

South Portland Municipal Pool Schedule January 8th – February 27th, 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

Daily Fees:

SP Residents:

Adults \$4

Children/ Seniors 60+ \$3

Non-Residents:

Adults \$5

Children/ Seniors 60+ \$4

****=Reminder: maximum of 40 patrons using the pool at any one time!**

| | 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 | 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) | J.A.M & Stroke Refinement Clinic | Shallow Water Aerobics (no laps available) | J.A.M. & Lap Swim | Shallow Water Aerobics (no laps available) | Shallow Water Aero + 3 lap lanes | Lap Swim 10-11am |
| 9 AM | Open Swim w/ laps | Swim lessons + 3 lap lanes | Swim lessons + 3 lap lanes | Swim Lessons only (closed to public) | Open Swim w/ laps | Swim Lessons Only 9-12pm | |
| 10 AM | | Scarborough Schools (closed to public) | Open Swim w/ laps | Open Swim w/ laps | | | |
| 11 AM | Senior Swim 11-12pm | Senior Swim 11-12pm | Senior Swim 11-12pm | Senior Swim 11-12pm | Senior Swim 11-12pm | Open Swim w/ board (no laps) 11-1pm | Swim Lessons Only 1-4pm |
| 12 pm | Open Swim w/ laps 12-3pm (no diving board) | Open Swim w/ laps 12-3pm (no diving board) | Open Swim w/ laps 12-3pm (no diving board) | Open Swim w/ laps 12-3pm (no diving board) | Open Swim w/ laps 12-3pm (no diving board) | Open Swim w/ board (no laps) | |
| 1 PM | | | | | | RENTAL 1-2pm | |
| 2 PM | | | | | | RENTAL 2-3pm | |
| 3 PM | SPHS Swim & Dive Team 3-5pm | SPHS Swim & Dive Team 3-5pm | SPHS Swim & Dive Team 3-5pm | SPHS Swim & Dive Team 3-5pm | SPHS Swim & Dive Team 3-7pm | CMA 3-4:30pm (Closed to public) | Adult BEGINNER lessons + 2-3 lap lanes |
| 4 PM | | | | | | | |
| 5 PM | CMA 5-6pm (Closed to public) | CMA 5-6pm (Closed to public) | CMA 5-6pm (Closed to public) | CMA 5-6pm (Closed to public) | Maintenance 7-8pm Pool CLOSED | CLOSED | Stroke Refine Clinic + Adult only (18+) Open Swim |
| 6 PM | RipTide Swim Club | Swim Lessons only | RipTide Swim Club | Swim Lessons only | | | |
| 7 PM | Deep Water Aero + RipTide PLUS | Shallow Water Aero + 2-3 lap lanes | Deep Water Aero + RipTide PLUS | Shallow Water Aero + 2-3 lap lanes | | CLOSED | |
| 8 PM | Lap Swim (closing at 8:50pm) | Lap Swim (closing at 8:50pm) | Lap Swim (closing at 8:50pm) | Stroke Refine. Clinic + 3 lap lanes (closing at 8:50pm) | Lap Swim (closing at 8:50pm) | | CLOSED |

South Portland Municipal Pool Schedule January 8th – February 27th, 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

Daily Fees:

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

****=Reminder: maximum of 40 patrons using the pool at any one time!**

***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 can be completed online. Check it out at www.sopoparksrec.com and contact the Customer Service Desk with any questions about this process.

Holiday closures:

Monday, January 17th for Martin Luther King day

Monday, February 21st for President's Day

Sunday, January 30th –NO 10am Lap Swim due to a prior rental committment

Youth and Adult Fall Swim Lessons start/end dates:

Saturdays: 1/8-2/19

Sundays: 1/9-2/20

Tuesdays: 1/11-2/22

Wednesdays: 1/12-2/23

Thursdays: 1/13-2/24

Definition of Swims:

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

OPEN SWIM: up to 40 patrons are allowed to use the pool and spa. Some swims will restrict use of the board or lap lanes, so please note on the schedule whether lap lanes or the diving board (or BOTH) will be open. Sundays 5-6pm is for Adults only, please!!