

South Portland Municipal Pool Schedule June 27-August 19, 2022

Swim/Class Fee:

Please review other side of this calendar for important information regarding this calendar!

Please stop by and visit us at:
21 Nelson Road 207-767-7650
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 (circle Swim)	Adult Lap Swim (circle Swim)	Adult Lap Swim (circle Swim)	Adult Lap Swim (circle Swim)	Adult Lap Swim (circle Swim)	SPCC CLOSED	SPCC CLOSED
7 AM	Deep Water Aero & Lap Swim	Hydro Fitness & Lap Swim	Deep Water Aero & Lap Swim	Hydro Fitness & Lap Swim	Deep Water Aero & Lap Swim		
8 AM	Shallow Water Aerobics (no laps)	J.A.M. & Stroke Refinement Clinic	Shallow Water Aerobics (no laps)	J.A.M. & 3 lap lanes	Shallow Water Aerobics (no laps)		
9 AM	Swim Lessons (level 1-5) & 2 lap lanes	Swim Lessons Preschool & Parent/Child Babies	Swim Lessons (level 1-5) & 2 lap lanes	Swim Lessons Preschool & Parent/Child Toddlers	Open Swim w/ 2-3 lap lanes NO diving board		
10 AM							
11 AM	SENIOR only swim	SENIOR only swim	SENIOR only swim	SENIOR only swim	SENIOR only swim		
12 pm	Open Swim w/ 2-3 lap lanes	Open Swim w/ 2-3 lap lanes	Open Swim w/ 2-3 lap lanes	Open Swim w/ 2-3 lap lanes 12-2pm	Open Swim w/ 2-3 lap lanes		
1 PM	SP Rec Camp (closed to public) 1-2pm	SP Rec Camp (closed to public) 1-3pm	SP Rec Camp (closed to public) 1-3pm		SP Rec Camp (closed to public) 1-3pm		
2 PM	Open Swim Diving board open/NO laps 2-4pm	Open Swim Diving board open/NO laps	Open Swim Diving board open/NO laps	Open Swim Diving board open/NO laps 2-4pm	Open Swim Diving board open/NO laps		
3 PM							
4 PM	CMA Swim practice	CMA Swim practice	CMA Swim practice	CMA Swim practice	Maintenance		
5 PM							
6 PM	RipTide & RT+ swim practice	Preschool Swim Lessons & Dive Lessons	RipTide & RT+ swim practice	Swim Lessons Levels 1-4	SPCC CLOSED		
7 PM	Deep Water Aero & 2-3 lap lanes	Shallow Water Aero & 2-3 lap lanes	Deep Water Aero & Adult Beginner Lessons	Shallow Water Aero & 2-3 lap lanes			
8 PM	Lap Swim *close at 8:50pm	Lap Swim *close at 8:50pm	Lap Swim *close at 8:50pm	Lap Swim & Stroke Refinement Clinic *close at 8:50pm			

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

SUMMER HOURS:

The pool will be open 6am-8:50pm M-Th and 6am-4pm on Fridays.
We are closed on the weekends from Memorial Day through Labor Day.

Holiday Closure:

Monday, 7/4

SPCC Shutdown:

8/20-9/5 (reopening on Tuesday, 9/6/22)

Definition of Swims/Classes:

Hydro Fitness- This 7-7:55am (T/Th) class will consist of a blend of Deep Water, Shallow Water and joint mobility-based exercises. Both the deep end and shallow end of the pool are used as we move through cardio, strength and flexibility exercises.

J.A.M. - This 8-8:45am (T/Th) class will consist of a variety of low-impact, water-based exercises and movements for those who experience stiffness and discomfort with day-to-day activities. We will focus on improving range of motion, balance, flexibility, along with muscle strength. This class uses both the shallow and deep ends of the pool during the 45 minute workout.

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

OPEN SWIM: Children must be 10yo to swim without an adult (16+). Exceptions can be made by the Aquatic Supervisor on duty. Please note on the schedule whether lap lanes or the diving board (or BOTH) will be open. Some swims will restrict use of the board or lap lanes.

WILLARD BEACH is OPEN!

Guarded: 9a-5p daily

Restrooms: 7a-5p daily