</td>
<td>Resident $48.00/Non-Residents $58.00</td>
<td>Jean Ricciardelli</td>
<td>Whitney Dorsett</td>
</tr>
<tr>
<td>Feb 4-27</td>
<td>Resident $42.00/Non-Residents $52.00</td>
<td>Jean Ricciardelli</td>
<td>Whitney Dorsett</td>
</tr>
</tbody>
</table>

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/Max12

Day: Wednesdays and Fridays
Time: 10:00am-11:00am
Location: SPCC Aerobic Room

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<thead>
<tr>
<th>Dates</th>
<th>Cost</th>
<th>Instructor</th>
<th>Coordinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 2-30</td>
<td>Resident $56.00/Non-Residents $66.00</td>
<td>Jennifer Sciaraffa</td>
<td>Whitney Dorsett</td>
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<tr>
<td>Feb 1-27</td>
<td>Resident $56.00/Non-Residents $66.00</td>
<td>Jennifer Sciaraffa</td>
<td>Whitney Dorsett</td>
</tr>
</tbody>
</table>

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. Martha emphasizes 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

<table>
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<th>Cost</th>
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<tr>
<td>Jan 7-Feb 25</td>
<td>Residents $60.00/Non-Residents $70.00</td>
<td>Martha Williams</td>
<td>Whitney Dorsett</td>
</tr>
<tr>
<td>Feb 1-Mar 19</td>
<td>Residents $80.00/Non-Residents $90.00</td>
<td>Martha Williams</td>
<td>Whitney Dorsett</td>
</tr>
</tbody>
</table>

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.

Date: Jan 8-Mar 19 (No class 2/19)
Time: Tuesdays, 6:15pm-7:30pm
Cost: Residents $100.00/Non-Residents $110.00
Drop in Cost: $12.00 per class.
Instructor: Arline Saturdayborn
Coordinator: Whitney Dorsett
Mindfulness and Self-Compassion

Turn the inner critic into an inner ally that will renew energy, increase happiness and lessen anxiety and depression. We will study and practice proven tools that you can easily use in daily life to bring greater life-satisfaction, stronger motivation, better relationships, and improved physical health. With mindfulness and self-compassion we learn to embrace ourselves and our imperfections in ways that give us the resilience needed to thrive.  

Min 4/Max 25

Date: Sundays, Jan 6–Feb 3, 2019  
Time: 4:00pm-5:30pm  
Cost: Resident $50.00  
Non-Residents $60.00  
Drop in Cost: $12.00 per class  
Location: SPCC Multipurpose Room  
Instructor: Arline Saturdayborn  
Coordinator: Whitney Dorsett

Movement Improvisation Workshop

Have you ever wanted to tap into your inner creative movement voice but you are not sure how to do it or where to find it? In this workshop, we will explore several movement improvisational structures that give us a place to begin and allow for plenty of creative freedom. Emphasis will be placed on creating a safe, encouraging environment where everyone feels welcome no matter your age, experience or movement background. Contact the instructor if you have any questions. Min 4/Max 13

Date: Tuesday, Apr 9  
Time: 5:30pm-7:00pm  
Cost: $15.00 / pre-registration is required by April 1 (no drop-ins)  
Location: SPCC Aerobic Room  
Instructor: Jessamyn Schmidt  
jschmidt@smccme.edu  
Coordinator: Whitney Dorsett

January Weight Loss Group

Kickstart Your Health in the New Year

Are you ready to put holiday eating in the past and need a fresh start in the new year? Join Nicolaus Bloom, Holistic Health Coach for an 8-week program to learn about whole foods nutrition, create “clean eating” meal plans, define health goals, and explore the practical and behavioral tools that help keep you focused on your health journey. With the fellowship of this group, you will be focused on creating your best healthy habits for feeling great mentally, physically, and spiritually. Min 3/Max 10.

Instructor Bio: Nick received his certification from the Institute for Integrative Nutrition where he learned innovative coaching methods, practical lifestyle interventions, and over 100 dietary theories; everything from Ayurveda, gluten-free, and Paleo, to raw, vegan, and macrobiotics, and everything in between.

Dates: Jan 24–Mar 21, 2019 (No class Feb 21)  
Snow Day Make Up Mar 28 (if needed)  
Times: 6:00pm–7:30pm  
Cost: Residents: $80.00/Non-Residents $90.00  
No senior discount for this program  
Location: SPCC Upstairs Conference Room  
Instructor: Nicolaus Bloom, Certified Health Coach  
Coordinator: Whitney Dorsett

Spring Plogging

Suffering from Cabin Fever? Come enjoy the warmer weather and increasingly longer days! Plogging combines jogging with picking up litter. It is a great way to break up your normal exercise routine by combining squats, lunges and weighted arms to your jog. Come help clean up our communities while keeping this winter’s accumulated trash out of our waterways and the ocean! Check our Facebook page for meet-up locations.

Morning Spring Plogging

Dates: Mar 6-27  
Day: Wednesdays  
Time: 7:00am–8:00am  
Location: Varied  
Cost: FREE

Evening Spring Plogging

Dates: Apr 3-24  
Day: Wednesdays  
Time: 6:00pm–7:00pm  
Location: Varied  
Cost: FREE

Coordinator: April Bolstridge

Mosaic Garden Stepping Stones

Tip toe through the tulips on beautiful mosaic stepping stones. Using ceramic tile, broken pottery, stones, glass, shells and whatever else you have around the house, we will create a one of a kind piece of garden art. Students will be able to complete one or more stepping stones. Contact instructor if you have questions about potential materials or project. A materials list will be emailed to students. Stepping stones will be provided and some mosaic material will be provided.

Min 4 / Max 12

Dates: Thursday, Mar 14–Apr 11  
Times: 10:00am–12:00pm  
Cost: Residents: $55.00/Non-Residents $65.00  
Location: SPCC Art Room  
Instructor: Rachel Mills  
Coordinator: Whitney Dorsett

Watercolor Workshop

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)

Min 4/Max 12

Dates: Wednesdays, Feb 20–Mar 20  
Times: 12:30pm–2:00pm  
Cost: Residents: $55.00/Non-Residents $65.00  
Location: SPCC Art Room  
Instructor: Pauline Cook  
Coordinator: Whitney Dorsett
**Lost Valley Sunday Ski/Ride Program (Ages 7-12)**
This year, we have extended this program to run for SIX WEEKS! It will be held on the following Sundays: **January 20, 27, February 3, 10, 17 & 24 (makeup date March 3)**. 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 9:00 am and return by 4:00 pm. Helmets are required and available to rent for an additional fee. All participants are strongly encouraged to enroll in lessons.

**REGISTRATION DEADLINE – JAN 11, 2019. Registrations will only be accepted beyond this date if there is space available.**

<table>
<thead>
<tr>
<th>Program Details</th>
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<tbody>
<tr>
<td>Dates: Sundays, Jan 20-Feb 24</td>
</tr>
<tr>
<td>Time: Depart SPCC at 9:00am, Return at approx. 4:00pm</td>
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<table>
<thead>
<tr>
<th>Option</th>
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</tr>
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<tbody>
<tr>
<td>Transportation Only</td>
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**All options below include transportation**

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<tr>
<th>Option</th>
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<tbody>
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<tr>
<td>Lift &amp; Lesson</td>
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<tr>
<td>Lift &amp; Rental</td>
<td>$245.00</td>
</tr>
<tr>
<td>Lift, Lesson &amp; Rental</td>
<td>$350.00</td>
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</tbody>
</table>

**Coordinator:** Anthony Johnson

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**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](http://www.sopoparksrec.com).

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

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**Middle School Early Release Day Shawnee Peak Trips**
Come spend the afternoon skiing or snowboarding at Shawnee Peak! We will pick you up at school and then take you to the mountain. We will arrive at Shawnee Peak at 2pm and enjoy the mountain until 6pm. Pick up will be at the South Portland Community Center. This program is for South Portland Middle Schools only.

**Time:** 12:30pm–7:30pm
**Location:** Pick up at Mahoney and Memorial Middle Schools, drop off at SPCC. Return pick up will at the South Portland Community Center.
**Cost:** Lift Ticket Only: $40.00/Lift Ticket & Rental: $75.00
**Grades:** 6-8
**Coordinator:** April Bolbridge

<table>
<thead>
<tr>
<th>February Early Release Day</th>
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<tbody>
<tr>
<td>Date: Wednesday, Feb 6</td>
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<table>
<thead>
<tr>
<th>March Early Release Day</th>
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<tbody>
<tr>
<td>Date: Wednesday, Mar 27</td>
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</tbody>
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**1st Annual Tri Like A Savage Kids Triathlon**
“Have Fun. Be Fit”

Sunday, Jun 30, 2019
SWIM – BIKE – RUN!
Entering Grades 3-5 Division
Entering Grades 6-8 Division

Registration will open in late spring, 2019.
Stay tuned!

In loving memory of South Portland's own Nathan Savage.

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**Youth Programs**
Beginning this spring, Youth Lacrosse (K-6) will be run through the South Portland High School Boys & Girls Booster Organizations. For information on these programs, contact:

**Boys Youth Lacrosse – Tom Fiorini - TFiorini@msn.com**
**Girls Youth Lacrosse – Leslie Dyer – spyouthlacrosse@gmail.com**

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**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.
**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!

- **Date:** May 5–Jun 2
- **Day:** Sundays  
  **Time:** 11:00am-11:45am
- **Ages:** 6-8
- **Cost:** Resident $90.00  
  Non-Residents $100.00
- **Location:** Wainwright Complex
- **Instructor:** Challenger Sports
- **Coordinator:** Jenee Nadeau

**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. SPHS basketball players will assist with this program.

- **Min 12/Max 50.**
- **Cost includes a t-shirt.**

- **Dates:** Jan 20-Feb 24  
  **Day:** Sundays
- **Time:** 12:15pm-1:00pm
- **Ages:** 3–5
- **Location:** Redbank Gym
- **Instructor:** Matt Lee
- **Coordinator:** Jenee Nadeau

**Youth Volleyball Clinic**

Be on the lookout for details on a MIDDLE SCHOOL VOLLEYBALL CLINIC happening this spring! The focus of the clinic will be to get middle schoolers some exposure to the sport as well as introducing proper techniques of basic fundamentals. If your child is thinking of playing volleyball in high school this is the place to be! Info will be distributed by school and our Facebook page once details are confirmed.

**Start Smart Basketball**

Start Smart Basketball teaches children (ages 3–5) the basic motor skills necessary to play organized basketball while spending quality time with their parents. The program focuses on teaching children and parents the skills of dribbling, ball handling, passing, catching, shooting, running, and agility without the threat of competition or the fear of getting hurt. Each week the exercises become increasingly more difficult as the class progresses and the children show improvement. A parent must accompany each child to every class and participate with them.

- **Min 8/Max 25**

- **Dates:** Jan 5-Feb 16  
  **(No Class Jan 19)**
- **Day:** Saturdays
- **Time:** 9:00am-10:00am
- **Location:** SPCC
- **Cost:** Resident: $45.00  
  Non Resident $55.00
- **Instructor and Coordinator:** Jenee Nadeau

**2019 Winter Jam**

Together Reaching Unity (T.R.U) 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 programming 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 provide educational services for over 1,000 children in the last eight years.

- **Date:** Jan 19, 2019  
  **Time:** 1:30pm-5pm
- **Grades:** K-12
- **Location:** Redbank Community Center  
  **Cost:** FREE (please preregister)
- **Coordinator:** Whitney Dorsett

**Sports Knows It All**

NEW! This program provides kids the chance to come learn and play three different sports in six weeks! These popular sports include Kickball, Dodgeball and Soccer. Two weeks will be dedicated to each activity making this program changing and fun! Participants will have one hour to play. Teams will be made when they get to Sports Know It Alls. Great way to get some energy out after a long winter!

- **Min 8/Max 20**

**Session 1**

- **Dates:** Apr 6–May 25 (No Session Apr 27)
- **Days:** Saturdays
- **Time:** Grade K-2: 9:00am-10:00am  
  Grade 3-5: 10:15am-11:15am
- **Location:** SPCC
- **Cost:** Resident: $45.00  
  Non Resident $55.00
- **Instructor and Coordinator:** Jenee Nadeau

**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. SPHS basketball players will assist with this program.

- **Min 12/Max 50.**
- **Cost includes a t-shirt.**

- **Dates:** Jan 20-Feb 24  
  **Day:** Sundays
- **Time:** 11:00am-11:45am
- **Ages:** 6-8
- **Location:** Wainwright Complex
- **Instructor:** Challenger Sports
- **Coordinator:** Jenee Nadeau

207-767-7650 • www.sopoparksrec.com
**GPS Junior 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.

**Cost:** Resident $70.00/Non-Residents $80.00  
**Instructors:** GPS Staff  
**Coordinator:** Jenee Nadeau

<table>
<thead>
<tr>
<th>Session</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Location</th>
<th>Times</th>
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<tbody>
<tr>
<td>GPS Session 1</td>
<td>3/4</td>
<td>Mondays</td>
<td>Jan 21–Mar 4 (No class Feb 18)</td>
<td>Redbank</td>
<td>10:00am-10:45am</td>
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<tr>
<td>GPS Session 2</td>
<td>3/4</td>
<td>Tuesdays</td>
<td>Mar 5–Apr 2</td>
<td>SPCC</td>
<td>5:00pm–5:45pm</td>
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<tr>
<td>GPS Session 2</td>
<td>5/6</td>
<td>Tuesdays</td>
<td>Mar 5–Apr 2</td>
<td>SPCC</td>
<td>5:00pm–5:45pm</td>
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</table>

**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.

**Min 10/Max 40**

**Tracks 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.

**Min 10/Max 40**

**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.

**Date:** Mar 7-Apr 4  
**Day:** Thursdays  
**Time:** 6:00pm-7:00pm  
**Ages:** 7-11  
**Location:** Redbank Community Center  
**Cost:** Resident $70.00  
Non-Residents $80.00  
**Instructor:** GPS Staff  
**Coordinator:** Jenee Nadeau

**Tiny Tikes Soccer**

Tiny Tykes is an 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 5-Jun 2  
**Day:** Sunday  
**Location:** Wainwright Complex  
**Cost:** Resident $90.00  
Non-Residents $100.00  
**Instructor:** Challenger Sports  
**Coordinator:** Jenee Nadeau

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<th>Ages</th>
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<tr>
<td>2-3</td>
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**Ages  Time**

2-3 9:00am–9:45am  
4-5 10:00am–10:45am
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.

Min of 20/Max 100
Final registration deadline is February 23. Registration will only be accepted after this if there is room on a team.

Dates: Mar 2–Mar 30
Day: Saturdays
Time: Games will be played in the morning
Grades: K-2
Fee: $40.00
Location: Redbank community Center
Coordinator: Jenee Nadeau

Volunteer Coaches Needed! Please contact Jenee Nadeau at jnadeau@southportland.org

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. All children will receive a t-shirt. Mouth guards are required and are not provided by the SPCC.

Min of 20/Max 60
Final registration deadline is February 23. Registration will only be accepted after this if there is room on a team.

Dates: Mar 2–Mar 30
Day: Saturdays
Time: Games will be played in the morning
Grades: 3-5
Location: Redbank Community Center
Fee: $40.00
Coordinator: Jenee Nadeau

Volunteer Coaches Needed! Please contact Jenee Nadeau at jnadeau@southportland.org

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, 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.

Min 14/Max 40

If you want to get started this winter, check out www.maineultimate.org

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 April, dates TBD. Starting on April 22, 2019 practices will be on Monday, Wednesday and Friday from 3:30pm-4:30pm, weather permitting.
Grades: 5-8
Location: Wainwright Complex and games in neighboring towns.
Cost: $65.00
*Students can take the bus to and from Memorial and Mahoney to Wainwright for practices. 5th graders are welcome to join, but will need rides.
Instructors: Victoria Morales and Peter Watson
Coordinator: Jenee Nadeau

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 centers but parents/guardians must supervise their child at all times. This is a drop in program.

Age: 5 years of age and under
Dates: Tuesdays, Jan 8 – Apr 30
Time: 9:30am-11:30am
Cost: $3.00 Resident families
       $4.00 Non-resident families
Location: Redbank Community Center
Coordinator: Jenee Nadeau
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 Jan 18-Feb 15
- Session 2 Feb 22-Mar 22

**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 Nadeau

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 Jan 18-Feb 15
- Session 2 Feb 22-Mar 22

**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 Nadeau

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.

**Day:** Mondays

**Time:** 5:00pm-6:00pm

**Location:** SPCC Multipurpose Room

**Ages:** 5-12

**Cost:** Resident $60.00/Non-Resident $70.00

**Instructor:** Dragon Fire Martial Arts

**Coordinator:** Jenee Nadeau

**Session** | **Date** | **Notes**
--- | --- | ---
1 | Jan 21 – Mar 4 (no class Feb 18) |  
2 | Mar 18 – Apr 29 (no class Apr 15) |  

Vitality T’Ai Chi Presents the Study, Sport and Spirit Project

This program utilizes the simplified 24 posture Beijing T’ai Chi form as a vehicle for younger participants, introducing the Study, Sport and Spirit project: T’ai Chi is an ideal introduction to mindfulness (calming the mind for enhanced study habits), loosening & coordinating the body for all physical activities (agility as the foundation for any sport), and creating an environment for deeper friendships (spirit).

**Dates:** Jan 8-Feb 26

**Days:** Tuesdays

**Time:** 5:00pm-6:00pm

**Ages:** 10-14

**Location:** SPCC Aerobic Room

**Cost:** Residents: $40.00/Non-Residents: $50.00

**Instructors:** Michael Elliott (MAT) who has been teaching for over 40 years

**Coordinator:** Jenee Nadeau
**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!

**Days:** 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 Nadeau

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<td>Mar 18 – Apr 29</td>
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**Intro to Dance**

Students will learn the fundamentals and basics of various styles of dance, including jazz, tap and acrobatic dance through exercises and progressions. Flexibility and strength exercises will be incorporated into the classes, along with choreography. Students should wear comfortable clothing and have bare feet, or wear ballet or jazz shoes if desired. Students should bring a pair of tap shoes to class, or if they do not have tap shoes, dress shoes will work fine as well. Water bottles are encouraged. Students with long hair should tie it back into a ponytail.

**Days:** Mondays  **Time:** 5:15pm-6:00pm  
**Ages:** 5-9  **Location:** SPCC  
**Cost:** Residents $65.00/Non-Residents $75.00  
**Instructor:** Drouin Dance Center  
**Coordinator:** Jenee Nadeau

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**The Lego League**

South Portland Parks and Recreation is happy to introduce The Lego League! This program is for the Lego enthusiast grades 1-8. Based on a weekly theme, kids will use problem solving and innovative thinking to make their creations. At the end of each class they will have a chance to show off their masterpieces. Your child will be inspired and challenged while making friends who share the same passion. Leave your Legos at home! All supplies will be provided.

**Dates:** Session 1 Jan 23–Feb 27  
**Session 2 Mar 13-Apr 17**  
**Day:** Wednesdays  
**Location:** SPCC Senior Wing  
**Cost:** Resident $50.00/Non-Residents $60.00  
**Instructor:** Brittany Moore  
**Coordinator:** Jenee Nadeau

**PARENT VOLUNTEERS WANTED!**  
We will make the classes bigger if we have volunteers to help! Email Jenée at jnadeau@southportland.org if you’re interested!

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<td>5-8</td>
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**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.

**Dates:** Jan 15-Feb 5  
**Days:** Tuesdays  **Time:** 5:00pm-6:30pm  
**Grade:** K-5  
**Location:** SPCC Art Room  
**Cost:** Resident $65.00/Non-resident $75.00  
**Instructor:** Rachel Mills  
**Coordinator:** Jenee Nadeau

**Multimedia Masterpieces**

Develop your inner artist! Explore art in all its forms as we paint, draw, cut, paste, sculpt and more! Come try your hand at tie dye, clay, painting, and sock monsters. Plan to get a little messy.

**Dates:** Mar 12-Apr 9  
**Days:** Tuesdays  **Time:** 5:00pm-6:30pm  
**Grade:** K-5  
**Location:** SPCC Art Room  
**Cost:** Resident $65.00/Non-resident $75.00  
**Instructor:** Rachel Mills  
**Coordinator:** Jenee Nadeau
Teacher Workshop Day  
April 12th

Teacher Workshop Day is 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

Date: April 12th  
Time: 8:00am-5:00pm  
Grades: K–5  
Location: SPCC Afterschool Wing  
Fee: $55.00  
Coordinator: Emily Ciampi

Early Release Days

We offer programs for Early Release 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 this program.

Min 30/Max 50

Time: 12:30pm–5:00pm  
Grade: K-5  
Location: SPPC Afterschool Wing  
Fee: $40.00  
Coordinator: Emily Ciampi

2019 Summer Rec Camp Info & Save the Dates!

For South Portland Residents Only

Kinder Camp – children entering Kindergarten  
Little Riots – children entering 1st & 2nd grade  
Big Riots – children entering 3rd & 4th grade  
5/6 Camp – children entering 5th & 6th grade  
Teen Extreme – children entering 7th & 8th grade  
*Locations: TBD*

Friday, April 5, 2019–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 5, 2019. 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, 2019. Financial Assistance forms can be obtained at the Community Center, 21 Nelson Rd. any time after January 4, 2019 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 6, 2019 – Online Registration  
Online and walk-in registration will open for all Rec Camps on May 6. 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 19, 2019 – Full Summer Option Registration Deadline  
Full summer Rec Camp registration deadline is Wednesday, June 19th. Fee must be paid in full by Wednesday, June 19th in order for your child to begin camp on the first day, June 24, 2019.

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

Recreation Camp Refund Policy  
Requests made on or before Wednesday, June 19th - 100% refund  
No refunds will be given after June 19, 2019.  
Coordinator: Emily Ciampi
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.  

**February Vacation Camp**  
**Save $10 by registering by February 8th!**  
**Dates:** Feb 19-22  
**Days:** Tuesday-Friday  
**Time:** 8:00am-5:00pm  
**Grade:** K-5  
**Location:** SPCC Afterschool Wing  
**Fee:** By February 8: $110.00 / After February 8: $120.00  
**Coordinator:** Emily Ciampi

**April Vacation Camp**  
**Save $10 by registering by April 5th!**  
**Dates:** Apr 16-19  
**Days:** Tuesday–Friday  
**Time:** 8:00am-5:00pm  
**Grade:** K-5  
**Location:** SPCC Afterschool Wing  
**Fee:** By April 5: $110.00 / After April 5: $120.00  
**Coordinator:** Emily Ciampi

**Parents Night Out**  
Need some time during the upcoming holiday season to finish up errands or just have a night to yourself? Drop your children off at the South Portland Community Center in the Afterschool Wing where they will enjoy a pizza party, gym games, arts & crafts and swimming (if the pool is available). Please send sneakers, swimsuit and towel. Pre-registration is required. This event is for children in K – 5th grade.  

**Drop and Shop Night**  
**Date:** Friday, Dec 14 (Register by Monday, Dec 10)  
**Time:** 6:00pm to 8:30pm  
**Cost:** $25.00  
**Coordinator:** Emily Ciampi

**Date Night**  
**Date:** Friday, Feb 8 (Register by Monday, Feb 4)  
**Time:** 6:00pm-8:30pm  
**Cost:** $25.00

**Geminids Meteor Shower Sky Party**  
Join Park Ranger April Bolstridge on December 13 or 14 (weather depending) for the brightest meteor shower of the year! We will start off with a tour of the night sky and winter constellations, and everyone will leave the event with a sky map. Bundle up and bring a reclining lawn chair to enjoy the show! Keep an eye out for more details on our Facebook page and monthly newsletter.

**Mill Creek Tree Lighting & Holiday Fest**  
Join us for our annual Holiday Fest at Mill Creek Park! The trees will be strung with beautiful lights as we all count down from 10 to see the lights turn on for the season! There will be family friendly activities throughout the night including pictures with Santa!  
**Date:** Friday, Dec 7  
**Time:** 4:30pm-7:00pm  
**Location:** Mill Creek Park  
**Check our Facebook page for more details and updates “South Portland Parks and Recreation”**
**Nordic Ski Rental Fit Night**

Do your kids want to try Nordic Skiing this winter but you don't want to buy all of the equipment? The Outdoor Sports Institute offers a great opportunity to help kids stay active during the winter by leasing sets of skis, boots and bindings at an affordable rate. Participants must attend the fit night in order to get properly fitted for all equipment and to avoid having to exchange equipment later in the season. Unfortunately, we will not be able to accommodate any registrations after December 19.

**Date:** Wednesday, Dec 19  **Time:** 5:30pm-6:30pm  **Grade:** K-8  **Location:** SPCC - Senior Wing  
**Cost:** Resident $75.00/Non-resident $85.00  **Coordinator:** April Bolstridge

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**Twilight Family Snowshoe Adventure Series**

Come discover South Portland's many hidden trails! Bring your family along for a guided snowshoe at various South Portland locations. Come to one event or come to them all! We have limited snowshoes, so if you need to borrow a pair contact April Bolstridge at abolstridge@southportland.org or (207) 767-7650 extension 7811. Kids under 12 must be accompanied by a parent. Participants will need to bring a headlamp or flashlight.

**Long Creek Trail Twilight Snowshoe**

**Date:** Wednesday, Jan 16  **Time:** 6:00pm–7:00pm  
**Location:** Meet at the end of Lydia Lane.  
**Cost:** FREE but MUST PRE-REGISTER by Tuesday, Jan 15  
**Age:** 5+  
**Coordinator:** April Bolstridge

**Clark’s Pond Trail Twilight Snowshoe**

**Date:** Wednesday, Jan 30  **Time:** 6:00pm–7:00pm  
**Location:** Meet at the kiosk on the Lawn and Garden side of Home Depot.  
**Cost:** FREE but MUST PRE-REGISTER by Tuesday, Jan 29  
**Age:** 5+  
**Coordinator:** April Bolstridge

**South Branch Trail Twilight Snowshoe**

**Date:** Wednesday, Feb 13  **Time:** 6:00pm–7:00pm  
**Location:** Meet in the parking lot behind Cinemagic.  
**Cost:** FREE by MUST PRE-REGISTER by Tuesday, Feb 12  
**Age:** 5+  
**Coordinator:** April Bolstridge

**Dow’s Woods Trail Twilight Snowshoe**

**Date:** Wednesday, Feb 27  **Time:** 6:00pm–7:00pm  
**Location:** Meet at the end of Preservation Lane (formerly Dow Road).  
**Cost:** FREE by MUST PRE-REGISTER by Tuesday, Feb 26  
**Age:** 5+  
**Coordinator:** April Bolstridge

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**Classic Nordic Ski Lessons – Youth & Adult**

Come explore your Maine roots by learning Nordic Skiing! This six week course will cover the basics of classic cross country skiing including equipment care, gliding skills, downhill and uphill skills, and downhill turns. Participants must bring their own equipment. South Portland offers seasonal ski rentals, but participants must attend the Fit Night on December 19 to obtain them. Min 4/Max 10

**Grades 6-8 Classic Nordic Ski Lessons**

**Dates:** Jan 12–Feb 16 (Feb 23 snow date)  
**Day:** Saturdays  **Time:** 2:00pm–3:00pm  
**Location:** South Portland Municipal Golf Course – Branch Library Parking Lot  
**Cost:** Resident: $30.00/Non-Resident: $40.00  
**Grades:** 6-8  
**Coordinator:** April Bolstridge

**Grades 3-5 Classic Nordic Ski Lessons**

**Dates:** Mar 2–Apr 6 (Apr 13 snow date)  
**Day:** Saturdays  **Time:** 2:00pm–3:00pm  
**Location:** South Portland Municipal Golf Course – Branch Library Parking Lot  
**Cost:** Resident: $30.00/Non-Resident: $40.00  
**Grades:** 3-5  
**Coordinator:** April Bolstridge

**Adult Classic Nordic Ski Lessons**

**Dates:** Mar 2-Apr 6 (Apr. 13 snow date)  
**Day:** Saturdays  **Time:** 9:00am–10:00am  
**Location:** South Portland Municipal Golf Course – Branch Library Parking Lot  
**Cost:** Resident: $30.00/Non-Resident: $40.00  
**Grades:** High School Students and Adults  
**Coordinator:** April Bolstridge
Winterfest 2019

Join us in celebrating the winter season at the annual Winterfest! This 2 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.

**Date:** Friday, Jan 25 and Saturday, Jan 26  
**Time:** Friday - TBA & Saturday – TBA  
**Locations:** Friday – Mill Creek Park & Saturday – Wainwright Recreation Complex  
Check out our Facebook page this winter for more details  
“South Portland Parks and Recreation” OR “South Portland Winterfest”

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**Annual Winterfest Cardboard Sled Contest**  
**Sponsored by the Parks, Recreation and Waterfront Department**

**Saturday, January 26**  
at 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.

*NEW this year!*

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**Judging Categories**

- Longest Ride Award - Start at the top of the hill and let’s see how far your sled will go
- Spirit Award - How creative can you make your sled!

**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*

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**Contest Details**

- **Date:** Saturday, January 26th  
- **Time:** Check in: 12:45pm  
  Contest: 1:00pm–2:00pm  
- **Location:** Wainwright Fields  
- **Coordinator:** April Bolstridge

Preregistration is required: Register at www sopoparksrec com  
For questions Contact April Bolstridge at abolstridge@southportland org or 767-7650  
Revised 10/24/18
**Kids Ice Fishing Derby**

Come out for our 4th 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.** Max: 20 children.

**Date:** Saturday, Feb 9  
**Time:** 8:00am–11:00am  
**Locations:** Hinckley Park  
**Cost:** $10.00 per child  
**Coordinator:** Michelle Erskine

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**Valentine’s Day Fireside Snowshoe**

Brrr, baby it’s cold outside! Come warm up with a snowshoe walk through Hinckley Park. Afterwards, snuggle up fireside while sipping hot cocoa or tea. We have limited snowshoes available, so if you need to borrow a pair contact April Bolstridge at abolstridge@southportland.org or 207-767-7650 extension 7811. Couples must register separately. **Min 4/Max 10**

**Date:** Feb 14  
**Time:** 7:00pm-8:00pm  
**Location:** Hinckley Park  
**Cost:** Resident $5.00  
Non-resident $10.00  
**Coordinator:** April Bolstridge

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**Dash For Cache**

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

**Date:** Apr 17-Jul 2  
**Day:** Wednesdays  
**Time:** 6:00am–9:00pm  
**Locations:** Various South Portland Parks & Trails  
**Cost:** FREE  
**Coordinator:** April Bolstridge

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**Boston Red Sox Family Trip**

South Portland Parks, Recreation and Waterfront is offering a fun bus trip to see the 2018 World Series Champions, The Boston Red Sox this spring! 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. We’ll stop for dinner on the way home. Cost of dinner is on your own. **Game info has not yet been released.** More information regarding this trip will be available this winter.

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**18th 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, Mar 9  
**Time:** 6:00pm-8:00pm  
**Location:** South Portland Community Center  
**Cost:** $12.00 per child, no charge for adults  
**Coordinator:** TBD

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**Earth Week**

Come join the South Portland Land Trust (SPLT) and the South Portland Parks and Recreation Department for an entire week of Earth-friendly events from April 20-April 27. In the past, SPLT has always run an Earth Day trash clean-up event. This year we are expanding to include several other events, too! With the growing concerns for our planet’s health we believe now is the time to step up and make an impact. We need your help! Keep an eye out for more details on our Facebook page and monthly newsletter.
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 attires 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's 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 will be held in the shallow end of the pool only, with use of the ramp, but no access to the deep end/diving board. Children under 10 must be accompanied and supervised by a swimmer 16 or older.

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.

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.
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.

Winter Swim Registration Dates
Residents may register ONLINE (or in person) beginning Monday, December 10th at 7am.
NON-Residents may register ONLINE (or in person) beginning Thursday, December 13th at 7am.

Spring Swim Registration Dates
Residents may register ONLINE (or in person) beginning Monday, March 4th at 7am.
NON-Residents may register ONLINE (or in person) beginning Thursday, March 7th at 7am.

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 when to come in and register.

2. Registrations will be accepted for our Winter swim lessons through the close of business on Wednesday, December 26th OR when classes are full. Spring swim lessons will accept swim registrations through the close of business on Wednesday, March 20th 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**

**Preschool I**
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!

**Preschool II**
Preschool Level II is designed for those 3-6 year olds who have taken Preschool I Lessons and clearly shown a higher level of ability and comfort in the water and have been recommended by staff to move on. Preschool II children must be able to put their faces in the water comfortably, swim with no assistance for short distance and float on their back with minimal support before entering the class. Participants will concentrate on more endurance swimming, back stroke, underwater swimming, and beginners diving. Skills at this level are performed independently.

**Preschool III**
Preschool Level III is built on the skills learned in Preschools Level I & II by providing additional guided practice of basic aquatic skills at slightly more proficient performance levels and greater distances and times. When these children turn 6 years old and enter Progressive level 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...3 year old children may be in Parent & Child OR Preschool 1 lessons. Please consult with Aquatic Supervisors, Lesley or Robert, if you have any questions about which level to start with.

*Age is just one factor for entering into our Preschool Swim lessons program*

*Fee: $50 residents/ $60 non-residents*

**Winter 2019 Session:**

**Saturdays, January 5th–February 16th**
- Time: 8:00am-8:30am (Preschool 1)
- Time: 8:30am-9:00am (Preschool 3)
- Time: 9:00am-9:30am (Preschool 1)
- Time: 9:30am-10:00am (Preschool 1)
- Time: 10:00am-10:30am (Preschool 2)
- Time: 10:30am-11:00am (Preschool 3)
- Time: 11:00am-11:30am (Preschool 1)

**Sundays, January 6th–February 17th**
- Time: 2:00pm-2:30pm (Preschool 2)
- Time: 2:30pm-3:00pm (Preschool 1)
- Time: 3:30pm-4:00pm (Preschool 2)

**Tuesdays, January 8th–February 19th**
- Time: 9:00am-9:30am (Preschool 1)
- Time: 9:30am-10:00am (Preschool 1)
- Time: 6:00pm-6:30pm (Preschool 1)
- Time: 6:30pm-7:00pm (Preschool 2)

**Wednesdays, January 2nd–February 13th**
- Time: 9:00am-9:30am (Preschool 1)
- Time: 9:30am-10:00am (Preschool 1)
- Time: 1:00pm-1:30pm (Preschool 2)
- Time: 1:30pm-2:00pm (Preschool 3)

**Fridays, January 4th–February 15th**
- Time: 9:00am-9:30am (Preschool 1)
- Time: 9:30am-10:00am (Preschool 1)

**Spring 2019 Session:**

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

**Sundays, March 31st–May 19th** (NO class on Easter 4/21/19)
- Time: 2:00pm-2:30pm (Preschool 2)
- Time: 2:30pm-3:00pm (Preschool 1)
- Time: 3:30pm-4:00pm (Preschool 2)

**Tuesdays, April 2nd–May 14th**
- Time: 9:00am-9:30am (Preschool 1)
- Time: 9:30am-10:00am (Preschool 1)
- Time: 6:00pm-6:30pm (Preschool 1)
- Time: 6:30pm-7:00pm (Preschool 2)

**Wednesdays, April 3rd–May 15th**
- Time: 9:00am-9:30am (Preschool 1)
- Time: 9:30am-10:00am (Preschool 1)
- Time: 1:00pm-1:30pm (Preschool 2)
- Time: 1:30pm-2:00pm (Preschool 3)

**Fridays, April 5th–May 17th**
- Time: 9:00am-9:30am (Preschool 1)
- 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.

**Fee:** Residents $50.00/Non-Residents $60.00

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**Adult Swim Lessons**

We are offering Beginner, as well as Advanced Swim Lessons (“Stroke Refinement Clinic”) for adult swimmers (14+). These skill-appropriate classes are offered to promote comfort and fundamentals while working through stroke development and proficiency.

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

**Fee:** Residents: $50.00/Non-Residents: $60.00

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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.

**Minimum age is 6 years old (with no exception)**

**Spring 2019 Session:**
Date: Tuesdays, Apr 2–May 14  
Time: 6:00pm–7:00pm  
**Resident Fee:** $50.00  
**Non-Resident Fee:** $60.00

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**American Red Cross LIFEGUARDING Classes**

Register today for an American Red Cross Lifeguard Course to learn lifesaving skills to help keep people safe in, on and around the water. Skills taught included CPR, how to respond in an emergency, and proper technique for rescues in the water. These jobs are in high demand! Plus, the American Red Cross certification is recognized nationwide so you can work anywhere in the U.S.

**Course Length:** approx. 20-22 hours  
**Cost:** Resident Fee: $225.00/Non-Resident Fee: $250.00

These classes will be taught by Michael Carter.  
**Minimum age is 15 years old, by the conclusion of the course (with no exception)**

**March 2019 Session**
**Course Dates:**
- Friday, Mar 15 5pm-9pm  
- Saturday, Mar 16 8am-4pm  
- Sunday, Mar 17 8am-4pm

**June 2019 Session**
**Course Dates:**
- Friday, May 31 5pm-9pm  
- Saturday, Jun 1 8am-4pm  
- Sunday, Jun 2 8am-4pm
Participants in the youth progressive swim program must be a minimum of 6 years old. All swimming abilities are welcome to participate in this American Red Cross Learn-to-Swim program. Because of space and staff limitations, children must be registered for the proper level. Our aquatic staff will gladly assist you in determining the best level for your child. Placement will be verified during the first class meeting and the staff will do their best to accommodate necessary level switches. In the event we are unable to do so, based on class size limits or timing, we can offer a full class refund or credit to be used towards a following session.

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

Level 1: Introduction to Water Skills
OBJECTIVE: To help students feel comfortable in the water and learn how to enjoy the water safely. Lessons include: Basic water safety rules, using a life jacket, submerging mouth, nose, and eyes, swimming on front and back using arm and leg actions, exhaling underwater, and floating on front and back.

Level 2: Fundamental Aquatic Skills
OBJECTIVE: To give students success with fundamental skills. Prerequisites include ability to fully submerge face for a minimum of 3 seconds, float on back and front with 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 combined strokes on front and back, recognizing swimmers in distress and getting help.

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 5 yards. Being able to roll from front to back and back to front. Feel 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 dice from side of pool, survival floats, and retrieving underwater objects.

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 10 yards, elementary backstroke for a minimum of 10 yards and front dive. Skills introduced include: breaststroke, elementary backstroke, butterfly, and sidestroke, 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: open turns, front and backstroke flip turns, standing dives and survival swimming, along with endurance swimming and more complex rescue safety topics.

ARC Learn to Swim Dates and Times
For children ages 6-14 years old
Fee: $50 residents/ $60 non-residents

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<tr>
<th>Winter 2019 Session</th>
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<tr>
<td><strong>Saturdays, Jan 5-Feb 16</strong></td>
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(ARC Swim Lesson Information)
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 Kara Ciampi via email at kara@ciampimail.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/Non-Residents $100

Winter 2018 Session: November 26th – February 15th

Holidays: 12/24, 12/26, 12/31, 1/2/19 & 1/21/19 (NO practice)

Evaluation: Tuesday, November 20th at 6pm
(for those who are new OR have not been involved in the past year)

Online Registration:
Wednesday, November 21st  for residents starting at 7am
Friday, November 23rd  for non-residents starting at 7am

Spring 2019 Session: March 4th – May 17th

Swim Meet: Friday, 5/17
No Practice: 4/15/19 & 4/17/19

Evaluation: Tuesday, February 26th at 6pm
(for those who are new OR have not been involved in the past year)

Online Registration:
Thursday, February 28th  for residents starting at 7am
Friday, March 1st  for non-residents starting at 7am

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. If you are interested in this program, please contact Head Coach Kara Ciampi via email at kara@ciampimail.com.

Practice Nights are Mondays and Wednesdays 7:00pm–8:30pm

Cost: Residents $90/Non-Residents $100

Winter 2018 Session: November 26th – February 15th

Holidays: 12/24, 12/26, 12/31, 1/2/19 & 1/21/19 (NO practice)

Online Registration:
Wednesday, November 21st  for residents starting at 7am
Friday, November 23rd  for non-residents starting at 7am

Spring 2019 Session: April 1st – May 17th

Swim Meet: Friday, 5/17

Online Registration:
Thursday, March 21st  for residents starting at 7am
Friday, March 22nd  for non-residents starting at 7am
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!

Min 4/ Max: 8 participants

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

Spring 2019 ONLY!

Dates: Saturdays, Mar 30–May 11
Time: 11:00am-11:45am

Dates: Tuesdays, April 2–May 14
Time: 7:45am–8:30am

Dates: Thursdays, Apr 4–May 16
Time: 8:00am-8:45am

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.

Big Thanks

To Our 2018 Fall Rec Soccer Coaches!

Dave Sinclair
Shirah O’Connell
Dan Beaulieu
Julian Klenda
Jessica Duffy
Richard Baker
Brad Durost
Jeremy Benn

Peter Ingram
Alexis Westin
Ryan Clyde
Amy Kinner
Tom Mauldin
John Porter
Brendan Westin
Rachel Patterson
Patrick Blais

Kathryn Wallace
Kate Rutherford
John Carmellini
Lucas Myers
Kurt Whited
Norma Smith
Desiree Bryant
Joanna Russell

207-767-7650 • www.sopoparksrec.com
What does your job entail with South Portland Parks, Recreation and Waterfront?
I am the Park Ranger/Recreation Supervisor for the city. My main duty is to patrol South Portland parks and educate visitors about the responsible use of our public lands. Target areas include Mill Creek for waterfowl feeders, and Willard Beach and Hinckley Park for dog owners concerning voice control and picking up after their pets. I also run recreational programs that are geared towards enjoying South Portland’s parks and trails.

How did you get started in this Field?
I started working in parks as a gate attendant while pursuing a Bachelor of Science degree in Parks, Recreation and Tourism at the University of Maine. I worked my way up in Maine State Parks as an Assistant Park Ranger and volunteering in Acadia National Park as a Ridge Runner. Upon graduating college, I worked as a Campground Park Ranger and then a Roving Ranger in Baxter State Park. I took a couple of years off to pursue thru-hiking the Appalachian Trail in 2014 and the Pacific Crest Trail in 2016.

What do you like most about your job?
I love that I am able to get out in the parks and connect with local and visiting outdoor enthusiasts.

What do you like most about South Portland?
South Portland has very active citizens who take ownership of their parks and trails. There is a lot of green space here.

What is your favorite park in South Portland?
This is a hard question! I will say Bug Light Park because of it’s rich history, beautiful scenery and your ability to watch the harbor traffic. My favorite trail is Dow’s Woods Trail because it is a quiet oasis for both people and wildlife.

Tell us about projects or programs you are working on.
You can find many new programs that I am running in this brochure. These include Cross Country Skiing Lessons, Twilight Snowshoeing, Plogging, Dash for Cash, Geminids Sky Party and many more! I hope to give people a reason to love winter. I am also working with the South Portland Historical Society to put together a self-guided interpretive walk.

What do you do for fun?
For fun, I do a lot of hiking/backpacking, mountain biking and skate skiing. My main motivation is the scenery, which I love to photograph. I am an avid reader of fantasy, and I enjoy listening and dancing to live local music with my friends. I’m a big astronomy nerd, so I like to view the night sky and think about astrophysics and infinity. Those meteor showers sure put on a good show!

What is your favorite food?
Dark chocolate… I buy it by the pound!

What is your favorite restaurant?
My favorite South Portland restaurant is Taco Trio. You can’t beat those burritos!

What’s on your song list now?
My most recent discovery has been the band Fruition; I really enjoy their song “The Meaning”. “The Stable Song” by Gregory Alan Isakov and “Fire and Rain” by James Taylor are both good tear-jerkers. I’m constantly listening to every song ever put out by Nickel Creek, Fleetwood Mac’s “Rumours” album and Thievery Corporations “The Richest Man in Babylon” album. Admittedly, I listen to a lot of pop/hip-hop on the radio, too.

What is your favorite sports team:
The Holyhead Harpies

What is your favorite sport to play?
Cornhole

What is your favorite hobby?
My favorite hobby is definitely reading. When I am unable to read a book, because I am doing something active, I will often listen to an audio book!

How can people get in touch with you if they have a question?
I can be reached via email at abolstridge@southportland.org or you can find me out patrolling in South Portland’s many parks.
The South Portland Parks, Recreation & Waterfront Staff Emails

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Karl Coughlin
Deputy Director
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Anthony Johnson
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Jordan Keller
Teen Center Coordinator
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Jenee Nadeau
Youth Program Recreation Coordinator
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Rick Perruzzi
Recreation Manager
eperruzzi@southportland.org
Spring Bug Light Park Classic Car Show

NEW THIS YEAR! Thousands of people head to Bug Light Park every fall for our Bug Light Car show. We thought it was time to add another one in the Spring. Head down to Bug Light Park to enjoy over 200 Classic Cars and Motorcycles, Music, food, and prizes!

Event Details
Date: Wednesday, May 29 (rain date: Wednesday, Jun 5)
Time: 4:30pm-Sunset  Location: Bug Light Park
Check our Facebook Page for more details and updates
“South Portland Parks and Recreation”