

South Portland Municipal Pool Schedule **October 1st -November 20th 2021**

Please review other side of this calendar for important information, including schedule adjustments and special events!

Please stop by and visit us at
21 Nelson Road 767-7650
Or check us out online at:
www.sopoparksrec.com

Daily Fees:

SP Residents: Adults \$4
Children/ Seniors 60+ \$3
Non-Residents: Adults \$5
Children/ Seniors 60+ \$4

****=Reminder: maximum of 30 patrons using the pool at any one time!**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	CLOSED	CLOSED
7 AM	Lap Swim & Deep Water Aerobics	Lap Swim & Hydro Fitness (@6:45am) *lanes close at 7:45am	Lap Swim & Deep Water Aerobics	3 lap lanes at 7-9am & Hydro Fitness at 6:45-7:30 AM & J.A.M. at 7:45-8:30AM	Lap Swim & Deep Water Aerobics		
8 AM	Shallow Water Aerobics (no laps available)	J.A.M & Stroke Refinement Clinic only (starting at 7:45am)	Shallow Water Aerobics (no laps available)		Shallow Water Aerobics (no laps available)		
9 AM	Open Swim w/ laps	Swim lessons + 3 lap lanes (@8:30am)	Swim lessons + 3 lap lanes	Swim Lessons only (closed to public)	Open Swim w/ laps	Swim Lessons only	RENTAL 10-11am
10 AM		Scarborough Schools (closed to public)	Open Swim w/ laps	Open Swim w/ laps			
11 AM	Senior Swim	Senior Swim	Senior Swim	Senior Swim	Senior Swim		
12 pm	Open Swim w/ laps 12-2:45pm (no diving board)	Open Swim w/ laps 12-4pm (no diving board)	Open Swim w/ laps 12-2:45pm (no diving board)	Open Swim w/ laps 12-4pm (no diving board)	Open Swim w/ laps 12:00-3:00pm (no diving board)	Open Swim w/ board (no laps)	Swim Lessons only
1 PM						RENTAL 1-2pm	
2 PM			RENTAL 2-3pm				
3 PM	Open Swim (NO laps) & HS Prep Team		Open Swim (NO laps) & HS Prep Team		Maintenance Pool CLOSED	CMA (3-4:30pm)	Adult BEGINNER lessons + 2-3 lap lanes
4 PM	CMA (closed to public)	CMA (closed to public)	CMA (closed to public)	SoPo Afterschool Adventures 4-5pm CMA 5-6pm (closed to public)	CMA (closed to public)	CLOSED	Deep Water Aero + 2-3 lap lanes
5 PM							
6 PM	RipTide Swim Team	Swim Lessons only	RipTide Swim Team	Swim Lessons only	Open Swim w/ Diving Board & 2-3 lap lanes		
7 PM	Deep Water Aero/ RipTide PLUS	Shallow Water Aero (no laps)	Deep Water Aero/ RipTide PLUS	Shallow Water Aerobics (no laps)			
8 PM	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Stroke Refine. + 3 lap lanes (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	CLOSED	

South Portland Municipal Pool Schedule **October 1st -November 20th 2021**

Please review other side of this calendar for important information, including schedule adjustments and special events!

Please stop by and visit us at
21 Nelson Road 767-7650
Or check us out online at:
www.sopoparksrec.com

Daily Fees:

SP Residents:	Adults \$4
	Children/ Seniors 60+ \$3
Non-Residents:	Adults \$5
	Children/ Seniors 60+ \$4

****=Reminder: maximum of 30 patrons using the pool at any one time!**

***Due to staffing responsibilities, the last swim of the day will end 10 minutes before the hour. Additionally, the pool staff may need to end any swim 5 minutes before the hour to set up for anticipated programming. Thank you for understanding and planning your workouts accordingly.**

Pool Party Rentals:

Rentals for Saturday afternoons and Sunday mornings can be completed online. Check it out at www.sopoparksrec.com and contact the Customer Service Desk with any questions about this process.

Youth and Adult Fall Swim Lessons start/end dates:

Saturdays: 10/2 – 11/13 Sundays: 10/3 – 11/14
Tuesdays: 10/5 – 11/16 Wednesdays: 10/6 – 11/17
Thursdays: 10/7 – 11/18 (NO classes on 11/11)

COVID/SPACING RESTRICTION:

Due to the increase in COVID numbers, the pool will be restricted to **30 patrons at a time!**
First come, First serve!

Definition of Swims:

SENIOR ONLY SWIM: (ages 60+ only). There will 3 lap lanes AND a large open space for exercising. The ramp will be accessible.

LAP SWIM: When possible, all 6 lanes in the pool. Lanes will be designated for FAST, MODERATE, and SLOW swimming speeds for CIRCLING SWIMMING only. Lifeguards can assist you in finding an appropriate lane. (6am is for 18+ adults only)

OPEN SWIM: up to 30 patrons are allowed to use the pool and spa. Some swims will restrict use of the board or lap lanes, so please note on the schedule whether lap lanes or the diving board (or BOTH) will be open.