

# PORTSMOUTH INDOOR POOL

## PORTSMOUTH

RECREATION DEPARTMENT

June 16 - 22, 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](http://portsmouthnh.myrec.com) and  
click on the "Create New Account" link.

TIMES	MONDAY 6/16	TUESDAY 6/17	WEDNESDAY 6/18	THURSDAY 6/19	FRIDAY 6/20	Parking Reminder
6:00-7:00	Adult Lap - 6	Adult Lap - 6	Adult Lap - 6	Pool Closed Juneteenth	Adult Lap - 6	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.
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)	
8:00-9:00						
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 Zumba @ 9:00 Lap Swim - 1 lane	
10:00-11:00	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 - 6	
12:00-1:00	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 Ends at 5:00pm	
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)		Rental Youth Swim Team (5:00-7:00pm)	
6:30-7:30	Rental Youth Swim Team	Lap Swim - 6	Rental Youth Swim Team			

Hours are subject to change.

Schedule Key	<a href="http://www.portsmouthnh.gov/recreation/indoor">www.portsmouthnh.gov/recreation/indoor</a>	
<b>Adult Lap Swim</b> - Designed for those 18 & over to swim laps.	<b>Vertical Exercise</b> - Designed for exercise, physical therapy, aqua-jogging, etc., with ramp access.	
<b>Lap Swim</b> - Designed for those of any age to swim laps.	<b>Open Swim</b> - Designed for all ages, good for families and children, to swim and play.	
<b>Senior Swim</b> - Designed for those 60 & over to swim, exercise and socialize. (4 lap lanes, 2 vertical exercise)	<b>Children under 48" tall <u>must</u> be accompanied in the water by an adult.</b>	