



SOUTH PORTLAND PARKS AND RECREATION
WINTER/ SPRING PROGRAMS 2012

207-767-7650

WWW.SOUTHPORTLAND.ORG

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Cover Photo : *Bug Light at Sunset*

Provided by:

Cynthia Farr- Weinfeld

Do you want to take better pictures?
We are pleased to offer two classes by Cynthia this
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WINTER/ SPRING

REGISTRATION INFORMATION

Wednesday, December 14 at 7:00 am

Registration begins online and at the Community Center
for all South Portland residents.

Friday, December 16 at 7:00 am.

Registration begins for Non-Residents.

SWIM PROGRAM INFORMATION

SWIM LOTTERY FOR SOUTH PORTLAND RESIDENTS

*Swim Lesson Lottery will begin at
7am on Tuesday, December 6th
and end at the close of business
on Friday, December 9th.*

Call anytime during regular hours of operation(or stop by) and pick your
time for when you come into sign up for lessons. Your time will be deter-
mined with your lottery drawing.

SWIM REGISTRATION NIGHT

Wednesday, December 14 at 5:00pm

NON-RESIDENTS REGISTRATIONS

will be accepted starting on
Friday, December 16 at 7:00am

SPRING Swim Lesson Registration Information
can be found on Page 32.

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.

TO AVOID DISAPPOINTMENT, SIGN UP FOR
PROGRAMS EARLY!



WE DON'T LIKE TO CANCEL PROGRAMS
DUE TO LACK OF ENROLLMENT!

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.

POLICIES AND GENERAL INFORMATION

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.

~SAVE THE DATE~

*3rd Annual
'Dancing with the Community'
Benefit Dance for the Fit to Live
Senior Fitness Program*

SATURDAY APRIL 21, 2012
AT THE ITALIAN HERITAGE CENTER

More information coming in March
including a list of local celebrities
who will be participating!

FITNESS FOR ADULTS

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 W1

Monday & Thursday
Jan 5 – Feb 2 (no class 1/16)
Time: 8:00am-9:00am
Cost \$40.00

Aerobic Dance W2

Monday & Thursday
Feb 9 – March 15 (no class 2/20, 2/23)
Time: 8:00am-9:00am
Cost \$45.00

Aerobic Dance W3

Monday & Thursday
March 22 – April 26 (no class 4/12, 4/16, 4/19)
Time: 8:00am-9:00am
Cost \$40.00

2/6 and 3/19 are snow dates – if no make-up class is needed the class will be a drop-in class.

The drop in fee is \$6.00 per class

Instructor: Jean Ricciardelli

BELLY DANCE FOUNDATIONS

Across borders and cultures, “belly dance” has become one of the fastest growing trends in dance. This art form is uniquely designed for the female body, developing strong core abdominal muscles and focusing on isolations. This low impact exercise also helps alleviate stress and builds self-confidence. No experience required for this 10 week class. Minimum of 6/Maximum of 20.

Belly Dance Beginner

Wednesday, Jan 4 – March 7
Time: 7:05 – 8:05pm
Cost: \$100.00
Drop-in fee \$12.00 per class

Instructor: Sybil Wilen

sybil.wilen@gmail.com

ZUMBA

ZUMBA is a fusion of Latin and International music that combines high energy and motivating music with unique moves, combinations, and dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Please wear comfortable clothing and bring a yoga mat or towel with you for some floor work. Minimum of 10/maximum of 20.

Zumba W1

Tuesdays, Jan 3 – Feb 7
Time: 6:30 – 7:30pm
Cost: \$48.00

Zumba W2

Tuesdays, Feb 21 – March 27
Time: 6:30pm – 7:30pm
Cost: \$48.00

Zumba W3

Tuesdays, April 3 – May 1
Time: 6:30pm – 7:30pm
Cost: \$40.00

2/14 is a snow date – if no make-up class is needed class will be a drop-in class.

Drop in fee is \$10.00 per class

Instructor: Caitlin Morrisroe

caitmorr@yahoo.com

SPINAL FITNESS CONDITIONING

Most people have an ache or pain in their back. It may be from old injuries or de-conditioned muscles around the core. This 2 week seminar will help you identify the postural habits that may be contributing to a back-related issue. Using the stability Fit Ball, rollers, pressure point balls, rolling ball and balance disc you will learn techniques to correct and alleviate muscle and fascia tissue discomfort. Minimum of 8/Maximum of 15.

Spinal Fitness

Wednesdays, February 8 & 15
Time: 7:00-8:00pm
Cost: \$30.00

Instructor: Patty Medina

FITNESS FOR ADULTS

MONDAY AND FRIDAY YOGA

Find the joy in yoga and in you! Class will focus on postures to reduce stress and anxiety with contemplative holding of poses, slow-flow vinyasa, breathing exercises to help balance the nervous system, meditation, restorative yoga, and connecting with spirit through yoga's history and philosophy. Minimum of 6/maximum of 20.

Monday Yoga W1

Monday, Jan 9 – Feb 27 (no class 1/16, 2/20)

Time: 9:00 – 10:15am

Cost: \$60.00

Monday Yoga W2

Monday, March 12 – April 30 (no class 4/16)

Time: 9:00 – 10:15am

Cost: \$70.00

Friday Yoga W1

Friday, Jan 6 – Feb 17

Time: 9:00 – 10:15am

Cost: \$70.00

Friday Yoga W2

Friday, March 9 – April 27 (no class 4/20)

Time: 9:00 – 10:15am

Cost: \$70.00

3/5 and 3/2 are snow dates – if no make-up class is needed class will be a drop-in class.

The drop in fee is \$12.00 per class

Instructor: Patricia Neja, RYT

patricianeja@maine.rr.com



BODY FLEX

Body Flex is a strength training class that utilizes various forms of resistance to achieve maximum strength training benefits. Each class will incorporate a variety of exercises for all of the major muscle groups. Exercises will vary with each class to keep your muscles challenged. Class will start with a five-minute warm up and end with 10 minutes of stretching and abdominal work. The class is designed for all ages and abilities and can be adapted for all populations. Please note this adult class will only allow a 10% Senior Discount. Minimum of 10/maximum of 18.

Body Flex W1 – Tuesday and Thursday

Jan 3 – Jan 31

Time: 4:30 – 5:20pm Cost \$52.00

Body Flex W2 – Tuesday and Thursday

Jan 3 – Jan 31

Time: 5:30 – 6:20pm Cost \$52.00

Body Flex W3 – Tuesday and Thursday

Feb 2 – Feb 28

Time: 4:30 – 5:20pm Cost \$46.00

Body Flex W4 – Tuesday and Thursday

Feb 2 – Feb 28

Time: 5:30 – 6:20pm Cost \$46.00

Body Flex W5 – Tuesday and Thursday

March 1 – March 29

Time: 4:30 – 5:20pm Cost \$52.00

Body Flex W6 – Tuesday and Thursday

March 1 – March 29

Time: 5:30 – 6:20pm Cost \$52.00

Body Flex W7 – Tuesday and Thursday

April 3 – April 26

Time: 4:30 – 5:20pm Cost \$46.00

Body Flex W8 – Tuesday and Thursday

April 3 – April 26

Time: 5:30 – 6:20pm Cost \$46.00

The drop in fee is \$8.00 per class

Instructor: Karen McCue

bodyflex2011@gmail.com

FITNESS FOR ADULTS

LINE DANCE

Learn with ease, the art of Line Dancing. The class starts with basic beginner, learning the steps and putting them to music, as the class progress to 7:30, dances will be come a little more challenging, learning harder steps. There will be a variety of music; country, Latin, oldies, and top 40. Line dance is a great stress reliever, good cardio exercise and a good way to meet new people. No sandals or flip-flops allowed. Parents are welcomes to bring their children to join this class. Pre-registration not required. Minimum of 10/maximum of 30.

Line Dance W1

Tuesdays, Jan 3 – Feb 7

Time: 6:30 – 8:30pm (6:30-7:30pm Basic Beginners,
7:30-8:30pm Beginner Plus)\

Cost: \$36.00

Line Dance W2

Tuesdays, Feb 21 – March 20

Time: 6:30 – 8:30pm (6:30-7:30pm Basic Beginners,
7:30-8:30pm Beginner Plus)

Cost: \$30.00

Line Dance W3

Tuesdays, April 3 – May 1

Time: 6:30 – 8:30pm (6:30-7:30pm Basic Beginners,
7:30-8:30pm Beginner Plus)

Cost: \$30.00

2/14 and 3/27 are snow dates – if no make-up class is needed class will be a drop-in class.

Drop-in fee is \$7.00 per class

Instructor: Tina Foster

tinamfoster@yahoo.com

SIGN UP ONLINE!
WWW.SOUTHPORTLAND.ORG

Click on :”City Departments”
then on “ Parks and Recreation”
to find our link:
“ Rec Center Registrations”

SET UP YOUR ACCOUNT TODAY!!

YOGA FOR FUN, FITNESS, AND FLEXIBILITY

Maintain and improve your health and wellness through yoga- new and experienced practitioners alike will learn excellent techniques, stretches and exercises to increase tone and flexibility. Learn to apply alignment principles that safely and effectively engage, strengthen and stretch your muscles, allowing for a balanced approach to yoga like you have never experienced before! Improve your overall fitness level and general well-being by connecting mind and body in this lifelong practice. Look and feel your best! Minimum of 5/Maximum of 25.

Yoga for Fun W1

Thursdays, Jan 5 – Jan 26

Time: 6:00-7:00pm

Cost: \$50.00

Yoga for Fun W2

Thursdays, Feb 9 – March 1

Time: 6:00-7:00pm

Cost: \$50.00

Yoga for Fun W3

Thursdays, March 8 – March 29

Time: 6:00-7:00pm

Cost: \$50.00

Yoga for Fun W4

Thursdays, April 5 – April 26

Time: 6:00-7:00pm

Cost: \$50.00

2/2 is a snow date – if no make-up class is needed class will be a drop-in class.

The drop in fee is \$15.00 per class.

***Instructor: Tisha Bremner, Certified Anusara-Inspired
Yoga Instructor***

tisha@innerlightyogaofmaine.com

FITNESS FOR ADULTS

TAIJI & QIGONG: SILK REELING, STANDING MEDITATIONS, & 7 FORMS

Designed for both beginners and advanced students, this class combines fundamental Dynamic & static Qigong, and Taiji form exercises emphasizing core principles of integration, movement mechanics, and the development of internal energy. Students will practice active relaxation, efficient body mechanics and sensitivity cultivation. These skills provide an excellent foundation for T'ai Chi Form, and can improve one's performance in other athletic activities. Class deepens ones understanding of the T'ai Chi Forms and provides beginners with essential skills for daily practice and future study. Minimum of 7/maximum of 15.

Taiji & Qigong

Wednesdays, Jan 11 – April 4 (no class 2/22)

Time: 9:00am-10:15am

Cost: \$84.00

The drop in fee is \$8.00 per class

Instructor: Jason Ames, Full Circle Synergy

HEALTHY AND SENSIBLE WEIGHT LOSS

In this Class you will learn how to simplify meal and eating habits, by incorporating vegetables, legumes, fruits and other foods that will lower your caloric intake and increase nutrient value. By understanding proper nutrition, dispelling myths and advertising claims regarding food selection you will be able to make informed decisions about your health. Discussion of disease prevention and the role of exercise are included in this unique life enhancing class, as well as: cooking demonstration, exercise recommendations, tips & techniques, weekly emails including recipes, body and weight measurements will be recorded for the 6 week class. Minimum of 8/Maximum of 15.

Weight Loss

Thursdays, Jan 19 - Feb 23

Time: 7:00 - 8:30pm

Cost: \$80.00

Instructor: Patty Medina

pmedina@maine.rr.com

CINCH CLUB

If you are like most people, you've struggled with your weight at one time or another. You've been on every fad diet. Initially you lose some weight, but then you gain it back and find yourself heavier than before. This 12 week class will include a private weigh in and measurement, group discussion, motivation, and tips for further success. Weekly topics such as setting realistic goals, assessing body image, reading nutrition labels, and sticking to a healthy eating plan will be discussed at each class. The Cinch Club also utilizes a diet plan using high quality, natural protein shakes. The cost breakdown of the shake program will be explained at the first meeting. The Cinch Club provides the complete package for weight loss, with the guidance of an experienced Health Coach. Minimum of 5/Maximum 10.

Cinch Club

Wednesdays, Jan 3 - April 3

Time: 6:00pm-7:00pm

Cost: \$100.00 plus cost of protein shake program

Instructor: Ashlea Loring, Health Coach



TAKE A BREAK WITH YOGA TO RESTORE AND REJUVENATE!

Enjoy an afternoon of yoga poses that will help you relax and rejuvenate. We'll rest in a series of calming poses to gently open joints and relax the nervous system. Class will end with a Yoga-Nidra guided meditation. No yoga experience necessary. Minimum of 5/Maximum of 15

Yoga Workshop

Sunday Jan 15

Time: 2:00 – 4:00pm

Cost: \$22.00

Instructor: Patricia Neja, RYT

FITNESS FOR ADULTS

SATURDAY YOGA

This class will be a combination of flow and form yoga for all levels of experience. Erin offers a unique setting with contemporary music and personalized instruction based upon the students needs. Each class will focus on exploring “stillness and personal enlightenment” thru self discovery. Celebrating life through asana, pranayama dance, and meditation. Minimum of 5/maximum of 20.

Saturday Yoga W1

Saturdays, Jan 14 – Feb 25

Time: 8:30 – 9:45am

Cost: \$70.00

Saturday Yoga W2

Saturdays, March 10 – April 28

Time: 8:30 – 9:45am

Cost: \$80.00

3/3 is a snow date – if no make-up class is needed class will be a drop-in class.

The drop in fee is \$12.00 per class

Instructor: Erin Sullivan



BEGINNER BALLROOM DANCING FOR COUPLES

Learn the basics on how to Waltz, Foxtrot, Rumba, Cha-cha and Meringue. This class will help you and your partner look great on the dance floor; whether on a cruise, at a wedding, or just fun parties. Patty Medina has been teaching couples in a unique way for both partners to enjoy social easy dancing and has been choreographing wedding dances for several years. **YOU MUST BRING YOUR PARTNER WITH YOU.** Minimum of 3 couples/Maximum of 10 couples.

Ballroom Dance

Thursdays, March 8- April 12

Time: 7:00-8:00pm

Cost: \$108.00

Drop-in Fee is \$20.00/per couple

Instructor: Patty Medina

pmedina@maine.rr.com



NEW YEAR, NEW FITTER YOU! EXERCISE PHYSIOLOGY SEMINAR

This Lecture style seminar will give you answers to frequently asked questions such as: How much weight should I be lifting? When is it time to add weight, sets, repetitions, which exercises are best suited for my body type and fitness level? How to properly increase cardio workouts and prevent overuse injuries & chronic conditions. You will learn proper technique, safe heart rate indicators and calorie burning tips. This seminar will help you put together a successful fitness program and avoid myths and fitness traps. Minimum of 8/Maximum of 15.

Exercise Physiology

Mondays, January 23 & 30

Time: 7:00-8:00pm

Cost: \$30.00

Instructor: Patty Medina

pmedina@maine.rr.com

FITNESS FOR ADULTS

POWER CORE PROGRAM

Created by Strength and Conditioning Specialist Michael Schwartz, powercore.workouts are a comprehensive system designed to get you into peak physical condition. This series of classes will enhance both health and skill aspects of fitness. And now powercore.workouts are offered to let you fit it into your schedule, choosing how many times per week you would like to come and choosing which days fit best for you! Come 2, 3, or 4 times a week and pick which days you can come!

Bootcamp: This class is for the competitive and recreational athletes, the out of shape looking for a smart, effective, and challenging way to get started. As well as those who have gotten bored with their stale gym routines and are looking for cutting edge exercises/drills to keep them fit and motivated. Even "the biggest loser" trainer Brett Hoebel used to do this workout with Michael in NYC!

Pilates: This class is much, much more than basic abdominal conditioning: we seamlessly combine authentic Pilates with full body strength exercises and functional core work to create an amazing workout that will definitely strengthen your core, help correct alignment issues and muscular imbalances, and have your body in peak condition for the winter. Minimum of 5/Maximum of 12.

Monday – Pilates
Tuesday - Bootcamp
Wednesday – Pilates
Thursday - Bootcamp
Friday – Pilates
Time: M-F 6:15am – 7:15am

PCP W1 (42 classes)

Jan 3 – March 2 (no class 1/16, 2/20)
Cost: 2x/week - \$144.00, 3x/week - \$189.00, 4x/week - \$216.00

PCP W2 (39 classes)

March 5 – April 27
Cost: 2x/week - \$128.00, 3x/week - \$168.00, 4x/week - \$192.00
The drop in fee is \$12.00 per class.

Instructor: Michael Schwartz, CPT, CSCS
workout.schwartz@gmail.com

ADULT OPEN GYMS

\$3.00 per visit for South Portland Residents
\$4.00 per visit for non-residents of South Portland
You must be age 18 & older and out of High School to Participate in Adult Open Gyms.

Over 30 guidelines:

You must show your driver's license to the program supervisor to verify your age. You must be 30 years old on or before December 31, 2011 to participate in this open gym.

Sundays Jan. 7 – April 29

(None April 8)
3:00 – 4:30pm – Men's over 30 open gym basketball
4:30 – 6:00pm – Women's basketball open gym
6:15 – 8:45pm - Adult co-ed volleyball

Tuesdays – Jan.3 – April 24

11:30am – 1:00pm – Adult basketball open gym
The gym opens at 11:20am

Tuesdays – Jan. 3 – April 24

7:00 – 9:00pm - Women's Open Gym

Wednesdays – Jan. 4 – April 25

11:30am – 1:00pm – Adult basketball open gym
The gym opens at 11:20am

Wednesdays – Jan. 4 – April 25

7:00 – 9:00pm – Men's open gym
(So. Portland residents ONLY and adults who work for a So. Portland business – ID's required)

Fridays – Jan. 6 – April 27

11:30am – 1:00pm – Adult basketball open gym
The gym opens at 11:20am

Sundays – Jan. 7 – April 27 At Redbank Gym

9:00 – 10:30am – Men's over 40 open gym basketball

Over 40 guidelines:

You must show your driver's license to the program supervisor to verify your age. You must be 40 years old on or before December 31, 2011 to participate in this open gym.

ADULT ENRICHMENT

WATERCOLOR FOR BEGINNERS

This class is structured and designed for seniors and adults who want to explore the wonderful world of watercolor. We will review painting fundamentals, i.e., washes, glazes, color wheel, shapes, painting techniques, and more. You will be given the opportunity to experiment on the lesson of the day and on your own. We will paint landscapes, still life and, if time permits, explore painting the human figure. At the first class you will be provided a list of materials that you will need to purchase. If you have your own supplies bring them with you. Minimum of 5/Maximum of 10.

Watercolor - Beginners

Wednesdays, January 11- February 29

Time: 6:30 - 8:30 pm

Cost: \$ 57.00

Instructor: Rachel Mason Burger

WATERCOLOR INTERMEDIATE & ADVANCED

This class is less structured and designed for seniors and adults who have basic watercolor skills. Instruction, demonstrations and individual feedback will be provided. You will have time to experiment on your own. Participants will need to provide their own materials. Minimum of 5/Maximum of 10.

Watercolor - Advanced

Wednesdays, January 11- February 29

Time: 9:30 am - 12:00 pm

Cost: \$ 70.00

Instructor: Rachel Mason Burger



ANNUAL FLOWER SEED GERMINATION FOR 'FIRST TIMERS'

For those who have not taken this class before, here is your opportunity to learn techniques for successful annual flower seed germination. It's magic when you know the secrets. Join me at the City's Greenhouse (Pitt St) and learn all about annual flower seeds, germination and growing techniques. Minimum 3/ Maximum 10. Materials: Bring a packet of annual flower seed.

Seed Germination

Saturday April 21, 8:00am – 9:30am

Cost \$5.00

Instructor: Mary Lou Fathke, City Horticulturist

E-mail:

ACRYLIC PAINTING FOR ADULTS

This class is for the beginning painter, or intermediate artist with some experience painting in any medium. Each class includes exercises that explore the use of color, shape, shading, texture and techniques of different artists. You have the choice of working with your painting as an exercise or creating it into a full finished painting. You'll have the chance to paint from photos, real life and from your imagination. Most importantly, you have fun in a supportive and noncompetitive setting. A supply list will be given when you register. minimum 4/ Maximum 7.

Acrylic Painting W1

Mondays, Jan 9-March 5. No class Jan. 16, Feb. 20

12:30-2:30pm

Cost: \$56.00

Acrylic Painting W2

Mondays, March 12-April 30. No class April 16.

12:30-2:30pm

Cost:\$56.00

Instructor: Ruth Gorton

e-mail: ruthgorton@myfairpoint.net

ADULT ENRICHMENT

TAKING BETTER PICTURES I

Do you wonder how to take compelling pictures of you children, pets or family gatherings? Ever wish you could take a picture of a beautiful flower? Wish you could capture a gorgeous sunset the way you're seeing it so you can show it off later? If you want to understand how to use your camera to take better pictures, then this is the workshop for you! It doesn't matter what level you are at photographically, or whether you have a point and shoot, film or DSLR camera, the principals of composition, creativity and technique remain the same. The workshop will not only discuss how to get better pictures through technique and composition, but we will also do some photography in and out of class and learn from our own work what works and how photos could be improved. Bring whatever camera you have to class. Who will benefit from this workshop: Absolute beginners to Intermediate level photographers. Minimum 5/Maximum: 15

Taking Better Pictures I

Tuesdays, January 24- February 14

6:30-8:30pm

Cost: \$45.00

Instructor: Cynthia Farr- Weinfeld

About the instructor: ***Cynthia Farr-Weinfeld*** is a Commercial and Editorial photographer based in Portland, Maine. She is the Contributing Photographer for *Portland Magazine*. Some of her clients include Maine Office of Tourism, Visit Portland, StockFood – The Food Image Agency and DiMillo's Restaurant. She has been published in Popular Photography Magazine, Old House Journal, Yankee Magazine and Maine Food & Lifestyle Magazine."

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FOOTBALL 102 FOR WOMEN

The Super Bowl is getting closer, are you ready?! If you want the big game to be about more than just the food and commercials, join WCSH6-TV Sports Anchor Lee Goldberg for Football 102. This 'no such thing as a dumb question' setting is perfect for women who always wanted to know more about this sport that men seem to be so obsessed with, but were afraid to ask!

Lee Goldberg is a resident of South Portland and has been a sports anchor for 21 years and has covered 4 Super Bowls.

Football 102

Thursday, January 26th

7:00-8:30pm

Cost: \$10.00 per person

Coordinator: Lisa Thompson

TAKING BETTER PICTURES II

Want to learn more about how to use your camera to capture better shots of your family, pets, landscapes, flowers and travel destinations? This four week workshop will build on techniques learned in Taking Better Pictures I, so it would be preferable to have taken the first workshop. Once again, there will be in-class photo exercises, discussion, and weekly assignments for you to learn more by taking pictures on your own. Sharing your work in class with the use of a private online photo group, you will learn what works and how to create better photos. Bring whatever camera you have to class. Who will benefit from this workshop: Absolute beginners to Intermediate level photographers. Minimum 5/ Maximum 15.

Taking Better Pictures II

Tuesdays, February 28- March 20

6:30-8:30pm

Cost: \$45.00

Instructor: Cynthia Farr- Weinfeld

ADULT ENRICHMENT

INTRODUCTION TO TAEKWONDO

Taekwondo is a Korean Martial Art and one of only two martial arts in the Olympics. This introductory level class is designed to teach the basics of Taekwondo and prepare continuing students for their first belt. Each class will involve warm-ups, stretching, and basic blocking and kicking techniques in a fun-filled, family oriented environment.

Attire: Loose comfortable clothing such as sweat pants and t-shirts are STRONGLY recommended. Uniforms are not required but are available to order. Shoes and socks are not worn during class.

Intro to Taekwondo W1

Wednesday, January 4- February 22

Time: 5:00-6:00pm

Cost: \$40.00

Intro to Taekwondo W2

Wednesday, March 7- April 25

Time: 5:00-6:00pm

Cost: \$40.00

Instructors: David & Jean Esposito ,Southern Maine Taekwondo

www.southernmainetaekwondo.com

EXTREME COUPONING FOR REAL PEOPLE

You have seen the show, now see how you, too, can save hundreds on your grocery shopping trips! Come learn with Cari, from Couponing with Cari, where to find the best coupons, how to organize your coupons, and matching store flyers with coupons. Learn the benefits from having a reasonable stockpile, how to roll store coupons, and cash benefit of Mail in Rebates! Let Cari share her secrets with you!

Extreme Couponing/ Real People

Tuesday, April 10

6:30-8:30pm

Cost: \$15.00

Instructor: Carin Dowling

Carin Dowling is a working mom with two young children. Last year she saved over \$18,000, by using coupons, mail in rebates, and taking advantage of sales. To learn more about Carin visit: www.couponingwithcari.com

KNITTING CIRCLE

All levels of knitters will learn new knitting skills, from beginner cast on, knit, and purl, to more advanced cables, beadwork, and intricate intarsia (multi-color) knitting. Kathie will assist you, as needed, in choosing and completing your next project. She also knits for several charities and welcomes anyone to join her in this endeavor. Enjoy sharing tips, techniques, patterns, and stories with other excited knitters. Experienced knitters should bring a project to class. Beginners should bring a skein of Wool-Ease Bulky yarn (or similar yarn) and can choose from the following projects:

Scarf – bring size 11 straight needles

Hat – bring 16” size 15 circular needle.

Knitting Circle F1

Thursdays, January 5- February 9

Time: 6:30-8:30pm

Cost: \$42.00

Knitting Circle F2

Thursdays, March 1- April 5

Time: 6:30-8:30pm

Cost: \$42.00

Instructor: Kathie Heide-Tolliver

kheide@myfairpoint.net

QUILTING DROP IN

We will have the ART ROOM available for quilters so they can bring in their projects and enjoy the company of others while they quilt. No fee. You will need to bring your own sewing machine. Pre-registration not necessary.

Quilting Drop in

Tuesdays, January 3- April 24

6:30-8:30pm

Cost: FREE

KIDS STUFF!

BALLET FOR 4 AND 5 YEAR OLDS

This class introduces children to the fundamentals of Ballet technique. It emphasizes the essential elements needed to build a strong foundation to progress in dance. The class focuses on grace in movement, coordination, proper body alignment, balance, strength and basic ballet steps. These skills are taught using the proven methods of warming up, stretching at the barre and performing center floor work. The techniques learned in this class provide the student with the basis for dance of all styles. This is a co-ed class. Shorts or sweatpants and a t-shirt OR a leotard and tights are acceptable clothing for class. Ballet slippers are optional. Minimum of 6/Maximum of 10.

Ballet W1

Mondays, January 9- February 27 (No Class 1/18 or 2/ 20)
Time: 3:15-4:00pm
Cost: \$48.00

Ballet W2

Mondays, March 12- April 23 (No Class 4/18)
Time: 3:15-4:00pm
Cost: \$48.00

Instructor: Maria Tzianabos, Owner, Terpscote Dance Center



AMERICAN RED CROSS BABYSITTING

This course provides youth training in basic childcare, safe play, first aid and critical emergency action skills. Each participant will receive an American Red Cross certificate, provided that he/she is age 11 or older upon completion of the class, attends and participates in the activities of every lesson, and can demonstrate all of the observable skills. The class book is included in the fee. The Red Cross has re-structured this program and only 6 hours are needed for completion. Participants must attend all 3 classes to receive certification. No make up classes are available. Minimum of 8/maximum of 10.

ARC Babysitting W1

Wednesdays, February 25, March 1, 8
Time: 6:00-8:00pm
Cost: \$ 56.00

ARC Babysitting W12

Wednesdays, March 28, April 4, 11
Time: 6:00-8:00pm
Cost: \$ 56.00

Instructor: Teri Feely

CLAY FOR KIDS

Just squeeze, knead, shape, glaze and paint and you'll be making plaques, pots, sculptures and much more. Every week has a theme and kids can make whatever comes to their imagination. Children are encouraged to bring an afternoon snack to class. This class is available for children ages 5-10. Child must be 5 years old on the first day of class. Each sibling receives a \$5.00 discount on the listed class fee. Minimum of 5/maximum of 10.

Clay for Kids W1

Mondays, Jan 9-March 5. No class Jan. 16, Feb. 20
3:30-5:00 pm
Cost: \$52.00

Clay for Kids W2

Mondays, March 12-April 30. No class April 16.
3:30-5:00pm
Cost: \$52.00

Instructor: Ruth Gorton

e-mail: ruthgorton@myfairpoint.net

KIDS STUFF!

**Coach Green's
programs fill up quickly!
Sign up early !**

GYM TIME

Using movement, music based games, obstacle courses and more, children ages 3 1/2- 5 years old will work on their gross motor skills while playing in the gym. There will be organized activities for everyone to participate in and there will be time for children to explore the various stations that Coach Green has set up in the gym. Adult participation with a child is optional. Child must be 3 1/2 years old by the end of the session. Minimum of 6/Maximum of 20.

Gym Time W1

Mondays, January 23-March 26 (no program 1/16 and 2/20)
Time 11:30am-12:15pm
Cost \$49.00

Gym Time W2

Mondays, April 2- May 21 (no program 4/ 16)
Time: 11:30am-12:15pm
Cost \$49.00

Instructor: Matt Green



TODDLER TIME

This class is for children who are 18 – 48 months old. The child must be at least 18 months old by the end of the session. Each child will need to be accompanied by an adult who will be able to actively participate in the class. There will be organized activities for everyone to participate in and there will be time for you and your child to explore on your own. This is a great opportunity to work on your child's physical development while interacting with other children. Minimum of 10/Maximum of 16.

Toddler Time W1

Monday January 23-March 26 (no program 1/16 or 2/20)
Time 9:30-10:15am
Cost: \$63.00

Toddler Time W2

Monday January 23-March 26 (no program 1/16 or 2/20)
Time 10:30-11:15am
Cost: \$63.00

Toddler Time W3

Monday April 2- May 21 (no program 4/ 16)
Time 9:30-10:15am
Cost: \$49.00

Toddler Time W4

Monday April 2- May 21 (no program 4/ 16)
Time 10:30-11:15am
Cost \$49.00

Instructor: Matt Green

KIDS STUFF!

FEBRUARY AND APRIL VACATION CAMPS

Vacation camps are for children in grades 1-5 who are residents of South Portland. Pre-registration and pre-payment are required and must be done at the Community Center by the Wednesday before camp begins. All camps are held 8:00 am – 5:00 pm. Children will enjoy field trips and special events, inside and outside play and arts and crafts. We require a minimum \$50.00 deposit at the time of registration to hold a spot in camp. The balance must be paid on or before the Friday before camp begins. Camps will be staffed by high school, college students, and adults. Each camp is held Tuesday through Friday. Minimum of 30/Maximum of 60 per camp.

February Vacation Camp - February 21-24, 2012
April Vacation Camp - April 17-20, 2012

Cost: \$100.00/child for each camp. Siblings receive a \$5.00 discount for each camp. We do not pro-rate this camp for partial days.

Please make us aware of your child's physical or emotional needs that may require additional attention. All special requests must be made at least two weeks prior to the start of camp.

Coordinator: Lisa Thompson

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KIDS' HIP HOP DANCE

Vibrant and energetic, Hip Hop inspires kids to get moving! Breakdance, East and West Coast styles, as well as Hip Hop history will be covered in a bouncing 45 minute class. A creative and popular genre, this class is guaranteed fun in an age-appropriate setting. Come discover the scope of Hip Hop- from introductory footwork and vocabulary, all the way to power moves and battles! Minimum 6/ Maximum 12 per class.

Kids' Hip Hop 1 Ages 8-11

Wednesdays, January 4- February 8
Time: 3:30-4:15pm
Cost: \$42.00

Kids' Hip Hop 2 Ages 8-11

Wednesdays, February 29- April 4
Time: 3:30-4:15pm
Cost: \$42.00

Kids' Hip Hop 1 Ages 12+

Wednesdays, January 4- February 8
Time: 4:30-5:15pm
Cost: \$42.00

Kids' Hip Hop 2 Ages 12+

Wednesdays, February 29- April 4
Time: 4:30-5:15pm
Cost: \$42.00

Instructor: Tess Carragher



IT'S NEVER TOO EARLY TO THINK ABOUT SUMMER!

2012 SUMMER REC CAMPS, TEEN EXTREME CAMP & KINDER CAMP REGISTRATION INFORMATION

FRIDAY, APRIL 13, 2012

Financial Assistance applications for *Rec Camps, Kinder Camp and Teen Extreme camp ONLY* must be completed and turned in at the South Portland Community Center *on or before April 13th*. Your application will be processed prior to April 27th. You will receive a letter from us in response to your request regarding the amount of assistance that you may/may not receive. This letter must be included with your child's registration form. We will NOT process financial assistance request forms that are included with your child's registration form. ***Financial Assistance forms can be obtained at the Community Center, 21 Nelson Rd. anytime after January 2, 2012 or online at www.southportland.org. If you are requesting financial aid for any program other than Rec. camp, Kinder Camp or Teen Exetreme Camp, you MUST fill out an additional form.***

Outstanding program balances must be paid in full to be considered for financial assistance.

Limited assistance is available during this application timeline.

WEDNESDAY, MAY 2, 2012

Registration will open for Rec Camps for grades 1-6, Teen Extreme Camp and Kinder camp. These camps are for South Portland Residents only. All registrations will be taken on a first come-first serve basis. More information regarding the camp registration process will be available in Mid-March and will be distributed through flyers sent home in school totes.

FRIDAY, JUNE 15, 2012

This is the registration deadline for Rec Camps and Teen Extreme Camp. No registrations for the first week of camp will be accepted after June 15th. 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 which you would like to attend. We do not pro-rate the camp fees.

SUMMER CAMP DATES FOR ALL CAMPS: JUNE 25- AUGUST 3 (NO CAMP JULY 4)

LITTLE RIOTS CAMP FOR GRADES 1 AND 2 @ DYER ELEMENTARY SCHOOL

BIG RIOTS CAMP FOR GRADES 3 AND 4 @ MEMORIAL MIDDLE SCHOOL

5TH AND 6TH GRADE CAMP @ MAHONEY MIDDLE SCHOOL

TEEN EXTREME CAMP FOR GRADES 7 AND 8 @ REDBANK COMMUNITY GYM



FAMILY PROGRAMS

FRIDAY NIGHT SKI & SNOWBOARD PROGRAM AT SHAWNEE PEAK

Ski or ride every Friday night! This program is for students in grades 6-12, adults and families. Children in grade 5 may register along with a paying adult. All trips will be chaperoned by two adult staff. Lessons are not being offered with this program. Registration for this program began in November and continues until December 23rd. Registrations will be accepted after December 23rd only if there is room in the program. A \$100 deposit is required at the time of registration. Due to waiver releases and signatures required by Shawnee Peak, we cannot offer online registration with this program. All registrations must take place at the Community Center. Transportation will be provided by Northeast Charter and Tour Co.

Registration for this program started on November 7th and continues until December 23rd.

Shawnee Peak Friday Night

Fridays, January 13- February 17 (make-up date Feb. 24)
Departing from SPCC at 3:00pm, returning to SPCC at approx. 11:00pm

Cost:

Transportation Only (Great deal if you have the Shawnee Peak Night Pass!): \$110.00

Transportation and Lift : \$220.00

Transportation, lift and Rental: \$320.00

Helmet Rental: \$30.00 Helmets are required for those 18 and under.

Coordinator: Lisa Thompson

FAMILY BINGO NIGHT!

Bring the family and head over to the community center for an evening of bingo! We will have refreshments and a fabulous prizes table that will please all ages! Cards and markers are provided. Register early...this one fills up fast! Children in grades 5 and under must be accompanied by an adult. Pre-registration is required. Minimum 40/ Maximum 100.

Family Bingo

Friday, March 8th

Time: 6:30-8:00pm

Cost: \$7.00 per person

Coordinator: Lisa Thompson

FENWAY PARK TOUR & MUSEUM, OF SCIENCE, BOSTON

This family day trip will be filled with great memories for all! We will start the day with a self guided tour of the Boston Museum of Science. The Museum of Science offers dozens of exhibits that are amazing and informative and cover all areas of science combined with current technology. After lunch (on your own at the Museum) we will head down to Fenway for a 50 minute historic walking tour of the ballpark with a Fenway Park Tour guide. A must for any devoted fan of Red Sox Nation. This trip is recommended for families with children ages 5 and older and adults and will include an extensive amount of walking. Minimum 35/ Maximum 54.

Fenway Park/ Museum of Science

Saturday, April 28th, 2012

Departing SPCC at 7:30am, returning to SPCC at approx. 6:30pm (There will be no stop on the way home)

Cost: \$50.00 per person- includes transportation and all admission fees

Coordinator: Lisa Thompson

11TH ANNUAL FATHER/DAUGHTER DANCE “ A PRINCESS FAIRY TALE BALL”

This event is for girls and their father, grandfather, uncle or special family friend. Join us for an evening of dancing, games and good times. Light refreshments will be served and music for all ages will be provided. We will have professional photographers on hand to capture this special night for an additional cost. Order forms for pictures will be available when you register. Sorry, Moms; you will have to sit this one out. Pre-registration is required. Registrations will be taken until 9 p.m. on Friday, February 10th or until spaces are filled, whichever comes first. NO registrations will be taken on the day/night of the event. Space is limited!

Father/ Daughter Dance

Saturday, February 11, 2012

6:00-8:00 p.m.

Cost: \$10.00 per child, no charge for adults.

Maximum: 175 girls

Coordinator: Lisa Thompson

FAMILY PROGRAMS

LES MISÉRABLES IN BOSTON!

25TH ANNIVERSARY PRODUCTION!

Cameron Mackintosh presents a brand new 25th anniversary production of Boublil & Schönberg's legendary musical, LES MISÉRABLES, with glorious new staging and dazzlingly reimagined scenery. Based on Victor Hugo's classic novel, LES MISÉRABLES is an epic and uplifting story about the survival of the human spirit. The magnificent score of LES MISÉRABLES includes the classic songs "I Dreamed a Dream," "On My Own," "Stars," "Bring Him Home," "Do You Hear the People Sing?," "One Day More," "Empty Chairs at Empty Tables," "Master Of The House" and many more.

Join us for this spectacular production! We will go to an afternoon show at the Boston Opera House. After the show, we will travel over to the Faneuil Hall Marketplace or the North End (a short walk from Faneuil Hall) for dinner on your own. *The senior discount does not apply to this trip.* Minimum 18/ Maximum 27.

Les Miserables

Saturday, March 31, 2012

Departing from the SPCC at 11:15am Returning to SPCC at approx. 9:30pm

Cost: \$126 per person-includes transportation and theatre ticket

Coordinator: Lisa Thompson



BOSTON BRUINS TRIP

Spend the day with the family at TD garden as the Washington Capitals take on the reigning 2011 Stanley Cup Champion Boston Bruins. We will travel by luxury coach with Custom Coach and Limousine. There will be no stop on the way home. Tickets are limited to 4 per person maximum. This is a tri-community trip with Falmouth and Cumberland Recreation Departments. Minimum 10/ Maximum 25.

Boston Bruins Trip

Saturday, March 10, 2012

Departing from SPCC at 10:00am Returning at 6:30pm

Cost: \$110 per person- maximum registrations of 4 per person .

Coordinator: Lisa Thompson



AMERICAN GIRL DOLL STORE & THE WIZARD OF OZ!

What a girls day out! We will start the day with a trip to the American Girl Doll Store in Natick, MA. Girls are encouraged to bring their "American girls" and/or "bitty babies" for this trip! Lunch will be provided at the American Girl Café. Shop, browse or visit the Salon for you and your doll! Afterwards, we will travel to the Wheelock Family Theatre for an afternoon matinee showing of the classic "Wizard of Oz". This performance will feature a "red carpet" event directly after the show where guests can meet the actors for autographs and photo opps so don't forget your camera! We will stop in Newington NH for dinner on the way home. (dinner cost is on your own) Minimum 15/ Maximum 27.

American Girl/ Wizard of Oz

Sunday, January 29, 2012

Departing SPCC at 8:30am Returning to SPCC at 7:30pm

Cost: \$60.00 per person includes coach transportation, lunch and theatre ticket (including red carpet event)

Coordinator: Lisa Thompson

TEEN PROGRAMS

TEEN TAKE OVER NIGHT – THE LASER TAG EXPERIENCE!

For those of you did not experience it this summer at camp...G Force Laser Tag is back! We are “taking over” the Community Center for a Saturday evening so that kids in grades 6-8 can take part in a huge array of activities all for one low cost. The gym will be transformed into an indoor laser tag venue for various laser tag competitions and games, hosted by G Force Laser Tag. The pool will be open, we will have pizza and bingo in the Senior Wing and movies and games in the Teen Center. There will be something for everyone! Minimum 50/ Maximum 100. *We must have at least 50 people registered by March 16th in order for this event to take place.*

Teen Take Over Night- Laser Tag

Saturday, March 24, 2012

7:00-10:00pm

Cost: \$20.00 per person

Coordinator: Lisa Thompson



SUMMER JOB WORKSHOP

So, you want to be a camp counselor? Or, are you looking for a summer job and not sure where to start? Summer jobs are really fun but also a lot of hard work. For many it is your first crack at filling out an application, going to a job interview and building your base for a your first professional work experience. Learn what it takes to be successful in your summer job search from filling out applications to proper interview etiquette as well as what is expected once you do get that job offer! This workshop is for teens ages 14 -18.

Summer Job Workshop

Monday, March 5th

6:00-8:30pm

Cost: Free/ Pre registration is required.

Coordinator: Lisa Thompson

PROM DRESS SWAP

Need a new dress for Prom, 8th Grade Graduation or maybe some other special occasion this spring? Give that old Prom dress a chance at a second life with our Prom Dress Swap. It's like getting a free dress for the prom!

Donate a gently used gown or formal dress. Dresses for any special formal occasion will be accepted. After dropping off the dress, the donor will be automatically registered for the Prom Dress Swap which will take place on March 24th. There is no charge to register for those donating dresses. If you do not have a dress to donate but would still like to come to the event, there is a \$10.00 registration fee.

The South Portland Recreation Department and Main Library will be accepting dress donations from February 1- March 16. Donated dresses must be no more than 5 years old, in like- new condition and preferably in a dry clean bag. Any dresses that are leftover will be donated to a local charity.

The Prom Dress Swap will be held at the South Portland Community Center on Saturday, March 24 from 11am-3pm. There will be refreshments and door prizes as well!

This event is for girls who live or attend school in South Portland, ages Middle School through High School.

Prom Dress Swap

Saturday, March 24

11:00am-3:00pm

Cost: FREE with your donated dress/ \$10.00 with no donation.

Coordinators: Lisa Thompson, Natalie Williams



TEEN CENTER INFORMATION



The TEEN CENTER at the South Portland Community Center is open EVERY DAY that school is in session from 2:00-4:30 p.m. (closed holidays, early release days and vacations)

Students in grades 6-12 are welcome to stop by, play games, do homework and hang out!

School bus transportation is available from Mahoney (Bus #12) and Memorial (Bus #14) Middle Schools.

Anyone using the teen center must abide by a code of conduct where respect for people and property comes first.

Play Pool, Ping Pong and Air Hockey...Xbox, Wii and lots of board games. WiFi is now available! Get your homework done before practice. We have a snack bar too! Snacks and drinks available at a very reasonable cost!

HIGH SCHOOL AND MIDDLE SCHOOL STUDENTS:

Looking for ways to obtain
Community Service hours?
The South Portland Parks and
Recreation Department
can help you...by helping us.

A great way to get work experience, build your
resume and acquire job references.

For more information and an application

Contact Lisa Thompson

At 767-7650

or e-mail:

lthompson@southportland.org

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YOUTH SPORTS

FLOOR HOCKEY FOR GRADES 3,4 AND 5

This is a co-ed league for children who would like to have a chance to play hockey with others on Saturday mornings. Children will be placed on teams after registration and a game schedule will be available at the first game. *Please register before February 3rd.* Parents will hear from their child's coach after February 17th. All children will receive a T-shirt and mouth guard. Mouth guards will be mandatory for all players. Games will take place at Redbank Gym. Volunteer parent coaches are needed for this program. Please contact Lisa Thompson if you would like to coach a team. Minimum 20/ Maximum 80

Floor Hockey for grades 3,4 and 5

Saturdays, 9:00 a.m.-12:00 p.m.
(*games will be scheduled within these times, parents will receive a schedule*)
March 3- April 7 at REDBANK Gym
Cost: \$25.00 per participant, includes a T-shirt and mouth guard.
Coordinator: Lisa Thompson

PILLOW HOCKEY FOR GRADES K-2

This is a co-ed league for children who would like to have a chance to play with others on Saturday mornings. Pillow Hockey is a modified form of floor hockey, using soft round "Q-tip" -like sticks and a soft ball. All children will receive a T-shirt. Parents will hear from their child's coach after February 26th. Games will take place at the Community Center gym. Volunteer parent coaches are needed for this program. Please contact Lisa Thompson if you would like to coach a team. Minimum. 20/ Maximum 80

Pillow Hockey for Grades K-2

Saturdays, 9:00-12:00 p.m.
(*games will be scheduled within these times, parents will receive a schedule*)
March 3-April 7 at SPCC Gym
Cost: \$25.00 per participant, includes a T-shirt
Coordinator: Lisa Thompson

HOOP MAGIC

This program is for boys and girls in grades K - 2. By rotating through stations, we will teach the children the basics in passing, dribbling, shooting, and defense. 2nd graders will be introduced to game concepts and play 3 on 3 games, which will give the children more opportunities to touch the basketball. The Kindergarteners and 1st graders will spend the majority of their time in stations learning the basic skills and will be wrapping up each station by playing fun games that help use the skills learned that day. SPSHS basketball players will assist with this program and help prepare future players with the skills needed to advance to the 3rd grade program. The last class will be the "Game Day"; 2nd graders will come in and play 3 on 3 round robins, no stations. Kindergarteners and 1st graders will be competing against each other playing the station games that use the skills they have learned throughout the whole program. Hoop Magic will be held at REDBANK GYM.

Minimum of 12/maximum of 60 for grades K & 1.

Minimum of 12/maximum of 50 for grade 2.

Hoop Magic K

Sundays, Jan 8 – Feb 12
Time: 11:00 - 11:45am
Cost: \$30.00

Hoop Magic 1

Sundays, Jan 8 – Feb 12
Time: 12:00 - 12:45pm
Cost: \$30.00

Hoop Magic 2

Sundays, Jan 8 – Feb 12
Time: 1:00 - 2:00pm
Cost: \$30.00

Coordinator: Sabrina Best

TO AVOID DISAPPOINTMENT,
SIGN UP FOR PROGRAMS EARLY...
WE DON'T LIKE TO CANCEL
PROGRAMS DUE TO LACK OF
ENROLLMENT!

BASKETBALL CONTESTS!

FREE THROW SHOOTING CONTEST THIS IS A FREE PROGRAM

Come test your skills and compete in the SP Recreation Free Throw Contest. This event is open to boys and girls ages 8 – 13. Winners and runner-ups will advance to compete in the Greater Portland Regional Shoot off. Participants will be divided into divisions:

Boys 8 – 9 yr old	Girls 8 – 9 yr old
Boys 10 – 11 yr old	Girls 10 – 11 yr old
Boys 12-13 yr old	Girls 12-13 yr old

Contestant age will be determined by their age as of April 1, 2012. All participants will shoot at a 10 ft. hoop. 8 – 9 year old division will shoot 11' from the hoop all other divisions will shoot from 15' free throw line. Please pre-register! This is an unlimited program.

FRIDAY, DECEMBER 23RD, 2011
@ COMMUNITY CENTER GYM
GIRLS COMPETITION WILL BEGIN AT 9:00AM
BOYS COMPETITION WILL BEGIN AT 11:30AM

Registrations will be accepted until 15 minutes prior to the start time.

Coordinator: Sabrina Best

HOT SHOT CONTEST THIS IS A FREE PROGRAM

Test your shooting ability with players your own age. This Hot Shot Basketball Contest is for boys and girls, age 9 – 18. Participants will be divided into divisions, which are determined by your age as of March 31, 2012. All contestants shoot at 10 ft. hoops. This is an unlimited program.

FRIDAY DECEMBER 23RD, 2011
GIRLS COMPETITION 10:00AM
BOYS COMPETITION 12:30PM

Age Divisions:
9 – 10 year olds
11 - 12 year olds
13 - 15 year olds
16 - 18 year olds

****Division will be determined by age on March 31, 2012****
The winners in each division will advance to compete in the Southwestern Regional Competition. Registration will be accepted until 15 minutes prior to the start time.
Coordinator: Sabrina Best

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SET UP YOUR ACCOUNT TODAY!!



LACROSSE

SPRING LACROSSE PROGRAM

The Spring Lacrosse Program is for Boys and Girls in grades 3 – 6. There will be two separate teams for grades 3 & 4 and 5 & 6. The girls and boys programs will start in late March with indoor practices at the Community Center, and then move to practice outside at Wainwright Fields in early April.

Games will be on Saturdays, starting in late April, and the season will run until mid June.

We will hold an informational meeting, on Monday March 5th at 6:00pm, at the South Portland Community Center, to discuss the program and any extra costs to purchase equipment. Please try to attend with your child who is interested in participating in this program. Practice days and times will also be available at this meeting.

Lacrosse Girls 1 – Grade 3 & 4 **Cost: \$45**

Lacrosse Girls 2 – Grades 5 & 6 **Cost: \$45**

Lacrosse Boys 1 – Grades 3 & 4 **Cost: \$45**

Lacrosse Boys 2 – Grades 5 & 6 **Cost: \$45**

Coordinator: Sabrina Best

Girls Coach: Jeff Selser

Boys Coach: Tom Fiorini

FEBRUARY LAX CAMP

This camp is for boys in grades 1 – 8, who are interested in learning and developing the skills essential to play Lacrosse. The purpose of this camp is to introduce these age groups to this sport that is quickly becoming one of the most popular team sports in the country. Participants will learn the basic fundamentals of Lacrosse, including stick handling, passing, shooting, defense, positioning and footwork. This activity will be held at Redbank Gym. Camp will be held on Monday Feb 20th (which is a holiday).

If you have your own equipment (stick, helmet, pads, gloves), please bring it with you. We have some equipment that will be available to use. Participants should come with sneakers, shorts or sweatpants, and t-shirt or sweatshirt.

Monday February 20 – Thursday February 23

Lax Camp 1 Cost: \$15.00

Boys Grades 1 – 3
Time: 9:00am – 10:15am
Min. 8 – Max. 30

Lax Camp 2 Cost: \$20.00

Boys Grades 4 - 6
Time: 10:30am – 12:00pm
Min. 8 – Max. 30

Lax Camp 3 Cost: \$20.00

Boys Grades 7 – 8
Time: 12:15 – 1:45pm

Camp Coordinators: Tom Fiorini

TO AVOID DISAPPOINTMENT, SIGN UP
FOR PROGRAMS EARLY!



MANY WONDERFUL PROGRAMS
OFTEN GET CANCELED BECAUSE OF
LACK OF ENROLLMENT...DON'T LET
THIS HAPPEN TO YOUR FAVORITE
PROGRAM!



START SMART

START SMART - BASKETBALL

Start Smart Basketball teaches children (ages 3-5) the basic motor skills necessary to play organized basketball while spending quality time with their parents. The program focuses on teaching children and parents the skills of dribbling, ball handling, passing, catching, shooting, running, and agility without the threat of competition or the fear of getting hurt. Each week the exercises become increasingly more difficult as the class progresses and the children show improvement. A parent must accompany each child to every class and participate with them. Minimum of 8/Maximum of 20.

Start Smart B

Saturdays, Jan 7 – Feb 11
Time: 9:30am-10:30am
Cost: \$35.00
Location: REDBANK GYM

Start Smart C

Saturdays, Jan 7 – Feb 11
Time: 10:30am-11:30am
Cost: \$35.00
Location: REDBANK GYM



START SMART – SPORTS DEVELOPMENT

The Start Smart Sports Development Program is a proven instructional program that prepares children (ages 3-5) for the world of organized sports without the threat of competition or the fear of getting hurt. Parents work together with their children in a supportive environment to learn all of the basic skills...throwing, catching, kicking, and batting. Held once a week for 6 weeks, and each week the exercises become increasingly more difficult as the class progresses and children show improvement. An adult must accompany each child every week and assist them in the stations. Minimum of 8/Maximum of 20

Start Smart A

Saturdays, March 3 – April 14
Time: 1:00 – 2:00pm
Cost: \$35
Location: REDBANK GYM
Coordinator: Sabrina Best

THANK YOU TO OUR YOUTH SOCCER COACHES 2011 OUR PROGRAMS WOULD NOT EXIST WITHOUT YOUR SUPPORT!

Adam Perron
Andy Lilienthal
John Tolan
Carlos Diaz
Lee Goldberg
Viktor Ballada
Dave LaBranche
Jeff Selser
Chris Lynch
Kim Perron
Pat Connor
Tap Fitzgerald
Brian Green
Josh Worsley
Stone McFarquhar
Ken Demers
Andy MacVane
Jean-Paul Boudreau
Josh Sudikoff
Carl Hitchcock
Ray Drolet
Randy Smith
Rich Comeau
Chad Cichon
Jewel Church
Mike Martin
Chris Feely
Rick Freese
Mike Friedland
Roberto Rios
Jeff Ball
Rob Winson
Dorene Bunnell
Chris Giesecke
Kevin Lomangino
Ryan Edwards
Lori Wilburn
Stacey Drolet
GiGi Stone-Grannell
Dave Briley
Ken Fassett
Dave Sinclair

OLDER ADULT PROGRAMS

LUNCH'N LEARN SERIES

The Winter series will offer you a variety of subjects and speakers, who are experts in their field! *The subjects to be explored are open to adults 50+, senior citizens or anyone interested in learning about the topic of the day!*

Richard Tetta, Holistic Health Coach, this session, will share and discuss subjects including our current health crisis, the new Health Pyramid, the USDA and its role; plus the harm of heavily processed foods. You will leave with knowledge of how to compliment sound nutrition and better achieve balance in your life!

Lunch n' Learn 1

Tuesday, January 24th
11:30 – 1:00pm
Cost: \$8.00 (Lunch included)

Jim Merchant, Financial Services Agent, of Veteran's Financial, in Massachusetts, will enlighten you about the Veteran's Administration Aid & Attendance Benefits & Pension Program. Jim will gladly answer your questions about financial aid and benefits that may be available to you or a loved one, to assist in payment for assisted living or long term facilities. Benefits are available to vets, spouses and families. Minimum 10 / Maximum 50.

Lunch n' Learn 2

Thursday, February 23rd
1:00pm- 3:00pm
Cost: \$2.00 (Light snack included)

Ann Swasey, Registered Dietician, returns to make her requested presentation on "**Whole, but under appreciated Grains & Legumes**". Come to hear and enjoy new ways to incorporate healthy food into your everyday meals! Minimum 8 / Maximum 20

Lunch n' Learn 3

Thursday, March 1st
11:30am – 1:00pm
Cost: \$8.00 (Lunch included)
Coordinator: Ollie LaChapelle

DINING OUT

Be adventurous! Take off your apron! Hop aboard our mini bus and forget about cooking lunch! Choose your dining experiences – SMCC (Southern Maine Community College, Culinary Arts Program) or a "Surprise" destination! We may make a random stop or a short detour on the way home! **Please note that all SMCC meals are inclusive in the cost; for all other trips, please bring cash. (Small bills make check-out time simpler)**. Minimum 8 / Maximum 14.

Dining 1 – Surprise!

Wednesday, January 18th
11:00am – 3:00pm
Cost: \$2.00

Dining 2- SMCC (Menu)

Thursday, February 2nd
11:30am – 2:30pm
Cost: \$14.00

Dining 3 – SMCC (Menu)

Friday, March 7th
11:30am – 2:30pm
Cost: \$14.00

Dining 4 – SMCC (Buffet)

Friday, April 6th
11:30am – 2:30pm
Cost: \$14.00

Coordinator: Ollie LaChapelle

SIGN UP ONLINE!
WWW.SOUTHPORTLAND.ORG

Click on : "City Departments"
then on " Parks and Recreation"
to find our link:
" Rec Center Registrations"

SET UP YOUR ACCOUNT TODAY!!

OLDER ADULT PROGRAMS

ARMCHAIR TRAVEL

Grab a chair, sit back and enjoy a trip to the Galapagos Islands, located on the Eastern Pacific Ocean, west of Ecuador. Marie Jordan, “World Traveler & Birder” will narrate our excursion. The islands form a National Park and hosts a Biological Marine Reserve. Minimum 10 / Maximum 30.

Armchair 1- Galapagos Islands

Tuesday, February 7th
1:00pm – 2:15pm (Light snack)
Cost: \$2.00

Coordinator: Ollie LaChapelle

Ben McKenney, (4th generation!) from *Grandpa Joe’s Sugar House*, East Baldwin will share a historical and informational power point slide presentation about the family businesses over the years, at the same farm! Ben will bring the farm’s own Maple Candy and Real Maine Maple Syrup, and a variety of products to purchase. Ollie will make silver dollar-sized pancakes for sampling the syrup! Minimum 10 / Maximum 30.

Armchair 2- Sugar House

Tuesday, March 13th
1:00pm – 2:15pm
Cost: \$2.00 (Light snack)

Coordinator: Ollie LaChapelle



VALENTINE CARD EXCHANGE

Bring a friend and come celebrate Valentine’s Day at the Community Center! Bring a card, to exchange, homemade or store bought. Enjoy music and make your own Friendly ice cream sundae or milk shake! Wear Red and win a prize! Minimum 10 / Maximum 30.

Valentine

Tuesday, February 14
1:00 – 3:00pm
Cost: \$7:00

Coordinator: Ollie LaChapelle

SAINT PATRICK DAY CELEBRATION

‘Doesn’t matter what nationality you are! Put an O’ before your name and come wearin’ the green to celebrate this festive day! The fare today is green beverages, Rueben Sandwiches, special treats and music! Minimum 10 / Maximum 30.

Saint Pat

Friday, March 16
Noon – 2:30pm
Cost: \$10.00

Coordinator: Ollie LaChapelle

KEEP IT LOCAL

Varoom! We are off in the mini-bus today to shop! Bring your shopping bags – there will be a cooler with ice on board to keep food fresh! First Stop – **Trader Joe’s**. Lunch, on your own, at **Whole Foods**! Minimum 8/ Maximum 14.

Whole Foods

Tuesday, March 27
10:00 – 2:30pm
Cost: \$2.00

Coordinator: Ollie LaChapelle

OLDER ADULT PROGRAMS

CARD GAMES

Are you looking for a friendly game of cards? Please join us for our drop-in program for seniors. Bridge or Hand and Foot are played on Thursdays. Regular players will be happy to teach you how games are played: no need to bring a partner.

Bridge/ hand and Foot

Thursdays, January 5- April 26

Time: 1:00-4:30 pm

Cost: FREE

LES MISÉRABLES IN BOSTON!

25TH ANNIVERSARY PRODUCTION!

Cameron Mackintosh presents a brand new 25th anniversary production of Boublil & Schönberg's legendary musical, LES MISÉRABLES, with glorious new staging and dazzlingly reimagined scenery. Based on Victor Hugo's classic novel, LES MISÉRABLES is an epic and uplifting story about the survival of the human spirit. The magnificent score of LES MISÉRABLES includes the classic songs "I Dreamed a Dream," "On My Own," "Stars," "Bring Him Home," "Do You Hear the People Sing?," "One Day More," "Empty Chairs at Empty Tables," "Master Of The House" and many more.

Join us for this spectacular production! We will go to an afternoon show at the Boston Opera House. After the show, we will travel over to the Fanueil Hall Marketplace or the North End (a short walk from Fanueil Hall) for dinner on your own. *The senior discount does not apply to this trip.* Minimum 18/ Maximum 27.

Les Miserables

Saturday, March 31, 2012

Departing from the SPCC at 11:15am Returning to SPCC at approx. 9:30pm

Cost: \$126 per person-includes transportation and theatre ticket

Coordinator: Lisa Thompson

MOVIES WITH BILL

Beat the Winter doldrums with South Portland Volunteer, Bill Arnold! He has a collection of new and vintage movies to share! Movie titles will be shared one week in advance. You will have an opportunity to request a movie too! Drop-in, bring your sense of adventure, a snack, & watch a FREE movie with Bill and your friends in the Teen Center!

Movies

Monday, January 23, 30, February 6, 27 (no program on 2/13 or 2/20)

10am – 12:15pm

Cost: FREE

Coordinator: Ollie LaChapelle



BEGINNER'S CROCHET

Why not try something new? Bring a friend or come solo! In Crochet 1, you will learn basic crochet stitches and complete a cotton dishcloth. During the classes, the instructor will show samples of completed "beginner" projects. Discussions will be held to decide a project for Crochet 2. *Please bring to class: One 2 ounce ball of worsted weight cotton, a size H crochet hook, a dash of patience and a sense of humor!* If you have questions, contact Jan Winsor, elementary school teacher & instructor at the website below. Minimum 6 / Maximum 15.

Crochet 1

Tuesday, January 17, 24, 31, February 7, 14 & 21

6:30pm – 8:00pm

Cost: \$30.00

Crochet 2

Tuesday, March 6, 13, 20, 27, April 3 & 10

6:30pm – 8:00pm

Cost: \$30.00

Instructor: Jan Winsor

www.fourwindsfarmmaine.com

OLDER ADULT PROGRAMS

KITCHEN & CORK WATCH'N LEARN COOKING

There is always something cooking in Jane's Kitchen at the Kitchen and Cork Store in Scarborough! This interactive learning experience *includes lunch*, plus demonstrations of the latest kitchen gadgets, recipes and tips for cooking ease at home! Bring your appetite and walk away with ideas for hearty & healthy eating! Minimum 8 / Maximum 12.

Sausage Making

Wednesday, January 25th

11:00am - 2:15pm

Cost: \$13.00

One-pot Soup

Wednesday, February 29th

11:00am – 2:15pm

Cost: \$13.00

Meal in a Sandwich

Wednesday, March 21st

11:00am – 2:15pm

Cost: \$13.00

Coordinator: Ollie LaChapelle

TAI CHI FOR ARTHRITIS

Dr. Paul Lam's Tai Chi for Arthritis, (TCA) benefits people with health concerns. Based on the higher stance of "sun" style Tai Chi, it is easier on the joints than "Yang" style. With elements of Qigong, a type of energy work, TCA is easy to learn, effective and safe. It increases flexibility, muscle strength, and heart/lung activity. It helps align posture, improves balance and integrates mind and body. Johanna Welch has 20 years of dance/movement experience and is a certified teacher of TCA since 2006. This program is approved by the Arthritis Foundation. Minimum 6/ Maximum 15.

Arthritis/Tai Chi

Thursdays, February 2, 9, 16, 23, March 1, 8, 15 & 22(No class 2/20)

5:30pm – 6:30pm

Cost: \$40.00

Coordinator: Ollie LaChapelle

OLLIE'S BREAKFASTS/BRUNCH

Bring your appetite for breakfast and be prepared to fill your plate! Enjoy traditional breakfast foods – and come to our first Continental-style breakfast this season! Ollie & "Crew" will serve you with a smile – the only things you will have to lift are your coffee cup and fork! Invite some friends to enjoy good food and company! A 48 hour pre-registration is required – sign-up early, as shopping needs to be done! Remember, "If you leave hungry – it's your own fault!" Minimum 15/ Maximum 25.

Continental

Tuesday, January 17th

7:30am – 9:00am

Cost: \$ 8.00 (Breakfast)

Eggs

Wednesday , February 22nd

7:30am – 9am

Cost: \$8.00 (Breakfast)

Pancakes

Thursday, March 8th

7:30am – 9:00am

Cost: \$8.00 (Breakfast)

Coordinator: Ollie LaChapelle

THREE SCORE PLUS

South Portland Seniors are invited to participate in BINGO, which meets every Monday, except when there is a Monday holiday. There are 20 games of BINGO, a coffee and snack break; and lots of other fun. The second Monday of each month is lunch day. The lunch menu and cost is announced two weeks prior to the lunch date.

Time: 12:30 – 3:15 pm

Cost: \$4.00 per year and an additional \$.50 per week

Coordinator: Ollie LaChapelle

OLDER ADULT PROGRAMS

FIT TO LIVE

Come join Patty Medina as she offers an exciting new wellness and health program, tailored to adults who are 60+. This exciting new program will offer activities such as standing and chair aerobics, walking, group exercises, basketball drills and interactive activities to improve brain function, coordination, joint mobility, and balance. Airdyne Bicycles and rowers are available during class for heart health & conditioning. Fit to Live is for improving balance, flexibility, strength as well as providing a valuable social network. This class will be held at Redbank Gym. Minimum 12/Maximum of 40.

Fit to Live F- Monday, Wednesday and Friday

Jan 9 – Feb 3 (no class 1/16)

Time: 10:30 - 11:20am

Cost: \$39.00/\$49.00 NR

Fit to Live G- Monday, Wednesday, and Friday

Feb 8 – March 2 (no class 2/20)

Time: 10:30 – 11:20am

Cost: \$35.00/\$45.00 NR

Fit to Live H- Monday, Wednesday, and Friday

March 7 – March 30

Time: 10:30 – 11:20am

Cost: \$39.00/\$49.00 NR

Fit to Live J- Monday, Wednesday, and Friday

April 4 – May 4 (no class 4/16)

Time: 10:30 – 11:20am

Cost: \$46.00/\$56.00 NR

Fit to Live FGHIJ – Jan 9 – May 4

Time: 10:30 – 11:20am

Cost: \$144.00/\$154.00 NR

2/6, 3/5, 4/2 are snow dates – if no make-up class is needed class will be a drop-in class.

Drop in fee is \$5.00 per class.

Instructor: Patty Medina

pmedina@maine.rr.com

Save \$15.00 when you sign up for 45 classes!!

Non-residents save \$45.00

STRETCH AND STEP FOR SENIORS

Let's face it; we all know that if we rest, we rust. Every new study emphasizes the benefit of regular exercise, especially as we age. The 10:45am class consists of a series of stretches in chairs to keep us limber, and then move into standing exercises. Then we will step out around the room adding some muscle strengthening, then cool down with slow moves that help with balance and circulation. You are encouraged to participate at your own fitness level. The 9:30am class is a little more strenuous and uses floor mats, requiring the ability to get down on the floor.

Stretch and Step

Tuesdays and Thursdays, Jan 3 – April 26 (no class 2/21, 2/23, 4/17, 4/19)

CLASS TIMES: 9:30 – 10:30am and 10:45 – 11:45am

Cost: \$3.00 drop in fee per class

Instructor: Betsy Dunphy

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 only available for South Portland Residents!

LINE DANCING FOR SENIORS

Enjoy friends, fun, music, and dancing. Each week there will be an opportunity to review and learn new dances. You do not need to pre-register for this class. Just drop in.

Tuesdays, Jan 3 – April 24

Time: 9:30am-11:00am

Cost: \$2.00/class paid directly to the instructor

Instructor: Tina Foster

PRESCHOOL REGISTRATION & INFORMATION

THE GROWING YEARS

This program will provide your child an opportunity to experience a structured, educational program prior to kindergarten. We provide two teachers for each of our two classroom of 14 children..This program is designed to provide a fun, educational experience for your child. We stress listening skills, waiting for a turn and basic readiness skills such as recognition of ones' own name, colors, letters, numbers and geometric shapes. Craft skills will enhance the child's fine motor skills, while our weekly physical education class will provide an opportunity for the child to work on gross motor skills. We will work on language, social development and handwriting skills. We will introduce the children to the Handwriting Without Tears program. You will find "The Growing Years" program objectives on the South Portland.org website. We strive for each child to accomplish each of these, with the realization that some children may exceed these expectations while others may not achieve all of them. We provide a student progress report in January and in May.

Program Hours are:

Tuesday, 9:30 – 1:00pm

Wednesday, 9:30-11:30am

Thursday, 9:30 – 1:00pm

The cost for this program is \$70.00 per week.



ON OUR WAY

This program will provide your child an opportunity to socialize and learn with other children in a safe, structured environment. Our day includes free play at various centers, story time, circle time, musical activities, physical education classes in the gym and craft projects. Children will work on waiting their turn, sharing with other children and recognizing their own name. We provide two teachers for each of our two classrooms of 10 children. You will find "On Our Way" program objectives on the South Portland.org Website. *Children enrolled in the On Our Way program get an automatic spot in Growing Years the following year*

Program hours are:

Monday 9:30 - 11:30am

Friday, 9:30 – 11:30am

The cost for this program is \$42.00 per week.

PRESCHOOL REGISTRATION FOR THE 2012-13 SCHOOL YEAR:

AGE REQUIREMENTS:

On Our Way- Children must be 3 years old on or before October 15, 2012 to attend this program.

Growing Years- children must be 4 years old on or before October 15th, 2012 to attend this program.

All children must be "potty" trained to attend either of these pre-school programs.

MAY 14-18

Lottery Drawing Registration. All registrations taken during this time will be put into a lottery drawing. Please drop your registration form off at the front desk during regular hours of operation.

MAY 21

Lottery Drawing will take place for Growing years and On Our Way enrollment spots available, Parents will be notified of your child's enrollment in the program by March 19th.

PUBLIC SWIM INFORMATION

DAILY FEES

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 Aquatic Supervisors Bill Fenton (wfenton@southportland.org) or Patrick McArdle (pmcardle@southportland.org) with any questions, comments or concerns. A complete list of rules is posted at the desk.

Proper bathing attire is required.

Shoulder length or longer hair must be tied back.

Children must be directly supervised by the accompanying adult/swimmer (age 16 years or older).

Pool staff has the authority and responsibility to refuse service to anyone who poses a danger to themselves or others.

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 & supervised by a swimmer 16 or older. Patrons wearing a life-jacket/PFD MUST stay within arms-reach of a parent or guardian 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 (or youth with permission), the pool will have “all lanes in,” unless scheduled with a Water Aerobics class or Family Swim. Patrons should be aware of the different speeds and pick a lane that best represents their pace.

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. In most cases, there are no lane lines available. Water toys are available during these swims.

SENIOR CITIZEN SWIM – Participants must be at least 60 years young, please!

WATER AEROBICS – All Aerobic classes have a Drop-in fee as follows:

Residents: \$3 per class. Non-Residents: \$4 per class. You must be signed in by 5 past the start time or you will not be allowed in.

SHALLOW WATER AEROBICS-Non-swimmers welcome. High level intensity taught with the instructor giving cues for other levels. Some classes share the pool with public swims.

DEEP WATER FITNESS – The workout will include aerobics and strength training. Participants must be able to swim a minimum of 25 meters (1 length) without a floatation device.

LOW IMPACT WATER FITNESS- Non-swimmers welcome. Low impact cardio and drop ins are welcome anytime.

SWIM PROGRAM INFORMATION WINTER SESSIONS

(Jan.-Feb.)

SWIM LOTTERY FOR SOUTH PORTLAND RESIDENTS

*Swim Lesson Lottery will begin at
7am on Tuesday, December 6th
and end at the close of business
on Friday, December 9th.*

Call anytime during regular hours of operation (or stop by) and pick your time for when you come in to sign up for lessons. Your time will be determined with your lottery drawing.

SWIM REGISTRATION NIGHT
Wednesday, December 14 at 5:00pm

NON-RESIDENTS REGISTRATIONS
will be accepted starting on
Friday, December 16 at 7:00am

SWIM PROGRAM INFORMATION SPRING SESSIONS

(April- May)

SWIM LOTTERY FOR SOUTH PORTLAND RESIDENTS

*Swim Lesson Lottery will begin at
7am on Tuesday, March 6th
and end at the close of business
on Friday, March 9th.*

Call anytime during regular hours of operation(or stop by) and pick your time for when you come in to sign up for lessons. Your time will be determined with your lottery drawing

SWIM REGISTRATION NIGHT
Wednesday, March 14 at 5:00pm

NON-RESIDENTS REGISTRATIONS
will be accepted starting on
Friday, March 16 at 7:00am

AMERICAN RED CROSS LEARN TO SWIM LESSONS

Participants in the youth progressive swim program must be a minimum of 6 years old. 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 mouth, nose & eyes, swimming on front & back using arm & leg actions, exhaling underwater and floating on front & back.

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

OBJECTIVE: To give students success with fundamental skills. Prerequisites include ability to fully submerge face for a minimum of 3 seconds, float on back and front with assistance, and demonstrate safe water/pool entries and exits. Skills introduced include: Submerging entire head, front & back glides, bobbing in water, treading water using arm & 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 include demonstrated 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. Skills introduced include: Reaching assists, swimming without assistance, front and back crawl stroke, rotary breathing in horizontal position, butterfly kick and body motion, kneeling & standing dive from side of pool, survival floats and retrieving underwater objects.

LEVEL 4: STROKE IMPROVEMENT

OBJECTIVE: To develop confidence in the strokes learned and improve other aquatic skills. Prerequisites include demonstrated ability to perform the crawl stroke with rhythmic breathing for a minimum of 10 yards, elementary backstroke for a minimum of 10 yards and front dive. Skills introduced include: breaststroke, elementary backstroke, butterfly and sidestroke, and feet-first surface dive.

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, change direction and position as necessary and swim elementary backstroke for 25 meters. Swim breaststroke for 15 meters, change direction and position as necessary and swim back crawl for 15 meters. Skills introduced include: Open turns, front and backstroke flip turns, standing dives and survival modes, along with endurance swimming and more complex rescue safety topics.

LEVEL 6: SKILLS PROFICIENCY

OBJECTIVE: To polish strokes so students swim with more ease, efficiency, power and smoothness over greater distances. The emphasis is fitness swimming to prepare for the life-time skill of swimming. Prerequisites include completion of Level 5.

ARC LEARN TO SWIM: LEVELS 1-6

These skill-appropriate courses are offered to promote comfort and fundamentals while working through stroke readiness, development and proficiency.

Participants must be at least 6 years old!

Sundays, January 8 - February 26

Time: 2:15-3:00pm (Levels 3-4)

Time: 3:15-4:00pm (Levels 2, 3 and 5)

Time: 4:15-5:00pm (Levels 1-4)

Tuesdays, January 3 - February 22

Time: 7:00-7:45pm (Levels 1-5)

Saturdays, January 7 - February 25

Time: 8-8:45am (Levels 3, 4, and 5)

Time: 9-9:45am (Levels 1-4, 6)

Time: 10-10:45am (Levels 2, 3, and 4)

Time: 11-11:45am (Levels 1-3 and 5)

SPRING LESSONS:

Sundays, April 1 - May 20

Time: 2:15-3:00pm (Levels 3-4)

Time: 3:15-4:00pm (Levels 2, 3 and 5)

Time: 4:15-5:00pm (Levels 1-4)

Tuesdays, April 3 - May 22

Time: 7:00-7:45pm (Levels 1-5)

Saturdays, April 7 - May 26

Time: 8-8:45am (Levels 3, 4, and 5)

Time: 9-9:45am (Levels 1-4, 6)

Time: 10-10:45am (Levels 2, 3, and 4)

Time: 11-11:45am (Levels 1-3 and 5)

Cost for all lessons: \$40

INFANT & PRESCHOOL AQUATICS PROGRAMS

PRESCHOOL I

For children 3-5 years old, this is an introductory stage in aquatic development. 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. Either way, our goal is to provide quality leadership in a safe environment where youngsters can work towards self-sufficiency in the water! Maximum of 5 children per class.

Sundays, January 8-February 26

Time: 2:15-2:45pm Time: 2:45-3:15pm

Time: 3:45-4:15pm

Cost: \$40

Tuesdays, January 3-February 21

Time: 9:00-9:30am

Time: 9:30-10:00am

Cost: \$40

Wednesdays, January 4-February 22

Time: 9:00-9:30am Time 9:30-10:00am

Time: 1:00-1:30pm Time 1:30-2:00pm

Cost: \$40

Fridays, January 6-February 24

Time: 9:30-10:00am Time: 1:00-1:30pm

Cost: \$40

Saturdays, January 7-February 25

Time: 8:00-8:30am Time: 10:00-10:30am

Time: 11:00-11:30am

Cost: \$40

SPRING LESSONS:

Sundays, April 1-May 20

Time: 2:15-2:45pm Time: 2:45-3:15pm

Time: 3:45-4:15pm

Tuesdays, April 3-May 22

Time: 9:00-9:30am Time: 9:30-10:00am

Wednesdays, April 4-May 23

Time: 9:00-9:30am Time 9:30-10:00am

Time: 1:00-1:30pm Time 1:30-2:00pm

Fridays, April 6-May 25

Time: 9:30-10:00am Time: 1:00-1:30pm

Saturdays, April 7- May 26

Time: 8:00-8:30am Time: 10:00-10:30am

Time: 11:00-11:30am

PRESCHOOL II

(FORMERLY “ADVANCED PRSCHOOL”)

Preschool Level II is designed for those 3-5 year olds who have taken Preschool Lessons and, clearly shown a higher level of ability and comfort in the water, and have been recommended by staff. Participants will concentrate on more endurance swimming, back stroke, under-water swimming and beginners diving. Skills at this level are performed independently. maximum of 6 per class. Prerequisites of enrollment include the following:

- Swim 8-10 yards unassisted (from shallow deck to about the flags)
- Fully submerge face in the water
- Completion of Preschool Lessons (or equivalent)
- Permission of the Aquatics Program Coordinator

Sundays, January 8-February 26

Time: 2:45-3:15pm

Cost: \$40

Fridays, January 6-February 24

Time: 1:30-2:00pm

Cost: \$40

Saturdays, January 7-February 25

Time: 10:00-10:30am Time 10:30-11:00am

Time: 11:30am-12:00pm

Cost: \$40

SPRING LESSONS:

Sundays, April 1-May 20

Time: 2:45-3:15pm

Fridays, April 6-May 25

Time: 1:30-2:00pm

Saturdays, April 7- Amy 26

Time: 10:00-10:30am Time 10:30-11:00am

Time: 11:30am-12:00pm

INFANT & PRESCHOOL AQUATICS PROGRAMS

PRESCHOOL III (NEW THIS YEAR!)

Preschool Level III is built on the skills learning in Preschools Levels I & II by providing additional guided practice of basic aquatic skills at slightly more proficient performance levels and greater distances and times. When these children turn 6 years old, and enter Progressive Level 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 children per class.

Sundays, January 8-February 26

Time: 3:15-3:45pm
Cost: \$40

Saturdays, January 7-February 25

Time: 8:30-9:00am Time: 10:30-11:30am
Cost: \$40

SPRING LESSONS

Sundays, April 1- May 20

Time: 3:15-3:45pm Cost: \$40

Saturdays April 7-May 26

Time: 8:30-9:00am Time: 10:30-11:30am
Cost: \$40

SOUTH PORTLAND OTTERS SWIM TEAM!

South Portland Otters is a non-competitive developmental program for ages 8-13. The program provides the opportunity for swimmers to improve their stroke technique and to build endurance in a fun, non-competitive environment. Swimmers looking to participate must be able to swim one length of the pool. Swimmers will participate in friendly swim meets with the main goals of setting and improving upon "personal best" times!

Fee: \$60 per Session Min: 12 Max: 25

Coordinators: Elizabeth Clifford and Kara Ciampi

**Practices take place Mondays and Wednesdays from.
6-7pm**

Dates:

Session 1: January 9-February 8

Swim meet: February 12th at 12:15-2:00pm

Session 2: February 27- March 28th

Swim meet: April 1st, 12:15-2:00pm

Session 3: April 30- May 30th

Swim Meet: June 3 12:15-2:00pm

PARENT & CHILD AQUATICS

This class is for parents/care-givers and their 6 month to 5 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 level 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:10

Sundays, January 8-February 26

Time: 2:15-2:45pm
Cost: \$40

Fridays, January 6-February 24

Time: 9:00-9:30am
Cost: \$40

Saturdays, January 7-February 25

Time: 8:00-8:30am
Time: 8:30-9:00am
Cost: \$40

SPRING LESSONS

Sundays April 1-May 20

Time: 2:15-2:45pm

Fridays, April 6-May 25

Time: 9:00-9:30am

Saturdays April 7-May 26

Time: 8:00-8:30am
Time: 8:30-9:00am

HolidayFest 2011

Mill Creek Tree Lighting

Friday, December 2

4:30 – 7:00 PM

Mill Creek Park

Master of Ceremonies- Jennifer Rooks

Horse drawn carriage rides from 4:30 – 7:00

Visit with Santa Claus at City Hall from 5:00 – 6:30

Christmas carols with
South Portland High School and Middle School chorus students 5:45 – 6:15

Tree lighting at 6:00
Hot dogs, pop corn, hot chocolate for everyone!

