

South Portland Parks, Recreation & Waterfront *2015 Summer Programs*



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PARK AND RECREATION COMMISSION
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South Portland Parks & Recreation 2015 Summer Program Brochure

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Our Mission

“Our mission is to provide, maintain and develop recreational facilities, open space and leisure opportunities that will enhance the well being of the citizens of the community.”

FYI

Financial Assistance Policy & Procedure

South Portland Recreation will process requests for financial assistance for residents of South Portland. Applications should be requested from, completed and returned to, our general office. Applicants will receive a written confirmation from our office within 4-5 business days if accepted. Financial assistance is not available for programs that have a fee of \$75.00 or less. We will provide a payment plan if needed. You must request financial assistance prior to the start of the program for which you are registering. We regret that we cannot provide financial assistance to anyone who has an outstanding balance for recreational programs. We will only process requests for financial assistance for current programs. Vacation camps will be processed one camp at a time.

Recreation Program Payment Policy

If the program fee is:

\$ 1.00 - \$ 50.00	full fee paid when you register
\$ 51.00 - \$100.00	minimum of 50% deposit
above \$100.00	minimum deposit of \$50.00

If you are registering for more than one program at the same time we will apply the above formula to each separate program. Participants will not be registered for a class until we have received a completed registration form and the minimum payment. Persons who have a balance due from a previous recreation program will not be allowed to enroll in additional programs until the remaining balance is paid in full. The above payment policy does not apply to programs offered at the Municipal Pool.

Redbank Teen Center Information

Check us out on Facebook
“South Portland Parks and Recreation Redbank Gym”
Free for South Portland Teens in Grades 6-12
Open Gym, Games, Movies, and More.

Summer Hours: June 22 - August 21, Monday- Friday 5:00 - 8:00pm
Dinner is served every night from June 22 - August 21 to children ages 18 and under. Schedule Changes Monthly

Green Scene

Every month on SPCTV (Channel 2 on TWC)
We present a new episode of

“The Green Scene”

Hosted by Parks, Recreation and Waterfront Director
Rick Towle

Get all the latest information on your
Parks, Recreation and Waterfront Department!

South Portland Parks, Recreation & Waterfront 2015 Summer Program Registration Information

Monday, April 27, 2015

ONLINE Registration for South Portland Residents begins at 7:00am

Wednesday, April 29, 2015

Walk -In Registration for South Portland Residents at 7:00am

Friday, May 1, 2015

Walk-in and ONLINE Registration begins for Non-Residents at 7:00am

Wednesday, May 6, 2015

ONLINE Registration for Summer Rec Camp begins at 8:00am

Friday, May 8, 2015

Walk-In Registration for Summer Rec Camp Begins at 8:00am

REGISTRATION: Pre-registration and pre-payment are required for all classes. For fall, winter and spring programs registrations by mail are accepted only after the first day of registration (unless stated otherwise). Individuals may register their own family and one other family for programs unless we have specified otherwise. *We do not accept phone registrations.*

NON-RESIDENTS: Persons who do not live in South Portland must pay an additional fee of \$10.00 per class. This includes senior citizen non-residents. If a non-resident senior is registering for a senior program (s) that costs less than \$15.00, there is no non-resident fee charged.

CONFIRMATIONS: We do not send course confirmations or reminders of enrollment. If you register for a program and do not receive a call from us, you have been accepted into the class.

REFUNDS: If we cancel a class or special event all fees will be refunded. If you withdraw 3 business days before the first class or one time event (excluding weekends & holidays), you will receive a full refund. If you withdraw fewer than 3 business days before the first class or one time event, you will receive a 50% refund. No refunds will be given if you cancel after the class or the one time event has taken place. If you are dissatisfied with a program after the first class of a session, you must let us know before the second class of the session. We will issue a 50% refund at this time. No refunds will be given after the second class of a session. Refunds take about 14-21 days to process. We do not provide cash refunds. If injury occurs to a participant that prevents the participant from continuing in a class, you may request a pro-rated refund of the activity fee.

TRIP REFUNDS: If South Portland Recreation cancels a trip we will refund all fees to the participant. If the participant notifies us 3 or more business days before the scheduled trip we will issue a full refund unless otherwise noted in the brochure. If the participant notifies us fewer than 3 business days before the scheduled trip we will issue a 50% refund. No refunds will be given the day of the trip or after the trip is held.

INCLUSION: South Portland Recreation provides reasonable accommodations to qualified individuals with disabilities. In order to accommodate your needs a request must be made at least 10 days prior to the first day of the program.

SOUTH PORTLAND SENIOR CITIZENS: We offer South Portland residents, age 60 and over, a 20% discount on the price of most of our adult programs. This discount does not apply to senior programs unless it is otherwise stated. We occasionally have an adult program where this discount does not apply.

South Portland Youth Football REGISTRATION

South Portland Youth Football (SPYF) is a non-profit booster group for the South Portland Youth, Flag and Middle School Football Teams.

The SPYF provides organizational services, raises funds, and oversees all aspects of the program. The SPYF works closely with, but is not a part of South Portland Recreation Department and South Portland School System.

- Online Registration starting April 1st (\$20 late fee after June 1st)
- Grades 2-8 (2015)
- NEW K-3 NFL FLAG Football
- Cost: \$90 Youth /\$125 Middle School /\$25 Flag
- Practice 3 times weekly—games on Saturdays
- Players issued all required equipment.
- USA Football "Heads Up Football" Program & Coach Certified

Register now at:

<http://spyf.sportsoffice.com/>



For more information:
207.409.3203 or
www.southportlandfootball.com

Walking Track Information

If the Community Center is open, the track is available for your use. Occasionally, there are times that the track may be closed to the public. We will provide as much advance notice as possible when this occurs. Please bring your walking shoes with you and put them on once you are inside the Community Center. 12 laps around the track is equal to 1 mile.

The track is free for South Portland Residents. Non-residents under the age of 55, must pay \$1.00 each time they use the track. Payment is made at the front desk when you sign in. Non-residents

over the age of 55 do not need to pay to use the track. The track schedule and guidelines are published each month and copies are available at the Community Center or at our web site, which is www.southportland.org. We sell lap counters for \$5.00 each.

It is very important that you sign in AND out while using the walking track. Our sign-in sheet is located in the lobby at the Community Center. This information is very helpful for tracking the facility usage as well as building security issues.

Family & Special Events

Mill Creek Summer Concerts Series

All shows will begin at 6:30pm. In event of inclement weather, all postponements, cancellations and an alternative rain date will be announced on our Facebook page, "South Portland Parks and Recreation".

2015 Summer Schedule: All shows are from 6:30- 8:00pm

Wednesday, July 8th: The Mallett Brothers Band

Wednesday, July 15th: Duke

Wednesday, July 22nd: The Time Pilots

Wednesday, July 29th: The Substitutes

Wednesday, August 5th: Motor Booty Affair

Wednesday, August 12th: Don Campbell Band

The Mallett Brothers Band is an alternative/country/rock and roll band from Maine. Leaning slightly more rock than country, theirs is a musical melting pot that's influenced equally by folk, Americana, rock, punk and even psychedelic music. Led by brothers Luke and Will Mallett, with Brian Higgins on drums, Nick Leen on bass, and Wally on dobro and electric guitar, it's song-driven music that holds up under close listening but is equally apt to crank a room full of rockers into whiskey-fueled high gear.



Since forming in 2009, the band has released three full length albums and toured the country extensively, providing support for acts ranging from The Josh Abbot Band, Blackberry Smoke, Charlie Robison, and the Turnpike Troubadours to .38 Special, Toby Keith, Chris Cagle, and Travis Tritt. They've appeared on some of the most iconic stages in the country, including Nashville's Bluebird, Austin's Continental Club, and the Birchmere in Alexandria, to name a few.

Duke is a band made up of five guys from NH who play current country, rock and their own original stuff. Some popular country artist they will play are Jason Aldean, Luke Bryan and Tyler Farr. The group plays a variety of music in its shows, from classic rock and pop to indie rock, it has evolved into performing and writing new country music.



Time Pilots are a 7-piece dance party band. With male and female lead vocalists, saxophone, guitar, bass, keyboards and drums, Time Pilots play all of your favorite dance hits – from Frank Sinatra to Rihanna, and everything in between! Top 40, Oldies, R&B, Classic Rock, 80's, Disco, Jazz, Reggae, and anything else that gets people dancing and having fun, all with high energy and authenticity.

The Substitutes are 5-pieces of pure rock 'n' roll charisma, "The Best '60's + '70's Vintage rock 'n' roll" - Classic rock, British and American pop, and Psychedelic rock. This band was our headliner for our first ever South Portland Family 4th Celebration at Bug Light Park in 2014, and they are the 2014 winner of the Bentley's Saloon Battle of the Bands.





Motor Booty Affair has been lighting up stages across America with their 70's extravaganza for several years, continually improving on the show that has been dubbed "The Ultimate Disco Party Band". The music is infectious - the most danceable songs of all time. Motor Booty Affair consists of four funkateers straight from the Planet Funktar; Superfly, Spanish Fly, Sir Rumpus Funkberry and Cyclone Link Skywalker Jr. It is their mission to get the crowd groovin' as they deliver hits from Earth Wind & Fire, The Bee Gees, KC & the Sunshine Band, Chic, The Commodores, Barry White, Abba and more. The songs are authentically reproduced by these top-notch musicians with unsurpassed quality and attention to detail. MBA's stage show is energetic and peppered with 70's lingo jive talkin' and stage antics to make for an event you'll never forget. Make sure you bring your boogie shoes because no matter how big the dance floor is - it's always packed from the first song to the last. **RIGHT ON!**

Don Campbell Band Named Maine's Best Singer-Songwriter from 2004-2009 in the Maine Sunday Telegram Readers' Poll, Don Campbell and the Don Campbell Band entertain audiences with their charismatic blend of adult contemporary, country and lite rock music. Don has opened for Willie Nelson, Toby Keith (Gillette Stadium), Carrie Underwood, and many other country greats, and has released several original music CDs. He's a national winner of the Jim Beam Band Search and True Value/Colgate Country Showdown.



Bug light Summer Movie Series!

Thursdays in July... activities begin at 6pm... Movie starts at dusk (Approx.8:45pm)

July 9: Big Hero 6 • July 16: Wizard of Oz • July 23: Toy Story • July 30: Cinderella

Food Trucks will be available on site!!
Movies are FREE and Open to the Public.



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South Portland 2nd Annual Family 4th Celebration

Join us again this year at **BUG LIGHT PARK** as we do independence day family style! There will be family activities like corn hole, face painting and other fun stuff to do. The Substitutes will be providing the pre-fireworks entertainment starting at 7:00pm! Fireworks begin at approximately 9:15pm. Food trucks will be available for a variety of dinner and snack selections! Bring the family, lawn chairs, a blanket and don't forget the bug spray. **BUG LIGHT PARK WILL BE CLOSED TO TRAFFIC AT 4PM FOR THIS EVENT.** If the fireworks are canceled due to inclement weather, this event will take place on Sunday, July 5th.

Sponsored by Town and Country Federal Credit Union.



This event is FREE!



ART IN THE PARK
 Saturday, August 8th
 9am - 4pm
 Mill Creek Park
 No rain date

Afterschool Adventures!

An Afterschool Program for children in grades K-5

This program is available for South Portland residents only

Two locations available: Redbank Community Gym Transportation from Skillin School *Available Spaces: 30
South Portland Community Center: Transportation from Dyer, Kaler, Small & Brown Schools * Available Spaces: 45

Starting on Tuesday, September 8th (tentative): Monday - Friday, 3:00pm - 6:00pm (No program on school vacation weeks & early release days)

Registration will begin on: Wednesday, April 29th, 2015 ***Online Registration is not available for this program - Walk-in Only**

Cost: 2 days per week: \$36.00 • 3 days per week: \$51.00 • 4 days per week: \$64.00 • 5 days per week: \$75.00 (Best value!)

*Sibling discount: \$10.00 off 2nd child / 4 or 5 days, \$5.00 off 2nd child / 2 or 3 days

Registration fee of \$25.00

For More Information Contact: Pia Seddon, After School Coordinator • 767-7650 • pseddon@southportland.org

SUMMER REC CAMP INFORMATION

WEDNESDAY, MAY 6, 2015, AT 8:00AM

ONLINE REGISTRATION for Rec Camps for grades K-6 and Teen Extreme Camp will begin.

Friday, May 8, 2015, beginning AT 8:00am

Walk in registration will open on this date for Rec Camps for grades K-6 and
Teen Extreme Camp for grades 7 and 8.

These camps are for South Portland Residents only.

All registrations will be taken on a first come, first serve basis, both on-line and in person.

A \$300 deposit per camper is required at registration.

A camp registration form must be filled out for each camper. Registration forms are available at the Community Center or on our website at www.southportland.org

FRIDAY, JUNE 12, 2015

This is the registration deadline for Rec Camps for grades K-6 and Teen Extreme Camp. No registrations for the first week of camp will be accepted after June 12th. Campers who want to join Rec Camp or Teen Extreme Camp after the first week of camp must register by the Thursday of the previous week provided there is space available. We do not pro-rate the camp fees.

Little Riots Camp at Dyer Elementary School

For children entering grades K-2 in the fall of 2015

Hours: 7:30am - 5:00pm, Mon. - Fri.

Cost: \$550.00 includes all trip fees and a t-shirt

5th and 6th Grade Camp at Memorial MS

For children entering grades 5 & 6 in fall 2015

Hours: 7:30am- 5:00pm Mon. - Fri.

Cost: \$550.00 includes all trip fees and a t shirt

Big Riots Camp at Skillin Elementary School

For children entering grades 3 & 4 in the fall of 2015

Hours: 7:30am - 5:00pm Mon. - Fri.

Cost: \$550.00 includes all trip fees and a t-shirt

Teen Extreme at Redbank Community Gym

For children entering grades 7 & 8 in fall 2015

Hours: 7:30am- 5:00pm Mon.- Thurs.

Cost: \$550.00 includes most trip fees and a t shirt

Overnight trip is an additional \$125.00

(There will be camp for children who do not attend the overnight trip)

Camp Dates June 29- August 7th - No camp Friday, July 3

Open House Schedule: Thursday, June 25th for ALL CAMPS

Little Riots and Big Riots: 5:30-6:30pm / 5th and 6th grade camp/ Teen Extreme 6-7pm

Stop in and meet your child's counselor & get an updated camp calendar!

Junior Tennis

Junior tennis is offered for youth in grades 4-8th. This program offers beginners and intermediate tennis players the chance to freshen up their skills while having fun. Sessions will be held at the SPHS tennis courts. *Minimum of 8/maximum of 30.*

Junior Tennis - Saturdays

Date: May 30 – June 27 **Time:** 9:00-10:00am **Cost:** \$45.00

Start Smart Tennis

Start Smart Tennis is a developmentally appropriate introductory tennis program for children **4-5 years old**. This program prepares children and their parents for organized tennis without the threat of competition or the fear of getting hurt in a fun non-threatening environment. Age appropriate equipment is used in teaching ground strokes, serving, volleying and running/agility. We will be offering this program at the HIGH SCHOOL tennis courts. In case of inclement weather Start Smart tennis may be canceled. Sorry, we are unable to make up classes. Appropriate size racquets are available for use. **A parent/adult must accompany each child to every class and may be asked to participate with them.** *Minimum of 6/Maximum of 14 per class*

Start Smart Tennis 1: June 29 - August 5
Ages: 4 & 5 attend class on Monday & Wednesday
Time: 8:30 - 9:15am **Cost:** \$50.00

Start Smart Tennis 2: June 29 - August 5
Ages: 4 & 5 attend class on Monday & Wednesday
Time: 9:15 - 10:00am **Cost:** \$50.00
Coordinator: Elizabeth Scifres

Quickstart Tennis

Quickstart is a program designed by the United States Tennis Association. It's a format to help kids be successful as they learn to play tennis. Children will play across the width of a normal tennis court with a portable net or tape dividing the court in half. Children will use a different ball that moves slower, bounces lower and travels less distance. We will be offering this program at the HIGH SCHOOL tennis courts for children who are currently **6 & 7 years old**. In case of inclement weather Quickstart tennis lessons may be canceled. Sorry, we are unable to make up classes. Appropriate racquets available to use. *Minimum of 6 /maximum of 14 per class.*

Quickstart 1: June 30 - August 7 (no class 7/3)
Ages: 6 & 7 attend class on Tuesday & Friday
Time: 8:30 - 9:15am **Cost:** \$50.00

Quickstart 2: June 30 - August 7 (no class 7/3)
Ages: 6 & 7 attend class on Tuesday & Friday
Time: 9:15 - 10:00am **Cost:** \$50.00
Coordinator: Elizabeth Scifres



The South Portland Recreation Dept. is partnering with USTA Jr. Team Tennis to offer this exciting program in our community. USTA Jr. Team Tennis bring kids together in teams to play singles, doubles and mixed doubles against other teams. It promotes social skills and important values by fostering a spirit of cooperation and unity, as well as individual self-growth. Also, it's a fun environment for kids in which they learn that succeeding is really more about how they play the game – win or lose.

To Register for USTA Junior Team Tennis or to find out more information please visit:
<http://tennislink.usta.com/teamtennis>

Tennis Lessons

This 6-week program is for **boys & girls ages 8-16** and will be held Monday – Friday at **the HIGH SCHOOL tennis courts**. We provide group lessons that include tennis skill development, fitness and FUN! Every day we will stretch, do some fitness, and work on skills through silly games, match play, drills, and demonstrations. A limited number of tennis racquets are available at lessons. In case of inclement weather, tennis lessons are canceled and **We do not make up the missed lessons**. We will make our decision to cancel lessons by 8:15am. If we cancel it is for the entire day. Call the Community Center to find out if lessons are canceled. **Sneakers are a must!**

Dates: June 29 - August 7 (no class 7/3)
Location: High School Tennis Courts

Ytennis G: 8-12 year old girls 9:00 - 10:00 am
Ytennis B: 8-12 year old boys 10:00am - 11:00am
Ytennis teen: 13-16 year old girls & boys 11:00am - 12:00pm

Cost: \$ 75.00
Coordinator: Elizabeth Scifres, SP Girls Varsity Tennis Coach

Tennis Tournaments

Tournaments begin at the SPHS tennis courts and may move to other city courts if needed. Tournaments are open to youth ages 8-16. The cost of \$5 per tournament for those who participate in our summer lessons and \$7 for others. In case of inclement weather we may cancel the tournament and reschedule it for the following day. Pre-registration must be done at the community center or with the tennis program coordinator by 1:00pm the day prior to the tournament.

Tournament Schedule

Thurs, July 9: Jr. Boys Open (open to public)	Start times for all tournaments (except City Singles):
Thurs, July 16: Jr. Girls Open (open to the public)	
Thurs, July 23: City Doubles	8 & Under - 8:30am
Thurs, July 30: South Portland Open (open to the public)	10 & Under - 8:30am
Thurs, Aug 6: City Singles played during your regular lessons	12 & Under - 8:30am
	14 & Under - 10:30am
	16 & Under - 10:30am

Please check in at the SPHS tennis courts 15 minutes before the listed start time.
Coordinator: Elizabeth Scifres, SP Girls Varsity Tennis Coach

Irish Football Magic

New Program

Irish Football Magic is open to any boy or girl in K-2nd grade who is interested in learning the basic skills used in this national sport of Ireland. Irish Football combines soccer, basketball, and rugby into one fun game! The emphasis will be on building skills while promoting participation, fun, and mutual respect. Each participant will receive a t-shirt. Learn more at:

www.gaelicsportsme.com. Min 10/Max 30 per session

Irish Football Magic - Wednesday

Dates: May 6 - May 27

Time: 5:30 - 6:30pm

Cost: \$25

Location: Wainwright Complex

Coordinator: James Tierney, Maine Gaelic Sports Alliance

CO-ED GAELIC FOOTBALL LEAGUE

Grades 6-8 - "NEW PROGRAM"

In cooperation with South Portland Parks & Recreation, Gaelic Football League is open to any boy or girl in grades 6-8 interested in learning the skills used in this national sport of Ireland. Gaelic Football combines soccer, basketball, and rugby into one fun game! The emphasis will be on building skills while promoting participation, fun, and mutual respect. We will hold friendly matches against other local Gaelic Football Teams. Each participant will receive a t-shirt. Learn more at www.gaelicsportsme.com.

Date: Tuesdays in May-June (a schedule will be sent by coach)

Time: 5:30 - 7:00pm

Fee: \$35.00

Location: Wainwright Complex, South Portland

Instructor: James Tierney, Maine Gaelic Sports Alliance

Nothing But Net Basketball Camp

This full-day basketball camp is for girls entering grades 3-8 in September, 2015. There will be skill contests, skill work, and game play. This is a great chance to learn how to become a better basketball player. SPHS Varsity Girls team members will be working at camp with the coaches.

This is an unlimited program.

NBN BBall: June 22-26

Time: 9:00am - 3:00pm (Mon. - Thur.)

9:00am - 12:00pm (Fri.)

Location: South Portland Community Center Gym

Cost: \$135.00

Save \$15.00 by registering before June 1st

Camp Coordinator: Lynne Hasson



Big Red Basketball Camp

This camp is for boys entering grades 2 - 9 in September, 2015. Be ready for a competitive week of basketball, combined with lots of fun! Learn skills from High School and Middle School Coaches, and High School players. Dress for basketball. Bring a lunch. Drinks will be available to purchase. Camp will be held at the Memorial Middle School Gym for grades 2-5, High School "Beal" Gym for grades 6-9. Maximum of 80 per session.

Big Red Bball 1 - Grades 2-5

Date: June 22 - 26

Cost By June 1st: \$135.00 **After June 1st:** \$150.00

Time: M-Th: 9am-3pm, Fri: 9am-12pm

Location: Memorial Middle School

Big Red Bball 2 - Grades 6-9

Date: June 22 - 26

Cost By June 1st: \$135.00 **After June 1st:** \$150.00

Time: M-Th: 9am-3pm, Fri: 9am-12pm

Location: High School Beal Gym

Big Red Bball 3 - Grades 2-9

Date: Aug 10 - 14

Cost By July 1st: \$70.00 **After July 1st:** \$85.00

Time: 9:00am-12:00pm

Location: South Portland Community Center

Camp Director: Phil Conley - SPHS Varsity Boys Coach

Participate in 1 week of camp receive a Camp Basketball
Participate in 2 weeks of camp receive a Camp Basketball & Sling Bag

Save \$15 by registering by June 1st

Middle School Girls' Basketball

This program is for girls entering grades 7- 8th in September, 2015. Girls will work on individual basketball skills in morning workouts Tues/Wed/Thurs with the High School Program. This is an unlimited program.

MS Girls BB

Workouts: Tues/Thurs, 7:00 - 9:30am Beal Gym,
Wed 7:30 - 9:00am Weight Room

Dates: June 23 - July 30

Cost: \$30.00

Location: SPHS Gym

Coordinator: Lynne Hasson,
SPHS Varsity Coach

High School Boys' Basketball

This program is for **boys entering grade 9 - 12 in September, 2015**. This is an opportunity to work on individual basketball skills. Everyone will participate in morning workouts at Beal gym Mon/Wed/Fri from 7:30-9:30am. JV/Freshman players will be participating in the Cape League on Tuesday and Thursday. Varsity players will be participating in the Varsity Big Red League on Monday and Wednesday evenings at Beal Gym. Coach Conley will be providing the schedule for night games on **MANDATORY practice June 18th 4-5:30pm at Beal Gym**.

This is an unlimited program.

HS Boys' BB – Monday-Friday

Times: Everyone: Mon/Wed/Fri - 7:30-9:30am
(Workouts Beal Gym)

Varsity Games: Mon/Wed Night games Beal Gym

JV/Freshman Games: Tues/Thurs Night Games Cape HS

Date: June 18 – July 30

Cost: \$40.00

Coordinator: Phil Conley



Wilderness Trekkers Program

This is a new hiking program for 6-13 year olds that focuses on getting outdoors and experiencing easy to moderate day hikes in Maine and New Hampshire. Nick Bowie, trip leader and certified wilderness first responder, will help guide groups on what to pack, what to wear, and how to safely navigate wilderness trails. Parent are invited to sign up for the treks as well. A packing list and list of hikes will be available at registration. *Minimum 8 / Maximum 14 per trip.*

Dates: Tuesdays, August 4th - August 25th

Departs from SPCC: 7am **Returns:** 5pm

Cost: \$30.00 for all 4 hikes or \$10.00 for individual hikes

Instructor: Nick Bowie, SP/Maine local, father, guide, certified wilderness first responder.

High School Girls' Basketball

This program is for girls entering grades 9 - 12 in **September, 2015**. Girls will work on individual and team basketball skills, strength, conditioning, quickness and agility. They will participate in evening summer basketball games. There will be morning workouts Tues-Fri and games will be played on Tues/Thurs at Beal Gym. **Girls should try to attend the first practice on June 17 at 4pm to get the game/practice schedule.** If you can't make it that night, please contact Coach Hasson at hassonl@spsd.org so you can get the information and game schedule.

This is an unlimited program.

HS Girls' BB

Times: Tues/Thurs 7:00-9:30am (7-7:30 open shooting/workout time) Beal Gym
Wed/Fri 7:30-9:00am Weight Room and outside

Games: Tues/Thurs 5:00 JV and 6:00 varsity either at Beal Gym or at opponents gym

Date: June 17 – July 31

Cost: \$40.00

Location: SPHS Gym

Coordinator: Lynne Hasson, SPHS Varsity Coach

Volleyball Camp

This camp will be offered for **boys and girls entering grades 3-9 in September, 2015**. We will become familiar with the techniques and rules of volleyball, while experiencing fun skill development games. Come dressed for volleyball, sneakers, shorts, t-shirt. Campers should bring their lunch each day, and each participant will receive a camp t-shirt. *Minimum 12/Maximum 50.*

Volleyball Camp: July 20 - 24

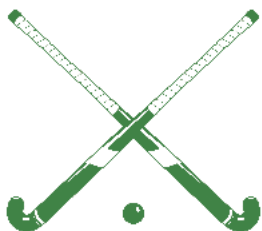
Time: 9:00am - 3:00pm (please bring your lunch)

Cost: \$100.00

Camp Coordinator: Tyler Tanaka

Tyler has won the NCAA DIII National Championships while playing for Springfield College. A Hawaiian native, Tyler also won multiple State Championships through his High School Career.





Field Hockey Camp

This camp will be offered for **girls entering grades 1-8 in September, 2015**. Daily sessions will include drills that will teach and reinforce field hockey skills, proper warm up, aerobic conditioning and small sided games. A mouthpiece and a camp jersey will be included. SPHS field hockey players will assist with this camp. You must bring goggles and your own stick if you have one. We have a limited supply. Players will be divided according to age and/or ability whenever possible. **Camp will be held at The Wainwright Farm Recreation Complex.**

This is an unlimited program

Field Hockey Camp

Date: June 29 – July 3

Time: 9:00am-11:30am

Cost: \$ 40.00

Camp Coordinator: Leslie Dyer, *SPHS Varsity Coach*

Combine Field Hockey and Girls Lacrosse Camp for an All Day Camp!

FH/LAX Camp

Date: June 29 - July 3

Time: 9am - 3pm (bring a lunch)

Cost: \$75

Location: Wainwright Farm Recreation Complex

Camp Coordinator: Leslie Dyer, *SPHS Varsity Coach*

Girls Lacrosse Camp

This camp will be offered for **girls entering grades 1-8 in September, 2015**. This camp will focus on developing the basic skills used in the game of Lacrosse along with create team concepts and chemistry. A mouthpiece and a camp jersey will be included. SPHS Girls Lacrosse players will assist with this camp. You must bring goggles and your own stick if you have one, we have a limited supply. Players will be divided according to age and/or ability whenever possible. **Camp will be held at The Wainwright Farm Recreation Complex.**

This is an unlimited program

Girls Lacrosse Camp

Date: June 29 - July 3

Time: 12:30pm - 3:00pm

Cost: \$ 40.00

Camp Coordinator: Leslie Dyer, *SPHS Varsity Coach*

LAX MAGIC

The South Portland Parks and Recreation Department is sponsoring this beginners program. This is an opportunity to learn the skills of Lacrosse in an informal setting. There are no games against other teams. Children in grades K - 2 will be introduced to lacrosse skills and get their hands on the equipment used to play this fast paced, and exciting game. Participants will get to hold a stick and learn the basics of passing, catching, shooting, pick-ups and defense. As well as participate in some fun skill development games. Participants will receive a program T-shirt.

Lax Magic: Mondays Kindergarten - 2nd graders

Date: May 4 - June 1 (no class 5/25) (rain date 6/8)

Time: 5:00pm - 6:00pm

Cost: \$35



Boys Lacrosse Camp

This camp will be offered for **boys entering grades 3 - 8, In September 2015**. Camp will be held at **Wainwright Farm Recreation Complex**. Sessions will include drills and fun instruction that will teach and reinforce the basic fundamental skills to play lacrosse, ending with Friday's "Carnival Game Day". If you are a beginner, and would like to give lacrosse a try, or have experience and want to work on your skills, this camp is for you. **A camp t-shirt is included.** Participants should bring a water bottle, and be dressed in full equipment, please bring your own. We will have some on hand to borrow, daily, if it is needed. *Minimum of 10 per session/Maximum of 30 per session.*

Boys Lacrosse Camp

Date: July 13-17

Cost: \$40.00

Time: 1:00-4:00pm

Instructor: Tom Fiorini, *SP Varsity Boys lacrosse Coach*

South Portland Recreation Fall Soccer 2015

South Portland Parks and Recreation offers a Youth Soccer League for boys and girls in grades 1 through 6. The purpose of this program is to promote soccer skill development in an environment, which will enhance the physical, social and emotional growth of the child as he/she learns to be part of a team and work with others. Sportsmanship will be stressed on all teams. Players will be placed into one of three divisions. Girls and boys will play on separate teams. **Note: We do not allow Kindergarteners to play in this league, no exceptions will be made.**

**Pre-Register from April 27 - Aug 7 for \$55.00 per child (save \$15)
Register between Aug 8 - Aug 24 for \$70.00 per child
Registrations will be accepted after Aug 24 ONLY if there is room on a team.**

PRACTICE START THE WEEK OF AUG 31!!

Coaches will call players with practice schedule after August 27

First Week of Practices will be Aug 31

Kick-Off Day will be held on Sat. Sept 12TH

Games will be played on **Saturday, September 12 through October 17**

There will be No make-up dates. All games will take place at
Wainwright Farm Recreation Complex on Saturdays.

**Division I: Boys and Girls in grades 1 and 2
Division II: Boys and Girls in grades 3 and 4
Division III: Boys and Girls in grades 5 and 6**

*Jewelry is not allowed to be worn during
practice and games for safety reasons.*

Car Pooling Request Forms

If there is a need for car pooling request parents must stop by the front desk of the community center and fill out a request form prior to Aug 24th. Once teams are made on Aug 25th we will not accept any request. Request must follow the guidelines explained on the form in order for the request to be honored.

Equipment

Equipment will be passed out at your first practice by your coach. Each player will receive a Soccer Ball, T-shirt, Shin Guards, and Mouth Piece. Coaches will call with practice times sometime after the Aug 26th coaches meeting.

Information

Additional information regarding our soccer league rules, format, cancellation policy, practice and game locations, important dates, game schedules, and more can be found in the Soccer Pamphlet located at the Community Center.

VOLUNTEER COACHES NEEDED!

This program would not exist without the help of our volunteers! If you are interested in coaching youth soccer this fall or basketball this winter, please contact Recreation Coordinator Sabrina Best at 767-7650 or via e-mail: sbest@southportland.org. All coaches will need to fill out an application, be subject to a Criminal background checks, and attend mandatory coaches training.



Global Premier Sports Soccer Camp

GPS Juniors

Designed for children aged between 3-6 years old, The GPS Juniors program provides children with an incredible introduction to soccer. Our individually designed curriculum will introduce the player to the soccer fundamentals and our expert staff will take the players through games and exercises that will provide them with the basic soccer skills in a fun and exciting environment.

Each camper will receive a shirt and a ticket to the local PDL team.

Half Day

This is a program for players age 7-14 who will receive a high quality of specialized training experience designed for young players regardless of their level looking for advanced training with similarly motivated peers in a challenging and enjoyable environment. Using our exclusive curriculum, featuring themes used by professional clubs, GPS coaches will enhance the game of players looking to take the next step in their soccer development.

Each camper will receive a shirt and a ticket to the local PDL team.

GPS Soccer Camp Junior - Ages 3-6

Date: July 6 - 9 (rain date is 7/10)

Time: 5:00pm - 6:00pm

Cost: \$60.00

Location: Wainwright Fields

GPS Soccer Camp Half Day - Ages 7 - 14

Date: July 6 - 9 (rain date is 7/10)

Time: 5:00pm - 7:00pm

Cost: \$99.00

Location: Wainwright Fields

Seacoast Soccer Camp

Seacoast United Soccer Camps are for **Boys and Girls ages 4-14** geared towards recreational and travel level players who are looking to have a great time while working on their individual skills. Seacoast United's Camp Programs are a fantastic way for your player to be introduced to SUSC's fun & developmental approach to the game. Our professional, dedicated coaches will offer sessions full of fun technical challenges & scrimmage play allowing players to develop their love for the game while developing important skills. **Each camper will receive a ball and shirt included in the registration fee.**

Seacoast Soccer Camp 1

Ages 4-6

Date: Aug 3-6 (rain date is 8/7)

Time: 5:00pm - 6:30pm

Cost: \$85.00

Location: Wainwright Fields

Seacoast Soccer Camp 2

Ages 7-14

Date: Aug 3-6 (rain date is 8/7)

Time: 5:00pm - 8:00pm

Cost: \$115.00

Location: Wainwright Fields

Soccer Magic

This beginning soccer program for **children in Pre-school and Kindergarten** will emphasize touches on the ball and having fun. All participants will be provided with a soccer ball to use each day of the program. Children will be introduced to soccer skills using station work and playing small-sided games when appropriate. This program will take place on the fields at **Wainwright Farm Recreation Complex on Highland Avenue**. **All participants will receive a Soccer Magic t-shirt at the program.**

Minimum of 20 / Maximum of 50.

Soccer Magic P

(Preschoolers)

Date: Saturday, Sept 12- Oct 10

(rain date 10/17)

Time: 10:00 - 10:45am

Cost: \$40.00

Soccer Magic K

(Kindergarten)

Date: Saturday, Sept 12 - Oct 10

(rain date 10/17)

Time: 11:00 - 11:45am

Cost: \$40.00

Coordinator: *Sabrina Best*

Soccer Goalie Camp

This camp is for girls and boys entering grades **4 - 8** in September 2015. The camp is designed both for beginners looking to learn new skills and for experienced goalies looking to take their game to the next level. Training topics include diving, blocking, catching, throwing, kicking, punting, footwork, and positioning, as well as how to organize a defense and stop penalty kicks, all in a fun and energetic atmosphere. Camp will be held at Wainwright Complex, and each participant will receive goalie gloves and a goalie shirt. *Minimum of 10/Maximum of 25 participants.*

Goalie Soccer Camp

Date: July 20 - 24

Boys and Girls grades 4 - 8

Time: 2:00-4:45pm

Cost: \$60.00

Instructor: Jeff Selser,
SPHS Girls Varsity Coach



Red Riots Soccer Skills Academy

The SPHS Varsity Boys and Girls Coaches are teaming up to offer a skills-based training academy program for girls and boys entering grades 3 - 8 in September 2015, looking to take their game to the next level and have fun doing it. Emphasis will be on developing individual skills and soccer IQ through fast-paced, high energy activities. Participants will work with local stars of the South Portland High School teams. Areas of focus will include first touch, aerial ball control, creative dribbling, laser-accurate passing, 1 v 1 attacking and defending, and shooting with power and accuracy. Camp will be held at Wainwright Complex, and each participant will receive a t-shirt.

Minimum of 20/Maximum of 60

Soccer Camp

Date: July 20 - 24 *Boys and Girls grades 3-8*

Time: 5:00-7:00pm

Cost: \$50.00

Instructors: Jeff Selser, *SPHS Varsity Girls Coach*
Bryan Hoy, *SPHS Varsity Boys Coach*

13th Annual Challenger Sports Soccer Camp

Challenger Soccer Camp is available for boys and girls ages 3-14. "The Challenger Way" focuses on challenging players to improve with maximum participation, maximum touches on the ball, and maximum fun. Simply put, no line drills, no long speeches and lots of encouragement. Challenger has separate levels of instruction based upon ages and ability, each one will include: Individual foot skills, technical drills, tactical practices, small sided games, and coached scrimmages.

Each Challenger coach holds a national coaching license from Great Britain and is trained specifically for the British Soccer Camp program. They turn a normal week of soccer camp into a magical cultural experience.

Please remember to bring water bottles, sunscreen, shin guards, and cleats. Camp location will be at Wainwright Farm Recreation Complex.

We will accept unlimited registrations through July 31st. After July 31st, registrations may be limited because of the number of coaches which have been assigned to us.

Challenger First Kicks

Date: August 10-14

Ages: 3 - 4

Time: 11:00am - 12:00am

Cost: \$72.00

Price includes soccer ball and camp shirt

Challenger Mini

Date: August 10-14

Ages: 5 - 6

Time: 9:00am - 11:00am

Cost: \$102.00

Price includes soccer ball and camp shirt

Challenger Half Day

Date: August 10-14

Ages: 7 - 14

Time: 1:00pm - 4:00pm

Cost: \$125.00

Price includes soccer ball and camp shirt

Challenger Soccer Host - A - Coach Program

Make this experience even more special by hosting one of Challenger's professional British coaches during your week of camp. **Host families will receive an \$80.00 rebate check directly from Challenger Soccer.** If you are interested in hosting a coach during this week of camp please call **Sabrina Best at 767-7650.**



The First Tee program is a progressive learning program which teaches children life skills through golf and Nine Core Values.

The mission of The First Tee of Maine is to impact the lives of young people by providing learning facilities and education programs that promote character development and the building of life-long values through the game of golf.

Register Now! Registrations only accepted on-line at: www.thefirstteemaine.org

- * All first time participants must start out at player level
- * Participants must have completed a level to register for the next level
- * The First Tee will have equipment on hand to use, if you don't have your own

For Boys and Girls age 7 – 17
Registration Fee - \$90 Resident
\$100 Non-Resident
Maximum – 20 participants per session
Information Night - Date TBD



June 30 – August 6

Session I Player & Par Tues & Thurs 8:30am - 10:30am
Session II Player & Par Tues & Thurs 12:30pm - 2:30pm

June 29 – August 5

Session III Birdie & Eagle Mon & Wed 11:00am - 2:00pm

Head Coach: Brandon Poulin
Coordinator: Kevin Adams

High School Golf Matches

Wednesdays June 24 – August 5

This program is open to Boys and Girls ages 14 -18. The First Tee participants must be Par level or above. Non First Tee participants should know how to play golf and know the concepts of playing golf matches.

We will hold matches on Wednesdays at 2:30pm. We will attempt to schedule home and away matches with teams from other courses that have a similar program. If we can't get matches we will hold a match within our own program. Matches will include playing a 9 hole round in a 2 person, best ball on the hole, match format.

Register for this program at www.southportland.org or at the South Portland Community Center

*Registration for the 6 week program is free and guarantees your spot each week. Then you pay a \$10 drop in fee each time you play. The first 16 players to pre-register are guaranteed a spot each time.

**Non-Registrants may drop in but will not be guaranteed a spot each week

When: Matches Wednesdays, 2:30pm, *Other home and away matches attempted to be scheduled on various days throughout the week*

Where: South Portland Municipal Golf Course, Other Matches at TBA

Max: 16 players

Cost: \$10 drop in fee per match

Coordinator: Kevin Adams

**Transport on your own to matches at other courses.*





Junior Golf Team Wednesdays June 24 - August 5

The purpose of this program is to develop interest in registering a PGA Jr. League team from the South Portland Golf Course in future years. If we have enough interest this season we would register a team next year.

This team is open to Boys and Girls ages 9 - 13. The First Tee participants must be Par level or above. Non First Tee participants should know how to play golf and know the concepts of playing golf matches.

There will be 1 practice per week, Wednesdays at 2:30pm. We will attempt to schedule home and away matches with teams from other courses that already have, or are trying to develop, a PGA Jr. League program. If we can't get matches we will hold a match within our own program. Practice will include playing a 9 hole round in a 2 person team scramble match format. Matches will also be 2 person team scramble format.

Register for this program at www.southportland.org or at the South Portland Community Center

When: Practice Wednesdays 2:30pm, Matches 1 per week at various times

Where: South Portland Municipal Golf Course, Matches at TBA

Max: 16 players

Cost: Resident \$100 Non- Resident \$110

Cost for First Tee Registered Participants: \$50

**Register for The First Tee at www.thefirstteemaine.org prior to registering for this program.

***Parents will transport players to matches at other courses.**

Coordinator: Kevin Adams



Summer Track and Field

This program is for boys and girls entering grades 2 – 9 in September 2015. This recreation based summer track and field program will include an exploration of different race distances, specific track technique, and instruction in different throwing and jumping events including hurdles. Participants will try as many or as few different events as interested. Weekly tack meets will be held including a chance to qualify and compete in the MRPA state meet in Bangor. Sign up for all 4 weeks and save \$60. *Minimum 8/Maximum 20.*

Summer Track and Field 1

Days: Mon - Thurs
Date: June 22 - 25
Time: 9:00 - 10:00am **Cost:** \$30.00
Location: SPHS Track

Summer Track and Field 2

Days: Mon - Thurs
Date: June 29 - July 2
Time: 9:00 - 10:00am **Cost:** \$30.00
Location: SPHS Track

Summer Track and Field 3

Days: Mon - Thurs
Date: July 6 - 9
Time: 9:00 - 10:00am **Cost:** \$30.00
Location: SPHS Track

Summer Track and Field 4

Days: Mon - Thurs
Date: July 13 - 16
Time: 9:00 - 10:00am **Cost:** \$30.00
Location: SPHS Track

Summer Track and Field 5

Days: Mon - Thurs
Date: June 22 - July 16
Time: 9:00 - 10:00am **Cost:** \$60.00
Location: SPHS Track

Coordinator: Matt Green

Track & Field

Children in **grades 2 - 5** will be introduced to all aspects of track and field. There will be a stretching and warm-up time. We will focus on a different area of track and field each week. Participants will learn about race distances, starting and finishing technique, proper running form and relay running. There will be an introduction to the field events with a focus on the long jump. Athletes will compete in an intra-squad meet on the final day of the session. **Program held at SPHS track.** *Minimum of 8/maximum of 40.*

Track & Field - Saturdays

Date: May 2 - May 30
Time: 9:00 - 10:00am
Cost: \$40.00
Instructor: Matt Green

Track Magic

Children in **Kindergarten-2nd grade** will get the chance to take their first steps into track and field. Each session will incorporate games and varied relays that focus on teamwork. Proper warm-up techniques will be introduced and beginning track skills such as running in a straight line, hopping, and jumping into a sand pit will be practiced in a non-competitive environment. **Program held at SPHS track.** *Minimum of 8/maximum of 16.*

Track Magic A - Saturdays

Date: May 2 - May 30
Time: 10:00 - 10:45am
Cost: \$35.00
Instructor: Matt Green

Track Magic B - Saturdays

Date: May 2 - May 30
Time: 10:45 - 11:30am
Cost: \$35.00
Instructor: Matt Green

Cross Country Running Camp

This camp will be offered for boys and girls Entering grades 5 - 9 in September, 2015. Camp will meet each day at the SPHS Track. Each session will begin with stretching and warm up exercises. Runners will have an opportunity to work on his/her existing running techniques and get in shape for the upcoming season. You do not have to be participating in cross country this fall to attend this camp. This camp is designed to help any athlete get in shape for any sport this fall. *Minimum 10/Maximum 20.*

Cross Country 1: August 10 - 14

Time: 9:00 - 10:00am **Cost:** \$35.00

Cross Country 2: August 17 - 21

Time: 9:00 - 10:00am **Cost:** \$35.00

Cross Country 3: August 10 - 14 & 17 - 21

Time: 9:00 - 10:00am **Cost:** \$60.00
Coordinator: Matt Green

Summer Running/Conditioning Program

This program is for boys and girls entering grades 5 – 9 in September 2015. Athletes from all sports looking to get into or stay in shape over the summer will meet once per week for an organized workout and receive guidance in planning an off season conditioning program. The goal of the program is to prepare to compete on a fall sports team at the start of the school year. *Minimum 8/Maximum 20*

Running & Conditioning

Day: Mondays
Date: July 6 - Aug. 3
Time: 6:00 - 7:00pm
Cost: \$35.00
Location: SPHS Track
Coordinator: Matt Green

SOUTH PORTLAND YOUTH CHEERING FALL CHEERING

South Portland Youth Cheering and South Portland Recreation have teamed up to offer a fall cheering program that teaches fundamentals of the sport and supports the South Portland Youth and Middle School football programs at games. SPYC focuses on skills, sportsmanship, team work, and community service activities. Cheerleaders will learn age appropriate

stunts, cheers, and dances as well as participate in team building activities and the Maine Children's Cancer Program Walk. Season runs from mid-July through end of October. Registration fee includes SPYC T-shirt, uniform rental and hair bow. Additional individual expenses include undergarments, white athletic sneakers, pom-poms, and warm up jacket.

Mandatory Parent Meeting: Wednesday, July 15th at the South Portland Community Center at 6pm.
We will go over practice days and times at this meeting.

Pee Wee Cheering

Cost: \$75

Description: Learn basic cheerleading motions, jumps, and stunts. Two separate teams will cheer for SP Youth Football PeeWee Big Red and Fire home games.

Minimum: 10 participants

Junior Varsity Cheering

Cost: \$75

Description: Learn basic/intermediate cheerleader motions, jumps, and stunts. Two separate teams will cheer for SP Youth Football Junior Varsity Big Red and Fire home games as well as end of season Harvest Bowl. All 5th graders new to SPYC will be placed on Junior Varsity teams.

Minimum: 10 participants

Varsity Cheering

Cost: \$75

Description: Learn basic/intermediate cheerleading motions, jumps, and stunts. Two separate teams will cheer for SP Youth Football Varsity home games as well as Harvest Bowl playoff games. All 5th graders with prior SPYC cheerleading experience will be placed on Varsity teams.

Minimum: 10 participants

Junior Riots Cheering

Cost: \$75

Description: Learn intermediate/advanced cheerleading motions, jumps, and stunts. This age group may be split into A and B teams as needed and cheer for both home and away SP Junior Riots football regular season and playoff games.



Courtesy of Jen Thurgood

South Portland Recreation Adult Leagues



COED BASKETBALL

When: Mondays Preview Season 4/13-6/1
Summer Season 6/8-8/3
Game Times: 6:00pm, 6:50pm & 7:40pm



COED 6v6 VOLLEYBALL

When: Tuesdays Preview Season 4/14-6/2
Summer Season 6/9-8/4
Game Times: 6:00pm & 7:30pm



Where: South Portland Community Center Gym, 21 Nelson Road

Price: Preview Season \$45.00 pp Summer \$60.00 pp

Our program sponsor is **Easy Day**. Easy Day will be offering specials for league participants on league nights. Get your team together after games to enjoy the great environment Easy day has to offer.

For more information please contact
Whitney Dorsett at

wdorsett@southportland.org

Or 767- 7650.



725 Broadway, South Portland

CONTAINER FLOWER GARDENING FOR BEGINNERS

Successful flower containers start by choosing the right plant, the right medium and the proper seasonal care. Learn hands-on the best techniques to create a color display that will bring you joy all summer long. Bring 1 to 2 empty, clean containers (20" diameter max.). Soil, plants and advice provided. This class will take place at the City Greenhouse located on Pitt St. *Minimum 5/ Maximum 10.*

Container Gardening AM session

Date: Thursday, May 28

Time: 9:30-11:00am

Cost: \$5.00

Instructor: Mary-Lou Fathke, City Horticulturist

Container Gardening PM session

Date: Thursday, May 28

Time: 6:00-7:30pm

Cost: \$5.00

Instructor: Mary-Lou Fathke, City Horticulturist

Tennis Lessons for Adults

Adult tennis lessons will be held for players at the beginner level and those who have never played before. Participants will learn the basic tennis skills and have the chance to play against one another. We also offer classes for players at the intermediate/advanced level. These players are expected to have an understanding of the game prior to joining. Sessions will be held at the SPHS tennis courts. *Minimum of 6/maximum of 14.*

ATL 1 (Beginner)

Day: Wednesdays
Date: May 20 - June 17
Time: 6:00 - 7:00pm
Cost: \$45.00

ATL 2 (Beginner)

Day: Wednesdays
Date: July 1 - Aug 5
Time: 6:00 - 7:00pm
Cost: \$54.00

Monday Mixer

Monday Tennis mixer is for adults with intermediate/advanced skills who enjoy more match-style play. We offer singles, doubles or mixed doubles. Instructors will be available should you have any questions or seek any tips. *Minimum of 8/maximum of 16.*

Tennis Mixer A

Day: Mondays
Date: May 18 - June 22
 (no class 5/25)
Time: 6:00 - 7:30pm
Cost: \$55.00

Tennis Mixer B

Day: Mondays
Date: June 29 - Aug 3
Time: 6:00 - 7:30pm
Cost: \$66.00

Cardio Tennis

Cardio Tennis is a fun group activity that incorporates a good workout. This program features a warm-up, drills, cardio workout, and cool down phases. If you are looking for a great new way to get in shape, burn calories, and enjoy the game of tennis then Cardio Tennis is for you! Players at all levels are welcome. Class is held at the SPHS tennis courts. *Minimum of 12 / Maximum of 24.*

Cardio Tennis A

Day: Tuesdays
Date: May 19 - June 16
Time: 6:00 - 7:00pm
Cost: \$45.00

Cardio Tennis B

Day: Tuesdays
Date: June 30 - Aug
Time: 6:00 - 7:00pm
Cost: \$54.00

Cardio Tennis C

Day: Saturday
Date: May 16 - June 20
 (no class 5/23)
Time: 8:00 - 9:00am
Cost: \$45.00

Cardio Tennis D

Day: Saturdays
Date: July 11- Aug 15
Time: 8:00 - 9:00am
Cost: \$54.00



The South Portland Golf Course is a nine hole golf course situated on 25 acres located between Westbrook St, Wescott Rd, and Broadway. The clubhouse, which shares a building with the Branch Library, is located at 155 Wescott Rd.

The Par 33 layout measures 2071 yards. It is a fun course for players who are new to the game, and seniors who are looking to relax, get outside, and enjoy a round of golf. Yet it is tricky enough to challenge the intermediate players. The more experienced player will gain the benefit of working on their short game, as the dog legs, and hidden, postage stamp greens can make shot making a challenge.

The South Portland Golf Course is the perfect option for the golfer who is looking to get a quick nine in before or after work, or even during a lunch break. It is a great place for families and friends to come out, enjoy a round of golf together, and learn the game of a lifetime.

The course will open in late April weather permitting, and the season will run through October. All patrons are expected to follow the course rules, rules of golf, and proper on course etiquette. We hope to see you on the course!

2015 Golf Rates

Greens Fees: 9 - 27 holes per day
 Monday - Friday \$15
 Sat - Sun - Holidays \$17

10 Play Pass \$130
5 Play Pass \$70

Rentals

Carts – Up to 27 holes \$4
 Clubs – Up to 27 holes \$8

Memberships

Residents \$15
 Non-Residents \$25

Daily Discounts for Members

Single 19 – 59 years \$1
 Junior under 19 years \$2
 Senior 60 and over \$2

GHIN

*GHIN is the Golf Handicap system used by the USGA. Most Competitive price in the area.

WholeFIT Boot Camp

WholeFIT Boot Camp is an hour mix of max interval training and metabolic conditioning with an added focus on dynamic stretching and self myofascial release for recovery. Every class will be a fun and effective mash-up of strength, agility, core, balance and plyometrics! All ages and fitness levels will benefit from this fat-burning and muscle toning class. Jessica has worked with elite athletes, pre-natal and post-natal moms, children, seniors, and fitness newbies whose goals range from fat loss to muscle building. *Minimum 4 / Maximum 20.*

WholeFIT Monday

Dates: Mondays May 4 - Aug. 10

(No class June 1 and July 6)

Time: 6:00pm-7:00pm

Cost: \$100.00

WholeFIT Wednesday

Dates: Wednesdays, May 6 to Aug. 12

(No class June 3 and July 8)

Time: 6:15pm-7:15pm

Cost: \$100.00

Drop in fee: \$10.00 per class

Instructor: Jessica Aspiras

Athletic Boot Camp AM

Strength and Conditioning Specialist Michael Schwartz (drworkout) has created this workout to enhance speed, agility, quickness, endurance, power, functional range of motion, and cardiovascular conditioning. We will move seamlessly from one exercise and drill to another, replicating the psychological and physiological aspects of playing a sport. This class is designed for the competitive athlete as well as the person simply looking to find their inner athlete. Every movement is modifiable and adjustable, making this class perfect for everyone from beginners to advanced. *Minimum of 4.*

Athletic Boot Camp AM S1

Dates: Tuesdays and Thursdays, April 28 - June 18

Time: 6:05am - 7:05am

Cost: \$150.00

Athletic Boot Camp AM S2

Date: Tuesdays and Thursdays, June 23 - August 13

Time: 6:05am - 7:05am

Cost: \$150.00

Drop in fee is \$12.00 per class

Instructor: Michael Schwartz, PES, CPT, CSCS

Mix It Up! Summer Classes

Due to the popularity of participants who want to experience BOTH classes, Karen has combined them for your convenience. Pay for one session - get the benefits of both classes!

Drop in fees are also available for \$8.00 per class.

Mix it Up! is a co-ed circuit training class, combining cardiovascular fitness and resistance training. Be prepared to get your heart rate up using a wide variety of exercises and equipment. Mix it Up! is designed to be easy to follow and target strength building and cardiovascular endurance.

Please note this adult class will only allow a 10% Senior Discount.

Mix it Up! S1

Days: Tuesdays & Thursdays

Date: May 5 - May 28

Time: 5:00-5:50pm

Cost: \$50

Mix it Up! S2

Days: Tuesdays & Thursdays

Date: June 2 - July 9

(No Class 6/23 & 6/25)

Time: 5:00-5:50pm

Cost: \$62

Mix it Up! S3

Days: Tuesdays & Thursdays

Date: July 14 - August 13

Time: 5:00-5:50pm

Cost: \$62

Instructor: Karen McCue

Bodyflex2011@gmail.com

Tai Chi

This program is the product of Dr. Yang. Yang's extensive training with grandmasters of the Chen style and his research studying the mechanisms and benefits of Taijiquan and Qigong practice. The program focus is the most important aspects of traditional training that will yield the greatest measured benefit in the shortest amount of time and consists of essential static and dynamic Qigong exercises & seven forms that are challenging yet adaptable to suit all levels. Curriculum serves as a comprehensive program for beginners and a solid foundation for further study in any style taiji.

Tai Chi 3

Date: Thursdays, May 7 - Aug. 13

Time: 1:00pm - 2:00pm

Cost: \$135.00

Drop in fee: \$10.00 per class.

Instructor: Joe Harrigan, LMT Certified Evidence-Based Taiji/Qigong Instructor

Beginner Ballroom Dance for Couples

Dancing makes you smarter and enriches peoples lives. Enjoy your summer and have fun at weddings, vacations and special occasions knowing how to Waltz, Foxtrot, Rumba, Cha-cha, Salsa and Merengue in style. Patty Medina, has been teaching ballroom dance in the Portland area for many years. This class will help you and your partner gain confidence and look great on the dance floor. Please bring your PARTNER.

Minimum of 3 couples/Maximum of 10 couples.

Ballroom Dance

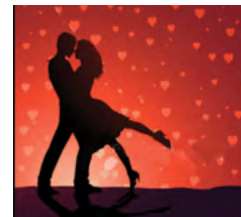
Date: Thursdays, May 14 - June 4

Time: 7:00-8:00pm

Cost: \$80.00 (4 weeks)

Drop in fee: \$24.00/per couple

Instructor: Patty Medina



AEROBIC DANCE

The Jacki Sorensen program is a nationally recognized dance and strength training method of exercise that is fun and challenging, with an element of dance geared to the non-dancer. Each class consists of warm-up, stretching, abdominal work, light-weight repetitions and then we dance! All levels are welcome. *Minimum of 6/maximum of 25.*

Aerobic Dance AM S1

Date: Monday & Thursday, May 4 - June 4 (no class May 25)

Time: 7:45 - 8:45 am **Cost:** \$45

Aerobic Dance AM S2

Date: Monday & Thursday June 8 - July 9

Time: 7:45 - 8:45 am **Cost:** \$50

Aerobic Dance AM S3

Date: Monday & Thursday July 13 - Aug 13

Time: 7:45 - 8:45 am **Cost:** \$50

Aerobic Dance PM S1

Date: Monday & Wednesday May 4 - June 3 (no class May 25)

Time: 5:30 - 6:30 pm **Cost:** \$45

Aerobic Dance PM S2

Date: Monday & Wednesday June 8 - July 8

Time: 5:30 - 6:30 pm **Cost:** \$50

Aerobic Dance PM S3

Date: Monday & Wednesday, July 13 - August 12

Time: 5:30 - 6:30 pm **Cost:** \$50

Drop in fee: \$6.00 per class / **Instructor:** Jean Ricciardelli

Gentle Yoga

For the summer only our Monday gentle yoga is moved to Wednesdays. Whether it's your first time or you've been practicing for years, this slower paced class will meet you right where you are. This class emphasize safe and effective alignment principles as it takes you through a sequence of yoga postures connecting the breath with body movement. We will start with some breathing and centering, continue with a warm up, and then move into a vinyassa flow practice. The goal for every class is that you leave feeling stronger, more flexible, less stressed, balanced and happy! *Minimum 4 / Maximum 20.*

Gentle Yoga

Date: Wednesdays, June 3 - July 29

Time: 9:00am - 10:15am

Cost: \$90.00

Instructor: Lorry Schwellenbach

Lorry has always been active, but she came late to yoga, taking her first class at age 50 while recovering from an injury. She was hooked! Seven years later, in 2008, she completed her teacher training with Kim Valeri in Boston, and has been teaching yoga ever since. Lorry brings a positive attitude and a calm and nurturing energy to her classes. She loves teaching yoga and believes it is wonderful for everybody regardless of age or size.

Adult Ballet

Ruth Ann Brinker has been teaching the Russian Method of Ballet for more than 30 years. In these classes you will learn the techniques for balance, poise improved posture and strengthening of the feet and ankles. This class will be held in the upstairs aerobic room in the South Portland Community Center. *Minimum of 4 / Maximum of 20.*

Adult Ballet Spring

Date: Monday & Friday, May 8 - June 26 (No class 5/25)

Time: 11:00am - 12:00pm

Cost: \$80.00

Adult Ballet Summer

Date: Monday & Friday, June 29 - August 14 (No Class 7/3)

Time: 11:00am - 12:00pm

Cost: \$80.00

Drop in fee: \$7.00 per class

Instructor: Ruth Ann Brinker

CITY OF SOUTH PORTLAND PARKS & RECREATION PRESENTS



New York City-"The Big Apple"



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 3 nights lodging
- ◆ 6 meals: 3 breakfasts and 3 dinners
- ◆ Great experiences and beautiful sights!
- ◆ Two Guided Tours of New York City. See Central Park, Rockefeller Center, Times Square, Wall Street, the 9/11 Memorial, and much more!
- ◆ Visit the NEW National 9/11 Museum!
- ◆ For more pictures, video and information visit: www.GroupTrips.com/CityofSouthPortland

\$456 *

4 DAYS 3 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Fri - Mon)

October

2 - 5, 2015



Journey to electrifying Times Square



Explore amazing Rockefeller Center



Guided Tour of New York City



Visit famous Central Park

Departure: South Portland, ME @ 8 am

Day 1: Board your spacious, video and restroom equipped Motorcoach and set off for the bright lights of "The Big Apple" - New York City! Tonight, sit down to a nice Dinner before checking into a comfortable New York City area hotel to rest up for an exciting day ahead!

Day 2: After enjoying a Continental Breakfast, you'll explore "The City That Never Sleeps." A Guided Tour of Manhattan will take you to such famous sites as Central Park, Rockefeller Center, Times Square, Wall Street, the 9/11 Memorial, and so much more! Later, you'll dine at a New York City restaurant and spend a little free time in the city before returning to your hotel.

Day 3: Today after enjoying a Continental Breakfast your "Big Apple" adventure continues where you left off yesterday with your Guided Tour. This afternoon, you will head to the NEW National 9/11 Museum, located at the World Trade Center site. Explore the museum's collection of diverse materials which include artifacts, photographs, audio and video tapes, personal effects, and memorabilia. This evening enjoy Dinner and entertainment before returning to your hotel.

Day 4: Today, after enjoying a Continental Breakfast, you will depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive *Travel Confident*® Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

*Price per person, based on double occupancy.

Add \$160 for single occupancy.

Final Payment Due: 7/27/2015

FOR INFORMATION & RESERVATIONS CONTACT:

Whitney Dorsett @ (207) 767-7650
email: wdorsett@southportland.org
First payment of \$75 due by June 5th

Must be 21 or Older To Participate.

Diamond Tours^{inc.}

Bringing Group Travel to a Higher Standard®

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Form ID: 4400-4A0406

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Tour#: 1057435

Adult Programs

Family Trips to see the Boston Red Sox

We are offering two trips to see the Boston Red Sox at Fenway this summer! Transportation will be provided by Northeast Charter and Tour Co. Game tickets are located in the right field grandstand for both games. This is also under cover so that you can be out of the sun and/or rain.

Each person is limited to no more than 6 tickets per person. Children ages 16 and younger must be accompanied by a parent or guardian. Alcohol is not permitted on the bus. Maximum of 53 tickets per game is available.



Boston Red Sox Trip 1

Date: Saturday, June 13 for a 1:30pm game
Vs. Toronto Blue Jays
Depart: 10:00am from SPCC
Return: 8:00pm (approx.)
Cost: \$65.00 per person, includes ticket to game and transportation (*limit: 6 tickets per person*)
Coordinator: Whitney Dorsett & Lisa Thompson

Boston Red Sox Trip 2

Date: Saturday, August 22 for a 7:10pm game
Vs. the Kansas City Royals
Depart: 4:00 pm from SPCC at
Return: 12:30am (approx.)
Cost: \$65.00 per person, includes ticket to game and transportation (*limit: 6 tickets per person*)
Coordinator: Whitney Dorsett & Lisa Thompson

Senior Programs

South Portland Community 50+ Programming Calendars

South Portland Parks and Recreation has started offering bi-monthly 50+ programming calendars available at the South Portland Community Center. This will allow for better seasonal planning and help the 50+ community stay informed with upcoming programs. Keep an eye out for more breakfast and lunch offerings.



Fit to Live

Come join Patty Medina as she offers an exciting new wellness and health program, tailored for adults who are 50+. This Total Fitness program will offer activities such as standing and chair aerobics, weight training and ankle weights for bone density and strength. Fitness Ball interactive activities to improve brain function, coordination, joint mobility, and balance. Airdyne Bicycles are available during class for cardiovascular conditioning. Fit to Live is for improving and maintaining functionality through appropriate exercises to keep your body in great working condition, as well as providing a valuable social network. *Minimum 12/Maximum of 40.*

Date: Monday, Wednesday and Friday / **Time:** 10:30am - 11:30am

Fit to Live J

Date: May 4 - May 29
11 Classes (*No class, 5/25*)
Cost: \$44.00/\$54.00 NR

Fit to Live K

Date: June 1 - June 26
12 Classes
Cost: \$48.00/\$58.00 NR

Fit to Live L

Date: June 29 - July 31
14 Classes (*No class, 7/3*)
Cost: \$56/\$66 NR

Fit to Live M

Date: August 3 - August 14
6 Classes
Cost: \$24/\$34 NR

Fit to Live: JKLM:

Date: May 4 - August 14, 43 Classes
Cost: \$152/\$162 NR

***Save \$20** when you sign up for 15 weeks, 43 classes

****Non-residents save \$50.00****

Drop in fee is \$5.00 per class.

Instructor: Patty Medina



Chair Yoga "For The Rest of Us"

Instructor Patty Medina has received her Yoga certification from nationally recognized Peggy Cappy, as featured on Maine's PBS TV. Using a chair as the primary piece of equipment for this gentle yoga practice, adapted sitting and standing poses will increase flexibility, strengthen back muscles, support the spine, improve posture, reduce pain, combat fatigue and enhance overall well-being. This yoga practice presents a reasonable plan to help pain sufferers transform their lives! Please bring a mat. *Minimum 6 / Maximum 20.*

Date: Mondays and Wednesdays, June 1 - 24

Time: 12:15pm - 1:00pm

Cost: \$56.00

Drop in Fee: \$8.00 per class

Coordinator: Patty Medina, ACE Certified pmedina@maine.rr.com

Line Dancing

Music and dancing with friends is fun and heart healthy! Each week you will have an opportunity to join Diane and Mary Lou to review and learn new dances. No need to pre-register, just drop in!

Date: Tuesdays, May 5 - July 29 **Time:** : 9:30am - 11:30am

Cost: \$3.00/\$4.00 NR

Instructor: Mary Lou Copp and Diane Farren

Pickleball Open Gym

Pickleball is for any adult wanting to come and participate in an open gym format of games. You can play doubles and singles, beginners to advanced levels are welcomed. Six courts will be set-up in the gym. We will have extra paddles for those looking to try it out. You do not need to pre-register for this class. Just drop in. Please wear sneakers and comfortable clothing.



Date: Sunday, May 10 (6 courts) *No Open Gym May 3rd

Time: 2:00pm - 3:30pm

Cost: \$3.00/\$4.00 NR

Date: Tuesdays, Wednesdays and Fridays May 5 - June 19
(no class May 19, 20 and 22) (6 courts)

Time: 8:00am - 11:00am

Cost: \$3.00/\$4.00 NR

Pickleball will return at the SPCC in the Fall

STRETCH & STEP I THE MAT CLASS

Date: June 2 - August 13

Time: Tuesday and Thursday 9:00am - 10:15am

The Mat class is a challenging series of stretches, strengthening poses and balance exercises designed to involve every muscle group in the body, head to toe. With an emphasis on core strength we move through a collection of mind and body focus that will leave you feeling MUCH better than when you walked in the door, but without ever feeling breathless or over-worked. Working at your own pace, the Mat class will introduce you to a balance of yoga, dance, calisthenics and universal stretches, all taught with patience, humor and a respect for individual needs.



STRETCH & STEP II THE CHAIR CLASS

Date: June 2 - August 13

Time: Tuesday and Thursday -10:30am - 11:30am

The Chair class is a gentle, fun series of stretches and strengthening poses that will have you smiling right from the start. Using all kinds of music to keep us moving, the chair serves us in sitting and then in standing exercises, always working toward strength in the core, arms and legs and especially in balance work. We also include time on the track, exercises on the wall, and a gentle cool-down to send you on your way smiling and warm. An excellent class if you are ready to move without getting onto the floor, and are searching for a class where individual needs are respected, giving everyone room to move at their own pace in a relaxed, fun atmosphere.

Instructor - Jessamyn Schmidt has been teaching the summer Step and Stretch classes since 2012. She enjoys keeping populations of all ages moving. Jessamyn has been dancing for the past 28 years. Currently, she teaches modern dance at Southern Maine Community College as well as at Betsy Dunphy's Studio 408 in South Portland.

No Pre-Registration Necessary
Cost: \$3.00 drop in fee per class

Stretch and Step Punch Card

South Portland seniors may purchase a money saving punch card that can be used for Stretch and Step classes. **Purchase a pass good for 20 classes for \$35.00.** This is a savings of \$25.00! Stop by the front desk to purchase a card today! This discount is available for South Portland Residents ONLY! Cards may be purchased at the front desk of the Community Center.

Tech Talk Workshop

Workshop 1- Cell Phones

Have questions about how your cell phone works? Want some one on one time with students who can show you around and/or answer specific questions and tasks? Join us for this free informative session! SPHS Tech Team students will be available to work one on one with you and your devices!

Date: Tuesday, May 5th

Time: 7:45am - 8:40am **Cost:** FREE

Workshop 2 - Personal Devices, Tablets and Laptops Workshop

Confused on how your personal devices, tablets, or laptops work? Need help getting a program to work or changing settings? Join us for this free informative session! SPHS Tech Team students will be available to work one on one with you and your devices!

Date: Tuesday May 19th

Time: 7:45am - 8:40am **Cost:** FREE

Breakfast Sandwiches, Coffee and Juice will be available for these events.
Must pre-register for each session. Max of 20 people per session.

Back in Motion

Back in Motion is holding a talk and Q&A session about back pain. While that is going on Physical Therapists will provide free pain consultations. It's your chance to speak one on one with a PT and get some on site relief with pain. Must preregister by June 8th. Max of 30 people.

"We pride ourselves on the education factor at Back in Motion so our biggest goal is not only to help people manage and get rid of their pain, but to be proactive and avoid any injuries." – Kelly LaBrecque of Back in Motion.

Back in Motion

Date: Thursday, June 11
Time: 11am - 1:00pm
Cost: \$10.00
Coordinator: Whitney Dorsett

Cribbage

If you love the game of Cribbage or have always wanted to learn how to play - choose one or all of the days, and make it your destination to come to the Redbank Community Gym to this well attended and popular activity! Please bring \$.25 for snacks/coffee.

Date: Monday - Friday, May 5 - Aug. 14
(No Cribbage on 5/25 and 7/3)
Time: 9:00am - Noon
Cost: \$25 (per day)
Coordinator: Whitney Dorsett

Cards & Mahjong

Come to SPCC on Thursday afternoons for a fun and informal time playing cards! Hand & Foot and Mahjong are the games of choice - with players welcoming & willing to teach you how to play. Bring a partner to play a different game of your choice - perhaps Scrabble. We have the space, if you have the time!

Date: Thursdays, May 7 - August 13
Time: 12:30pm - 3:45pm in Teen Center
Cost: Free
Coordinator: Whitney Dorsett



**Open
Bowling
50+**



South Portland Parks and Recreation has teamed up with Easy Day restaurant and bowling alley for open Senior Bowling ever Wednesday. Come join a relaxing setting with peers. All levels are welcomed. Bowling balls and shoes are available at Easy Day. Shoe rentals are included. Morning refreshments will be provided.

We require a monthly registration of \$10.00 that will cover shoe rentals every week and lock in your spot for the month. \$3.00 per game is to be paid at Easy Day each time you bowl. Bowling will return in September!!

Bowling May
Day: Wednesday
Time: 9:30am -11:30am
Cost: \$10.00 monthly

Bowling July
Day: Wednesday
Time: 9:30am -11:30am
Cost: \$10.00 monthly

Bowling June
Day: Wednesday
Time: 9:30am -11:30am
Cost: \$10.00 monthly

Bowling August
Day: Wednesday
Time: 9:30am -11:30am
Cost: \$10.00 monthly

Coordinator: Whitney Dorsett

Bingo

Open to residents and non-residents, those (50+ and older) are invited to participate in weekly Bingo games. Each week come play 20 games of BINGO. Light refreshments are provided including coffee & a snack

Date: Mondays, May 4th - Aug. 10th
(No Bingo 5/25)
Time: 12:30 - 3:00pm
Cost: \$1.00 each Monday, plus a \$5.00 yearly dues
Coordinator: Whitney Dorsett

Movies with Bill

Bill Arnold supplies movies from his very own eclectic collection; Foreign films, Hallmark, old, modern and animated! Drop-in, sit back, relax and enjoy a FREE movie! Bring a snack, a sense of adventure and enjoy!

Date: Mondays, May 4 - Aug. 10
(No Movies 5/25)
Time: 10am - 1:00pm
Cost: FREE
Coordinator: Whitney Dorsett

Family Trips to See the Boston Red Sox

We are offering two trips to see the Boston Red Sox at Fenway this summer! Transportation will be provided by Northeast Charter and Tour Co. Game tickets are located in the right field grandstand for both games. This is also under cover so that you can be out of the sun and/or rain. Each person is limited to no more than 6 tickets per person. Children ages 16 and younger must be accompanied by a parent or guardian. Alcohol is not permitted on the bus. *Maximum of 53 tickets per game is available.*



Boston Red Sox Trip 1

Date: Saturday, June 13 for a 1:30pm game
Vs. Toronto Blue Jays

Depart: 10:00am from SPCC

Return: 8:00pm (approx.)

Cost: \$65.00 per person, includes ticket to game and transportation (*limit: 6 tickets per person*)

Coordinator: Whitney Dorsett & Lisa Thompson

Boston Red Sox Trip 2

Date: Saturday, August 22 for a 7:10pm game
Vs. the Kansas City Royals

Depart: 4:00 pm from SPCC at

Return: at 12:30am (approx.)

Cost: \$65.00 per person, includes ticket to game and transportation (*limit: 6 tickets per person*)

Coordinator: Whitney Dorsett & Lisa Thompson

New York City Trip

We are pleased to offer a 4 day and 3 night Trip to New York City, New York.

This trip includes

- Motor coach transportation
- 3 nights lodging
- Great experiences and beautiful sights!
- Two Guided Tours of New York City. See Central Park, Rockefeller Center, Times Square, Wall Street, the 9/11 Memorial, and much more!
- 6 meals: 3 breakfasts and 3 dinners
- Visit the NEW National 9/11 Museum!

Below is our website with all the information needed.

<http://www.grouptrips.com/CityofSouthPortland>

A deposit of \$75.00 is due by Friday, June 5, 2015.

Full payment is due by Monday, July 27, 2015.

Coordinator: Whitney Dorsett

Yarmouth Clam Festival

Catch a ride on the mini bus to Yarmouth Clam Festival!! Come do as much (or as little) as you want at the festival. You will have the time to taste the delicious foods and treats and explore the best art and crafts exhibits in the area! Bus leaves from SPCC. *Minimum 8 / Maximum of 13.*

Date: Friday, July 17

Cost: \$7.00

Time: 10:00am - 3:00pm

Coordinator: Whitney Dorsett

The Full Monty



While spying on their wives at a "Girls' Night Out," a group of unemployed steelworkers from Buffalo see how much the girls enjoy watching male strippers. Jealous, out of work, and feeling emasculated the men come up with a bold way to make some

quick cash. They discover they're stronger as a group and the strength they find in each other gives them the individual courage to "let it go."

This 10-time Tony Award-nominee is filled with honest affection, engaging melodies and a raucous mix of razor-sharp humor and toe-tapping pizzazz, not to mention the most highly anticipated closing number in Broadway history!

We will stop at Fat Boy's Drive In for lunch. Lunch is on your own. *Maximum 12.*

Full Monty

Date: Tuesday, June 9th

Time: 10:30am – 5:30pm

Cost: \$65.00

Coordinator: Whitney Dorsett

Strawberry Picking

Join our trip to Maxwell's Farm to pick some deliciously sweet strawberries just in time for the 4th of July! We will dine at the Lobster Shack at Two lights State Park, just up the road from Maxwell's. If the group can find room, we will stop at Red's Dairy Freeze on our way back home for ice cream. All purchases are on your own. The Bus will leave from SPCC. *Minimum of 8 / Maximum of 13.*

Date: Wednesday, July 1st
Time: 9:30am - 3:00pm
Cost: \$7.00
Coordinator: Whitney Dorsett

Coastal Maine Botanical Gardens in Boothbay Maine!

We will be traveling to Boothbay to take a guided tour of the Coastal Maine Botanical Gardens at 10:45am. After the tour there will be time to wonder and explore the beautiful grounds. There are limited walking aids available to rent. Please contact the gardens directly if you are in need of a walking aid. We will head into Boothbay for lunch, shopping and sightseeing. Lunch is on your own. The bus will leave from SPCC. *Minimum 8 / Maximum of 13.*

Date: Wednesday, July 8th
Cost: \$30.00
Time: 9:00am - 4:00pm
Coordinator: Whitney Dorsett

Downeast Duck Boat Tour!

SPLASH into history on this fun and fully-narrated 60-minute adventure through Portland, Maine! As you twist and turn through the Old Port, the guides will tell you about the legends and lore that have shaped Portland into one of the most historical cities in the nation. Learn about places of interest to visit and many little known facts about the city that is nicknamed "The Phoenix." Then, hold onto your tail feathers as we DRIVE into the waters of Casco Bay to view Portland's working waterfront, Calendar Islands and marine wildlife. Lunch will be at one of Portland's harbor restaurants. Lunch is on your own. Bus will leave from SPCC. *Maximum of 13.*

Duck Tour
Date: Monday, June 22
Time: 10:00am - 3:30pm
Cost: \$26.00
Coordinator: Whitney Dorsett



Aquatic Programs & Pool Information

Aquaholics Surf Camp

Learn to surf this summer! Instructors from Aquaholics will teach you to ride the waves with confidence! This camp is for children ages 6 and up and adults. Make it a family outing!

The cost includes wetsuit, soft board (sorry, for safety reasons, only soft boards are allowed in camp) and instruction. Student to instructor ratios are normally age (and surf) dependent. Ages 6-8 have one instructor for every three students (MAXIMUM of three students). Older students have one instructor for every five students (MAXIMUM of five students). If the surf is big, more instructors will be present to ensure the safety of the participants.

Wetsuits are sized and fitted before camp sessions start, according to height and weight. Students meet at the Pine Point Beach parking lot to grab their suit (it will be in a bag with their name on it) and put it on before the session starts. Some surfers will need help with their suits. **Please arrive 15-20 minutes prior to class so that you can get changed.** In case of Thunder and Lighting, please call the Aquaholics shop at 207-967-8650.

Surf Camp
Date: Tuesday and Thursday, August 11 & 13
Time: 5:15- 7:15pm
Location: Pine Point Beach
Cost: \$180.00
Instructors: Provided by Aquaholics Surf Shop aquaholicsurf@hotmail.com



SPCC Pool Information

Daily Fees (including water aerobics classes)

Residents of South Portland: Adults \$3.00 Children/Seniors \$2.00

Non-Residents: Adults \$4.00 Children/Seniors \$3.00

Frequent User Passes are available for purchase at the front desk

Our Pool is 25 meters in length with a one-meter diving board. This facility also has a ramp, which allows for easy access to the water. Please contact Patrick McArdle (pmcardle@southportland.org), the Aquatics Coordinator, with any questions, comments, or concerns. A complete list of rules is posted at the front desk, as well as on deck.

- Please Note:
1. Proper bathing attire is required - shorts and t-shirts are not considered swim attire.
 2. Shoulder length or longer hair must be tied back or worn in a swim cap.
 3. Children under 10 must be directly supervised by an accompanying adult/ swimmer (age 16 years or older)
 4. Pool staff has the authority and responsibility to refuse service to anyone who poses a danger to themselves or others
 5. Patrons who are incontinent or not completely potty-trained must wear properly fitting rubber pants with elastic cuffs or swimming diapers.

Open Swim: Generally, 2 lap lanes are available. Children under 10 must be accompanied and supervised by a swimmer 16 or older. Patrons using a floatation device must stay in the shallow end and within arms-reach of the supervising swimmer at all times.

Adult Swim: participants must be at least 18 years old. Three lap lanes are generally available. Some Adult Swims share the pool with aquatic fitness programs, please refer to the schedule.

Adult Lap Swim: For those 18 years and older, the pool will have all 6 lanes in. Patrons should be aware of the different speeds and pick a lane that best represents their pace.

Lap Swim: Participants (of any age) MUST be continually swimming laps for exercise benefit. Generally there are 3-6 lap lanes available.

Family Swim: For pool purposes, a family is described as any grouping of two or more individuals that consists of at least one adult and one minor child. This swim is restricted to the shallow end of the pool only. Water toys and floatation devices are available during these swims.

Senior Citizen Swim: Participants must be at least 60 years young, please! Lap lanes are available, as well as an open area for social or exercise benefit.

Deep Water Fitness: This is a no impact workout that will include aerobics and strength training. Participants must be able to swim a minimum of 25 meters (1 length) without a floatation device.

Shallow Water Aerobics: A medium level intensity aerobics class taught with the instructor giving cues for other levels. Some classes share the pool with other activities.

A Note to Swim Lesson Parents

In order to derive the maximum benefits from swim lesson, the pool staff recommends the following:

1. In order to keep hair out of your child's eyes, PLEASE style hair in a ponytail, braid, or use a swim cap.
2. Always have your child use the restrooms before class.
3. Try to get your child to every class on time and ask your child to learn the instructor's name.
4. Do not expect miracles from your child. Improvement in swimming is often gradual. We monitor the progress of all swimmers. At the end of each session, a report card is handed out, which provides the next class level recommendation. Often it takes several sessions to move from one level to the next.
5. In the event of an unexpected facility closure, we will NOT provide make up classes. Due to our commitment to maintaining a high quality program with an appropriate swimmer/teacher ratio, we do not offer make-up classes for any reason.

Swim Programs

Adult Swim Lessons

We are offering Beginner and Advance Swim Lessons/ Stroke clinics for Adult Swimmers (for ages 14+). These skill-appropriate classes are offered to promote comfort and fundamentals while working through stroke development and proficiency.

Beginners may focus on basics such as getting comfortable in the water, front and back floats, treading water, and introductory strokes. Advanced swimmers can expect to refine basic strokes while adding more complex swimming elements, such as turns and rotary breathing. Both levels strive for efficiency in the water, the ability to create your own workout, and the comfort to swim laps at your own pace.

Maximum: 10

Mixed Levels (beginner to advanced)

Tuesdays, June 30- August 4

Time: 7:30-8:15am

Thursdays, July 2-August 6

Time: 8-8:45pm

Resident Fee: \$40.00

Non- Resident Fee \$50.00

Diving Lessons

This summer's program will include instructional classes in springboard diving. These lessons will be designed to incorporate a variety of experience levels. Those with no experience will learn the basics of approaches, hurdles, and entries, as well as some basic dives. Those with more experience will work on technique for voluntary and optional dives from all categories. These classes will be taught by Ryan Green, a 16-year coaching veteran in Maine high school's SMAA, and multiple time Class A diving coach of the year, including the most recent '14-'15 season!

**Minimum age for this class is 6 yo (at the start of class)
NO exceptions!**

Tuesdays, June 23- August 4

Time: 7:00- 7:55pm

Resident Fee: \$45.00

Non- Resident Fee \$55.00

Summer Swim Lesson Registration Information

Swim Lottery for South Portland Residents

Swim Lesson Lottery will begin at 7am on

Monday, June 1st

And will end on

Friday, June 5th

or before, if all spaces are filled

Call or stop by anytime during regular hours of operation and receive your lottery time for Swim Registration Night.

Swim Registration Night

Wednesday, June 10th at your lottery time

(be prepared to pay for lessons at this time)

Non- Lottery/Non-Resident Swim Registration

Will start on Friday, June 12th at 7:00am

(first come, first serve)



Infant & Preschool Aquatics Programs

Parent & Child Aquatics

This class is for parents / care givers and their 6 month to 3 year old child (by the start of the program). In this playful networking class, parents and the children learn together to increase the child's comfort in the water and build a foundation of basic skills, such as arm and leg movements and breath control. This level is fun-filled and helps introduce water safety concepts and encourages a healthy recreational habit that the entire family can enjoy.

Minimum: 4 Maximum: 15

Preschool 1

Preschool 1 is an introductory class in aquatic development for children ages 3 to 5 years. We take a playful approach to learning water safety and swimming basics. Many children who take this class have never been in a pool, lake or other open water before. Our goal is to provide quality leadership in a safe environment where your children can work towards self-sufficiency in the water, no matter the skill level. Goals for passing this class include: comfort in having your face wet, ability to push off the wall and float on front and back, and paddling through the water without assistance from the instructor or floatation.

Maximum: 5

Preschool 2

Preschool Level II is designed for those 3-5 years old who have taken Preschool I lessons and clearly demonstrate a higher level of ability and comfort in the water and have been recommended by staff. Participants will concentrate on endurance, back stroke, underwater swimming and beginners diving. Skills at this level are performed independently.

Prerequisites of enrollment include the following:

- Swim 8-10 yards unassisted and fully submerge face
- Completion of Preschool Lessons (or equivalent)

Maximum: 5

Please note...

If your child is older than 3 yrs , but has never had formal swim lessons, please talk to the pool staff about which class is best for their first time in lessons.

Preschool 3

Preschool Level III, for children ages 3-5, is built on the skills learned in Preschools levels I and II by providing additional guided practice of basic aquatic skills and slightly more proficient performance levels and greater distances and times. When these children turn 6 years old, and enter Learn to Swim Lessons, they may go to Learn to Swim Level 2 or Level 3, depending on the recommendation of the instructor.

Maximum: 5

Swim Lessons

Summer 6 Week Session (classes two times per week)
Cost: \$90 for residents/ \$110 for Non-Residents

Mondays and Wednesdays, June 29- August 5

Time: 9:00- 9:30 am	Preschool 1, Preschool 2
Time: 9:30- 10:00 am	Preschool 1, Preschool 3
Time: 10:00- 10:30 am	Preschool 1
Time: 10:30- 11:00 am	Preschool 1

Tuesdays and Thursday, June 30- August 6

Time: 8:30- 9:00 am	Preschool 1, Preschool 2, Preschool 3
Time: 9:00- 9:30 am	Preschool 1, Preschool 2
Time: 9:30- 10:00 am	Preschool 1, Preschool 3
Time: 10:00- 10:30 am	Preschool 1
Time: 10:30- 11:00 am	Preschool 1

Summer 6 Week Session (classes one time per week)
Cost: \$40 for residents/ \$50 for Non-Residents

Fridays, June 26- August 7

NO class on Friday, July 3rd

Time: 9:00- 9:30 am	Parent & Child
Time: 9:30- 10:00 am	Preschool 1
Time: 10:00- 10:30 am	Preschool 2, Preschool 3

Tuesday Evenings, June 30-August 4

Time: 6:00-6:30pm	Preschool 1, Preschool 2
Time: 6:30-7:00pm	Preschool 1, Preschool 3

ARC Swim Lesson Information

Participants in the youth progressive swim program must be a minimum of 6 years old, by the end of the lesson. All swimming abilities are welcome to participate in this American Red Cross Learn to Swim program. Because of space and staff limitations, children must be registered for the proper level. Our aquatic staff will gladly assist you in determining the best level for your child. Placement will be verified during the first class meeting. (NOTE: Distances listed in the prerequisites are the minimums that skills must be performed to meet specific proficiency requirements.)

Level 1: Introduction to Water Skills

OBJECTIVE: To help students feel comfortable in the water and learn how to enjoy the water safely.

LESSONS INCLUDE: Basic water safety rules, using a life jacket, submerging face, swimming on front and back using arm and leg actions, exhaling underwater and floating on front and back.

Level 2: Fundamental Aquatic Skills

OBJECTIVE: To give students success with fundamental skills.

PREREQUISITES: Ability to float on back and front with assistance, and demonstrate safe water/pool entries and exits.

LESSONS INCLUDE: Submerging entire head, front and back glides, bobbing in the water, treading water using arm and leg motions, jellyfish float, swimming using combined strokes on front and back, recognizing swimmers in distress and getting help.

Level 3: Stroke Development

OBJECTIVE: To build on the fundamental skills (see level 2) through guided practice.

PREREQUISITES: Demonstrating the ability to perform unsupported 5-second float or glide on front and back, and independent swimming on front and back for a minimum of 5 yards. Being able to roll from front to back and back to front. Feel comfortable in the deep end.

LESSONS INCLUDE: Swimming without assistance, front and back crawl stroke, rotary breathing in horizontal position, butterfly kick and body motion, kneeling and standing dive from side of the pool, survival floats, retrieving underwater objects, and reaching assists.

Level 4: Stroke Improvement

OBJECTIVE: To develop confidence in the strokes learned and improve other aquatic skills.

PREREQUISITES: Crawl stroke with rhythmic breathing for a minimum of 10 yards, elementary backstroke for a minimum of 10 yards, and front dives.

LESSONS INCLUDE: Breaststroke, elementary backstroke, butterfly, sidestroke, and feet-first surface dives.

Level 5: Stroke Refinement

OBJECTIVE: To provide coordination and refinement of strokes.

PREREQUISITES: Perform a feet-first entry into deep water, swim front crawl for 25 meters, swim elementary backstroke for 25 meters, swim breaststroke for 15 meters, swim back crawl for 15 meters, and change direction and position as necessary.

LESSONS INCLUDE: Open turns, free style and backstroke flip turns, standing dives, survival modes, endurance swimming, and more complex rescue safety topics.

ARC Learn to Swim: Levels 1-5

Summer 6 Week Session (classes two times per week)

Cost: \$90 for residents/ \$110 for Non-Residents

Mondays and Wednesdays, June 29- August 5

Time: 9:00- 9:45 am Levels 3, 4

Time: 10:00- 10:45 am Levels 1, 2

Tuesdays and Thursdays, June 30-August 6

Time: 9:00- 9:45 am Levels 4, 5

Time: 10:00- 10:45 am Levels 1, 2, 3

Summer 6 Week Session (classes one time per week)

Cost: \$40 for residents/ \$50 for Non-Residents

Thursday Evenings, July 2-August 6

Time: 7:00- 7:45 pm Levels 1, 2, 3, 4, 5,

Fridays, June 26- August 7

NO class on Friday, July 3rd

Time: 9:00- 9:45 am Levels 2, 3, 4

Time: 10:00- 10:45 am Levels 1, 3, 5

The South Portland Parks & Recreation Staff

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South Portland Community Center Summer Hours of Operation

Through May 24th

Monday- Friday: 6am-9pm

SAT: 7am- 7pm, SUN: 12pm-8pm

May 26 - August 14th

Monday- Thursday: 6am-9pm

Friday: 6am-5:30pm

Closed Saturday & Sunday

*The South Portland Community Center will be closed for annual maintenance August 15 - 30, 2015.
Administrative offices will be open Monday- Friday from 8am - 4:30pm during this time.*



www.southportland.org

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