

South Portland Municipal Pool Schedule **September 2022** (beginning 9/6/22)

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	Hydro Fitness at 7-7:55 AM J.A.M. at 8-8:45AM Lap lanes open 7-9 AM	Lap Swim/ Deep Water Aerobics	Hydro Fitness at 7-7:55 AM J.A.M. at 8-8:45AM Lap lanes open 7-9 AM	Lap Swim/ Deep Water Aerobics		
8 AM	Shallow Water Aerobics (no laps available)		Shallow Water Aerobics (no laps available)		Shallow Water Aerobics (no laps available)	Shallow Water Aero & 3 lap lanes 8-9am	
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	Open Swim w/ 2-3 lap lanes NO diving board 9-11am	Open Swim w/ 2-3 lap lanes WITH diving board 10-1pm
10 AM		Scarborough Schools					
11 AM	Senior Swim 11-12pm	Senior Swim 11-12pm	Senior Swim 11-12pm	Senior Swim 11-12pm	Senior Swim 11-12pm	Open Swim 2-3 lap lanes WITH diving board 11-1pm	
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 12-4pm (no diving board)	RENTAL 1-2pm	Open Swim w/ 2-3 lap lanes NO diving board 1-4pm
1 PM							
2 PM							
3 PM	Open Swim (NO laps) & HS Prep Team 2:45-4pm		Open Swim (NO laps) & HS Prep Team 2:45-4pm				
4 PM	CMA (Closed to public) 4-6pm	CMA (Closed to public) 4-6pm	CMA (Closed to public) 4-6pm	SoPo Kids Club (closed to public) 4-5pm	CMA (Closed to public) 4-6pm	CMA (3-4:30pm)	Lap Swim & Adult DROP-IN swim lessons 4-5pm
5 PM				CMA (Closed to public) 5-6pm			
6 PM	RipTide Swim Club	Open Swim w/ Diving Board + 2 laps	RipTide Swim Club	Open Swim w/ Diving Board + 2 laps	Open Swim w/ Diving Board & 2-3 lap lanes 6-8pm	CLOSED @5pm	CLOSED @6pm
7 PM	Deep Water Aero/ RipTide PLUS	Shallow Water Aerobics (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)	Lap Swim (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.**

Pool Party Rentals

Rental requests for Saturday afternoons at 1pm and 2pm can be completed online. Check it out at www.sopoparksrec.com and contact the Customer Service Desk with any questions about this process.

In SEPTEMBER ONLY...Adult DROP-IN SWIM LESSONS

On Sundays at 4pm (in conjunction with a Lap Swim), feel free to ask veteran swim staffers for support with learning to swim. Whether you have questions about making your strokes more efficient, how to build endurance OR have more basic questions about breathing in the water or how to float...we can help!

Fall Swim Lessons:

Youth Lessons will be offered, one lesson per week, starting in October. Our program will run for 7 weeks. Lessons will be offered during weekday mornings and evenings, as well as on Saturdays and Sundays. Check out the classes with specific dates/times/cost at www.sopoparksrec.com.

The **Stroke Refinement Clinic** (ages 14+) will be offered on Tuesday mornings, Thursday evenings or Sunday early evenings starting in October. Adults must meet the pre-requisites to take this course.

Adult Beginner lessons (ages 14+) will be offered on Sundays at 4pm beginning in October. If you want to learn to swim, this is the course for you!

Registration for all swimming lessons is... 9/12 for residents and 9/15 for non-residents.

Frequent User Pass (20 Swims)

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

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