

# South Portland Municipal Pool Schedule **May 27<sup>th</sup> – June 24, 2022**

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

Daily Fees:

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6 AM</b>	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)	CLOSED	CLOSED
<b>7 AM</b>	Lap Swim + Deep Water Aerobics	Lap Swim + Hydro Fitness	Lap Swim + Deep Water Aerobics	Lap Swim + Hydro Fitness	Lap Swim + Deep Water Aerobics		
<b>8 AM</b>	Shallow Water Aerobics (no laps available)	Lap Swim + J.A.M.	Shallow Water Aerobics (no laps available)	Lap Swim + J.A.M.	Shallow Water Aerobics (no laps available)		
<b>9 AM</b>	Open Swim w/ laps 9-11am	Open Swim w/ laps	Open Swim w/ laps 9-11am	Open Swim w/ laps 9-11am	Open Swim w/ laps 9-11am		
<b>10 AM</b>		Scarborough Schools (closed to public)					
<b>11 AM</b>	Senior Swim 11-12pm	Senior Swim 11-12pm	Senior Swim 11-12pm	Senior Swim 11-12pm	Senior Swim 11-12pm		
<b>12 pm</b>	Open Swim w/ laps 12-4pm (no diving board)	Open Swim w/ laps 12-4pm (no diving board)	Open Swim w/ laps 12-4pm (no diving board)	Open Swim w/ laps 12-4pm (no diving board)	Open Swim w/ laps 12-3pm (no diving board)		
<b>1 PM</b>							
<b>2 PM</b>							
<b>3 PM</b>							
<b>4 PM</b>	CMA 4-6pm (Closed to public)	CMA 4-6pm (Closed to public)	CMA 4-6pm (Closed to public)	CMA 4-6pm (Closed to public)	Open Swim w/ board + 2 lap lanes 3-4:50pm		
<b>5 PM</b>					CLOSED		
<b>6 PM</b>	RipTide & RT+ Swim Clubs 6-7pm	Open Swim w/ diving board/no laps 6-7pm	RipTide & RT+ Swim Clubs 6-7pm	Open Swim w/ diving board/no laps 6-7pm	CLOSED		
<b>7 PM</b>	Deep Water Aero + 2-3 lap lanes	Shallow Water Aero + 2-3 lap lanes	Deep Water Aero + 2-3 lap lanes	Shallow Water Aero + 2-3 lap lanes			
<b>8 PM</b>	Lap Swim (circle swim) (closing at 8:50pm)	Lap Swim (circle swim) (closing at 8:50pm)	Lap Swim (circle swim) (closing at 8:50pm)	Lap Swim (circle swim) (closing at 8:50pm)		CLOSED	

**\*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.**

# South Portland Municipal Pool Schedule **May 27<sup>th</sup> – June 24, 2022**

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

Daily Fees:	
<b>SP Residents:</b>	Adults \$4 Children/ Seniors 60+ \$3
<b>Non-Residents:</b>	Adults \$5 Children/ Seniors 60+ \$4

## Summer Registration dates for lessons and swim club:

**RipTide and RT+ REGISTRATION** dates: Thurs 6/2 for residents at 7am & Fri 6/3 for non-residents at 7am

- Evaluation date for new swimmers: Wednesday, June 1<sup>st</sup> at 6pm!!

**Swim Lesson (youth and adult) REGISTRATION** dates: Mon 6/6 for residents at 7am & Thurs 6/9 for non-residents at 7am

*Join us for the **3<sup>rd</sup> Annual SoPo Youth Triathlon in honor of Nathan Savage**  
**on Saturday, June 25<sup>th</sup>!** Course/registration details in the brochure online.*

**Youth Lessons** will be offered in two summer sessions that are three weeks each. 6 classes per session/coming twice per week in the morning time. OR one lesson per week for 6 weeks in the evenings. There are no weekend summer lessons offered due to the building being closed.

The **Stroke Refinement Clinic** (ages 14+) will be offered on Tuesday mornings or Thursday evenings starting at the end of June. Adults must meet the pre-requisites to take this course.

**Adult Beginner lessons** (ages 14+) will be offered on Wednesday evenings starting at the end of June. If you want to learn to swim, this is the course for you!

**Check out the classes with specific dates/times/cost at [www.sopoparksrec.com](http://www.sopoparksrec.com)**

### **Frequent User Pass for 20 swims:**

**SoPo Resident:** Adult is \$60  
Youth/Senior is \$40

**Non-Resident:** Adult is \$80  
Youth/Senior is \$60