

South Portland Municipal Pool Schedule January 3rd-February 26, 2023

Daily Fees:

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

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM	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	Lap Swim & Deep Water Aerobics	Lap Swim & Hydro Fitness	Lap Swim & Deep Water Aerobics		
8 AM	Shallow Water Aerobics (no laps available)	J.A.M (ends at 8:45) & Stroke Refine Clinic	Shallow Water Aerobics (no laps available)	J.A.M (ends at 8:45) & 2 lap lanes	Shallow Water Aerobics (no laps available)		
9 AM	Open Swim w/ laps 9-11am	Swim lessons & 3 lap lanes	Swim lessons & 3 lap lanes	Swim Lessons only (closed to public)	Open Swim w/ laps 9-10am	Swim Lessons 9-12pm	Swim Lessons 10-12pm
10 AM		Scarborough Schools (closed to public)	Open Swim w/ laps 10-11am	Open Swim (NO laps) & SPHS Swim Club	Open Swim (NO laps) & SPHS Swim Club		
11 AM	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm	Senior Swim 60+ only 11-12pm		
12 pm	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)	Open Swim w/ board (NO laps)	Open Swim w/ board (NO laps)
1 PM						RENTAL 1-2pm	Swim Lessons 1-3pm
2 PM						RENTAL 2-3pm	
3 PM	SPHS Swim & Dive Team 3-5pm	SPHS Swim & Dive Team 3-5pm	SPHS Swim & Dive Team 3-5pm	SPHS Swim & Dive Team 3-5pm & SoPo Kids Club 4-5pm	SPHS Swim & Dive team Swim Meets 3-7pm	CMA (closed to public) 3-4:30pm	Open Swim w/ laps (NO board)
4 PM							Adult BEGINNER lessons & Adult Open Swim
5 PM	CMA 5-6pm (closed to public)	CMA 5-6pm (closed to public)	CMA 5-6pm (closed to public)	CMA 5-6pm (closed to public)			
6 PM	RipTide Swim Team	Swim Lessons only 6-7pm	RipTide Swim Team	Swim Lessons only 6-7pm		CLOSED	CLOSED
7 PM	Deep Water Aero & RipTide PLUS	Shallow Water Aero + 2-3 lap lanes	Deep Water Aero & RipTide PLUS	Shallow Water Aero + 2-3 lap lanes	Maintenance 7-8pm Pool CLOSED		
8 PM	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	Stroke Refine. & lap lanes (closing at 8:50pm)	Lap Swim (closing at 8:50pm)	CLOSED	

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***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.**

CLOSURES:

Monday, 1/2-New Year's Day observed

Monday, 1/16-MLK Day

Monday, 2/20-President's Day

Pool Party Rentals:

Rentals for Saturday afternoons 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 WINTER swim lessons dates:

Saturdays: 1/7 – 2/18 Sundays: 1/8 – 2/19

Tuesdays: 1/3 – 2/14 Wednesdays: 1/4 – 2/15

Thursdays: 1/5 – 2/16

Definition of Swims:

SENIOR ONLY SWIM: (ages 60+ only). There will be 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: Enjoy some fun in the pool by yourself or with friends and family. 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. **Sunday at 4pm is for adults only please!**