

FITNESS • ENRICHMENT • ARTS • ATHLETICS

# PORTSMOUTH

RECREATION DEPARTMENT

## PORTSMOUTH INDOOR POOL

April 14 - May 4, 2025

48 Andrew Jarvis Drive; Portsmouth NH 03801

(603) 427-1546

Coming to the pool for the first time,  
please go to [portsmouthnh.myrec.com](https://portsmouthnh.myrec.com)  
and click on the "Create New Account"  
link.

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY		SUNDAY
6:00-7:00	Pool opens at 8:00am	Adult Lap - 6 (6:00-7:00)	Pool opens at 8:00am	Adult Lap - 6 (6:00-7:00)	Pool opens at 8:00am		Lap Swim - 6 (8:00-11:00am)		Lap Swim - 6 (8:00-10:30am)
7:00-8:00		Lap Swim - 6 (7:00- 9:00)		Lap Swim - 6 (7:00-9:00)			Lap Swim - 6 (8:00-9:00)		Open Swim (11:05-2:00pm)
8:00-9:00	Lap Swim - 6 (8:00-9:00)	Lap Swim - 6 (8:00-9:00)	Lap Swim - 6 (8:00-9:00)						
9:00-10:00	Water Power @ 9:00	Aqua HITT @ 9:00	Water Power @ 9:00	Aqua HITT @ 9:00	Aqua Zumba @ 9:00				
	Lap Swim - 1 Lane	Lap Swim - 1 Lane	Lap Swim - 1 Lane	Lap Swim - 1 lane	Lap Swim - 1 lane				
10:00-11:00	Senior	Senior	Senior	Senior	Senior				Aqua Zumba @ 1:00
11:00-12:00	Lap Swim - 4 Vertical Exercise - 2	Lap Swim - 4 Vertical Exercise - 2	Lap Swim - 4 Vertical Exercise - 2	Lap Swim - 4 Vertical Exercise - 2	Lap Swim - 4 Vertical Exercise - 2		Pool Closings		
12:00-1:00	Lap Swim - 6	Lap Swim - 6	Lap Swim - 6	Lap Swim - 6	Lap Swim - 6		Sunday April 20th - Pool Closed		
1:00-3:30	Pool Closed Maintenance and Cleaning	Open Swim & Lap (ends at 5:00pm)	Pool Closed Maintenance and Cleaning	Open Swim & Lap (1:00-5:30pm)	Open Swim & Lap * Ends at 5:00pm		Friday May 2nd - Pool Closed from 1 -2:30pm		
3:30- 5:30	Open Swim & Lap		Open Swim & Lap						
5:30 - 6:30	Great Bay Masters (pre-registration required)	Tri Group (Free with Membership or \$10)	Great Bay Masters (pre-registration required)	Technique Thursday (Free with Membership or \$10)	Rental Youth Swim Team (5:00-7:00pm)	School Vaction Week Expect the pool to be busier during open swim which will decrease the amount of lap lanes in order to meet the need of open swimmers. There will be no lap lanes offered during open swim on the weekend.			
6:30-7:30	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team	Lap Swim - 6 (6:30-7:30pm)					
7:30-8:30				Rental Youth Swim Team		Portsmouth Indoor Pool strives to create a more inclusive, diverse, and welcoming environment for			

Hours are subject to change.

Schedule Key

[www.portsmouthnh.gov/recreation/indoor](https://www.portsmouthnh.gov/recreation/indoor)

**Adult Lap Swim** - Designed for those 18 & over to swim laps.

**Vertical Exercise** - Designed for exercise, physical therapy, aqua-jogging, etc., with ramp access.

**Lap Swim** - Designed for those of any age to swim laps.

**Open Swim** - Designed for all ages, good for families and children, to swim and play.

**Senior Swim** - Designed for those 60 & over to swim, exercise and socialize. (4 lap lanes, 2 vertical exercise)

**Children under 48" tall must be accompanied in the water by an adult.**