

# South Portland Municipal Pool Schedule **March 2021**

Please review other side of this calendar for important information regarding our new swim/class format!

Please stop by and visit us at:  
21 Nelson Road 207-767-7650  
Or check us out online at:  
[www.sopoparksrec.com](http://www.sopoparksrec.com)

Swim/Class Fee:

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>6 AM</b>	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	<b>SPCC CLOSED</b>	<b>SPCC CLOSED</b>	
<b>7 AM</b>	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim			
<b>8 AM</b>	Shallow Water Aerobics	Deep Water Aerobics	Shallow Water Aerobics	Deep Water Aerobics	Shallow Water Aerobics			
<b>9 AM</b>	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim			Shallow Water Aerobics
<b>10 AM</b>	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim			Lap/Open Swim
<b>11 AM</b>	SENIOR only Lap/Open Swim	SENIOR only Lap/Open Swim	SENIOR only Lap/Open Swim	SENIOR only Lap/Open Swim	SENIOR only Lap/Open Swim			Lap/Open Swim
<b>12 pm</b>	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	
<b>1 PM</b>	Lap/Open Swim	Lap Swim & J.A.M. Fitness Class	Out-Of-School Rec Care Swim Time (closed to public)	Lap Swim & J.A.M. Fitness Class	Maintenance (pool closed)	Lap/Open Swim	Lap/Open Swim	
<b>2 PM</b>	Lap/Open Swim	Lap/Open Swim		Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	
<b>3 PM</b>	SPHS Swim/Dive Team practice * ending 3/8	SPHS Swim/Dive Team practice *ending 3/9	SPHS Swim/Dive Team practice *ending 3/10	SPHS Swim/Dive Team practice *ending 3/11	SPHS Swim/Dive Team practice *ending 3/12	<b>SPCC CLOSED</b>	Lap/Open Swim	
<b>4 PM</b>							Lap/Open Swim	
<b>5 PM</b>	CMA Swim practice	CMA Swim practice	CMA Swim practice	CMA Swim practice	CMA Swim practice		Deep Water Aerobics	
<b>6 PM</b>	Deep Water Aerobics	Shallow Water Aerobics	Deep Water Aerobics	Shallow Water Aerobics	Deep Water Aerobics		<b>SPCC CLOSED</b>	
<b>7 PM</b>	Lap Swim & Deep Water Aerobics	Lap/Open Swim	Lap Swim & Deep Water Aerobics	Lap/Open Swim	Lap/Open Swim			
<b>8 PM</b>	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim			

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

**\*SPHS swim & dive team** intend to end their season on 3/12. Once we have final confirmation of this date, we will open up the 3pm timeslots for Lap/Open swims and will send out an email blast to inform the public.

## **IMPORTANT points to know before using the pool:**

- Registration AND payment must be made online for each swim/class; **no refunds for missed sessions**
- Punch passes will not be honored at this time, due to constraints of our software system
- ALL swims and classes will be 45 minutes in length, allowing staff to sanitize before the next swim time
- 2 swimmers per lap lane and 15 aerobics participants per class
- The hot tub will be open during each timeslot. One guest or one household in at a time.
- Enter the building 5 min early, and use the computerized temperature scanner. Walk to the Family Locker rooms
- Masks are required **until you enter the water**; please put your mask on first, after exiting the water.
- Entrance to each timeslot will occur through the Family Locker room; please wait for the guard to take attendance
- Be ready to use the pool without changing...**swimsuits ON before you arrive, please!**
- Please **place your street shoes/boots in the trays** provided, when you enter the pool deck **NEW!!**
- Exit through the Mens and Womens (masks on) locker room. You may use the open lockers to change.
- No showering in the locker rooms. Showers have been turned off.
- Kickboards, pull buoys, noodles, toys and barbells WILL be available for use (sanitized after each timeslot)

**LAP/OPEN SWIM (defined):** there will be 6 lap lanes set up in the pool with two patrons allowed in each lane. Patrons may swim, exercise, stretch, walk or float in the lane, with equipment (if desired). Patrons may choose to split the lane (with each patron staying on one ½) or may choose to use a circle format. 45 mins is the allotted time, allowing the staff time for sanitizing between timeslots. Masks must be worn when arriving/departing the building, but not IN the pool.

**J.A.M. (Joint And Movement) (defined):** a group program that uses a variety of low-impact, water-based exercises and movements for those who experience stiffness and discomfort with day-to-day activities. We will focus on improving range of motion, balance, flexibility, along with muscle strength. Both the shallow and deep ends of the pool will be used, along with dumbbells, noodles, belts and other flotation and water-resistant devices.