

FITNESS • ENRICHMENT • ARTS • ATHLETICS

PORTSMOUTH

RECREATION DEPARTMENT

PORTSMOUTH INDOOR POOL

June 23 - August 1, 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"

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00-7:00	Adult Lap - 6	Adult Lap - 6 (5:30-7:00)	Adult Lap - 6	Adult Lap - 6	Adult Lap - 6
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)
8:00-9:00					
9:00-10:00	AFAF @ 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 Lap Swim - 4	Senior Lap Swim - 4	Senior Lap Swim - 4	Senior Lap Swim - 4	Senior Lap Swim - 4
11:00-12:00	vertical exercise 2	vertical exercise 2	vertical exercise 2	vertical exercise 2	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				
3:30 - 5:30	Swim Lessons Lap - 3 (3:30-5:30)	Swim Lessons Lap - 3 (3:30-5:30)	Swim Lessons Lap - 3 (4:30-5:30)	Open Swim & Lap - 2 (3:30-5:30) Swim Lesson - (4:00-7:00)	Open Swim & Lap - 2 Ends at 5:00pm
5:30 - 6:30	Great Bay Masters (pre-registration required)	Tri Group (Free with Membership or \$10)	Great Bay Masters (pre-registration required)	Coach is in! (Free with Membership or \$10)	Rental Youth Swim Team (5:00-7:00pm)
6:30-7:30	Rental Youth Swim Team	Lap Swim - 6	Rental Youth Swim Team	Lap Swim - 5	

Hours are subject to change.

Schedule Key	www.portsmouthnh.gov/recreation/indoor	Schedule Changes:
Adult Lap Swim - Designed for those 18 & over to swim laps.	Vertical Exercise - Designed for exercise, physical therapy, aqua-jogging, etc., with ramp access.	Pool Closed - July 4th
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.	Closed Saturday and Sunday for Summer
Senior Swim - Designed for those 60 & over to swim, exercise and socialize.	Children under 48" tall <u>must</u> be accompanied in the water by an adult.	Shutdown August 3 - September 2, 2024