

PORTSMOUTH INDOOR POOL

PORTSMOUTH

RECREATION DEPARTMENT

May 27 - June 14, 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 and
click on the "Create New Account" link.

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		SUNDAY
6:00-7:00	Adult Lap - 6	Adult Lap - 6	Adult Lap - 6	Adult Lap - 6	Adult Lap - 6	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)	Lap Swim - 6 (7:00-8:55)	Lap Swim - 6 (7:00-8:55)	Group Swim Lessons (8:00-11:00am)		Open Swim & Lap - 2 (10:30- 12:55pm)
8:00-9:00						Open Swim & Lap - 2 (11:05-2:00)		Lap Swim - 6 (1:00-2:00)
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			
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	Early Closing		
12:00-1:00	Lap Swim - 6	Lap Swim - 6	Lap Swim - 6	Lap Swim - 6	Lap Swim - 6	June 6 - PHS Graduation at 2:00pm		
						June 14 - Pool closed at 11:00am		
						Last weekend for the season - June 14 & 15		
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	Closed		
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)			Parking Reminder		
5:30 - 6:30	Great Bay Masters (pre-registration required)	Tri Group (Free with Membership or \$10)	Great Bay Masters (pre-registration required)	Group Swim Lessons	Rental Youth Swim Team (5:00-7:00pm)	Indoor pool parking is located along the side of building. The indoor pool spaces are signed and stenciled. Parking anywhere else during school hours (7:30-3:30pm), you risk being towed.		
6:30-7:30	Rental Youth Swim Team	Lap Swim - 6	Rental Youth Swim Team	Lap Swim - 5 (5:30-7:30pm)		Portsmouth Indoor Pool strives to create a more inclusive, diverse, and welcoming environment for the community we serve. All are welcome here.		

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 must be accompanied in the water by an adult.**