

# PORTSMOUTH INDOOR POOL

**PORTSMOUTH**

**May 5 - 18, 2025**

RECREATION DEPARTMENT

48 Andrew Jarvis Drive; Portsmouth NH 03801

(603) 427-1546

Coming to the pool for the first time,  
please go to [portsmouthnh.myrec.com](http://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	Pool opens at 8:00am	Adult Lap - 6	Pool opens at 8:00am	Lap Swim - 6 (8:00-8:55)	Lap Swim - 6 (8:00-10:30am)
7:00-8:00		Lap Swim - 6 (7:00-8:55)		Lap Swim - 6 (7:00-8:55)		Lap Swim - 6 (7:00-8:55)	Group Swim Lessons (8:00-11:00am)
8:00-8:55	Lap Swim - 6 (8:00-8:55)		Lap Swim - 6 (8:00-8:55)		Lap Swim - 6 (8:00-8:55)		Open Swim & Lap - 2 (10:30- 12:55pm)
9:00-10:00	Water Power @ 9:00 Lap Swim - 1 Lane	Aqua HiTT @ 9:00 Lap Swim - 1 Lane	Water Power @ 9:00 Lap Swim - 1 Lane	Aqua HiTT @ 9:00 Lap Swim - 1 lane	Aqua Zumba @ 9:00 Lap Swim - 1 lane	Open Swim & Lap - 2 (11:05-2:00)	Aqua Zumba @ 1:00
10:00-11:00	Senior	Senior	Senior	Senior	Senior		
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		
12:00-1:00	Lap Swim - 6	Lap Swim - 6	Lap Swim - 6	Lap Swim - 6	Lap Swim - 6		
1:00-3:30	Pool Closed Maintenance and Cleaning	Open Swim & Lap	Pool Closed Maintenance and Cleaning	Open Swim & Lap	Open Swim & Lap Ends at 5:00pm		
3:30-5:30	Group Swim Lessons Lap Swim - 2	Group Swim Lessons Lap Swim - 2	Group Swim Lessons Lap Swim- 2 (4:30-5:30pm)				
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)		
6:30-7:30	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team	Group Swim Lessons Lap Swim - 4			
7:30-8:30				Rental Youth Swim Team			
Hours are subject to change.							
Schedule Key	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 <u>must</u> be accompanied in the water by an adult.			