

# South Portland Municipal Pool Schedule **September 2021** (beginning 9/7/21)

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

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

**\*\*=Reminder: maximum of 30 patrons using the pool at any one time!**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6 AM</b>	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	CLOSED	CLOSED
<b>7 AM</b>	Lap Swim/ Deep Water Aerobics	Hydro Fitness at 6:45-7:30 AM J.A.M. at 7:45-8:30AM Adult Swim at 7-9 AM	Lap Swim/ Deep Water Aerobics	Hydro Fitness at 6:45-7:30 AM J.A.M. at 7:45-8:30AM Adult Swim at 7-9 AM	Lap Swim/ Deep Water Aerobics		
<b>8 AM</b>	Shallow Water Aerobics (no laps available)		Shallow Water Aerobics (no laps available)		Shallow Water Aerobics (no laps available)	Shallow Water Aero (no laps)	
<b>9 AM</b>	Open Swim w/ laps	Open Swim w/ laps	Open Swim w/ laps	Open Swim w/ laps	Open Swim w/ laps	Lap Swim	RENTAL
<b>10 AM</b>		Scarborough Schools					
<b>11 AM</b>	Senior Swim	Senior Swim	Senior Swim	Senior Swim	Senior Swim	Open Swim NO lap/diving board open	Lap Swim
<b>12 pm</b>	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 12:00-3:00pm (no diving board)		
<b>1 PM</b>						RENTAL	
<b>2 PM</b>			Open Swim (NO laps) & HS Prep Team			Open Swim (NO laps) & HS Prep Team	
<b>3 PM</b>	Lap Swim & Adult DROP-IN swim lessons						
<b>4 PM</b>	CMA (Closed to public)	CMA (Closed to public)	CMA (Closed to public)	SoPo Afterschool Adventures 4:00-5:00PM CMA 5:00-6:00PM	CMA (Closed to public)		Deep Water Aero/ Shallow Open Swim
<b>5 PM</b>							
<b>6 PM</b>	Open Swim Diving Board + laps (ending 9/20)	Open Swim Diving Board + laps	Open Swim Diving Board + laps (ending 9/22)	Open Swim Diving Board + laps	Open Swim with Diving Board & 2-3 lap lanes	CLOSED	CLOSED
<b>7 PM</b>	Deep Water Aero/ RipTide PLUS	Shallow Water Aerobics (no laps)	Deep Water Aero/ RipTide PLUS	Shallow Water Aerobics (no laps)			
<b>8 PM</b>	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

Rentals for Saturday afternoons and Sunday (NEW!) mornings can be completed online. Check it out at [www.sopoparksrec.com](http://www.sopoparksrec.com) and contact the Customer Service Desk with any questions about this process.

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

The **Stroke Refinement Clinic** (ages 14+) will be offered on Tuesday mornings, Thursday evenings or Saturday mid-morning starting in October. Adults must meet the pre-requisites to take this course. Registration is 9/13 for residents and 9/16 for non-residents.

**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 is 9/13 for residents and 9/16 for non-residents.

### **Frequent User Pass (20 Swims)**

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

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