

South Portland Municipal Pool Schedule **May 26th – June 16, 2023**

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

	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)	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)	Lap Swim + J.A.M.	Shallow Water Aerobics (no laps available)	Lap Swim + J.A.M.	Shallow Water Aerobics (no laps available)		
9 AM	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		
10 AM		Scarborough Schools (closed to public)					
11 AM	Senior Swim 11-12pm	Senior Swim 11-12pm	Senior Swim 11-12pm	Senior Swim 11-12pm	Senior Swim 11-12pm		
12 pm	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 12-4pm (no diving board)		
1 PM							
2 PM							
3 PM							
4 PM	ABF 4-6pm (Closed to public)	ABF 4-6pm (Closed to public)	ABF 4-6pm (Closed to public)	ABF 4-6pm (Closed to public)	Maintenance 4-5pm		
5 PM					CLOSED		
6 PM	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			
7 PM	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			
8 PM	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)	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.**

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

Summer Registration dates for lessons and swim club:

RipTide and RT+ REGISTRATION dates: Thurs 6/1 for residents at 7am & Fri 6/2 for non-residents at 7am

- Evaluation date for new swimmers: Wednesday, May 31st at 6pm!!

Swim Lesson (youth and adult) REGISTRATION dates: Mon 6/5 for residents at 7am & Thurs 6/8 for non-residents at 7am

*Join us for the **4th Annual SoPo Youth Triathlon in honor of Nathan Savage***

***on Sunday, June 25th!** Course/registration details in the brochure and online.*

Youth Lessons will be offered this summer in a slightly shortened format due to our intended closure for a roof replacement. Please see the brochure for class specifics on dates/times and cost. 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

We will be CLOSED on Monday, June 19th honoring Juneteenth

Frequent User Pass for 20 swims:

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

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