

# PORTSMOUTH INDOOR POOL

**PORTSMOUTH**

**September 8 - 21 2025**

RECREATION DEPARTMENT

48 Andrew Jarvis Drive, Portsmouth, NH 03801

(603) 427-1546

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00-7:00	Pool opens at 8:00am	Adult Lap - 6	Pool opens at 8:00am	Adult Lap - 6	Adult Lap - 6
7:00-8:00		Lap Swim - 6 (8:00-8:55)		Lap Swim - 6 (8:00-8:55)	Lap Swim - 6 (8:00-8:55)
8:00-8:55	Lap Swim - 6 (8:00-8:55)		Lap Swim - 6 (8:00-8:55)		
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
12:00-1:00	Lap Swim - 6	Lap Swim - 6	Lap Swim - 6	Lap Swim - 6	Lap Swim - 6
1:00-3:30	Open Swim & Lap	Pool Closed Maintenance and Cleaning	Open Swim & Lap	Pool Closed Maintenance and Cleaning	Open Swim & Lap Ends at 5:00pm
3:30-5:30	Group Swim Lessons Lap Swim - 4	Group Swim Lessons Lap Swim - 3	Group Swim Lessons Lap Swim- 4 (4:30-5:30pm)	Open Swim & Lap (3:30-5:30) Swim Lesson (4:30-6:30)	
5:30-6:30	Great Bay Masters (pre-registration required)	Tri Group (Free w/ Membership or \$10)	Great Bay Masters (pre-registration required)	Lap Swim - 5	Rental Youth Swim Team (5:00-7:00pm)
6:30-7:30	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team	
7:30-8:30		Lap Swim - 6		Lap Swim - 6	

**Hours are subject to change.**

Weekend Hours		Parking Reminder	Pool Closings
SATURDAY	SUNDAY	Parking is available along the side of the building in spaces marked for the Indoor Pool (signed and stenciled). During school hours (7:30 a.m.-3:30 p.m.), parking anywhere else may result in your vehicle being towed.	Monday, September 15 - Aqua Buddies - (1:45- 2:45pm)
Lap Swim - 5 (8:00-8:55 am)	Lap Swim - 6 (8:00-10:30am)		Monday, October 13 - Columbus Day
Group Swim Lessons (8:00-11:30)	Open Swim (10:30- 12:55pm)		Sunday, October 26 - Seacoast 1/2 Marathon
Lap Swim - 2 (10:35-11:30)	Aqua Zumba (1:00-2:00)	Portsmouth Indoor Pool strives to create a more inclusive, diverse, and welcoming environment for the community we serve. All are welcome here.	New to the pool?
Open Swim & Lap - 2 (11:35-2:00pm)			Create a MyRec account at portsmouthnh.myrec.com Click "Create New Account."
Lap Swim - 6 (2:00-3:00)	Rental Youth Swim Team		
Schedule Key	The number shown after each swim type indicates how many lanes are available.		For more complete program descriptions and registration information, please visit our website.
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.

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