

PORTSMOUTH INDOOR POOL

PORTSMOUTH

December 22 - January 4, 2026

RECREATION DEPARTMENT

48 Andrew Jarvis Drive, Portsmouth, NH 03801

(603) 427-1546

School Vacation: Expect the pool to be busier during open swim which will decrease the amount of lap lanes in order to meet the need of open swimmers. There will be no lap lanes offered during open swim on the weekend.

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00-6:45	Pool opens at 8:00am	Adult Lap - 6	Pool opens at 8:00am	Holiday Closing: 12/24 - 1:00pm 12/25 - All Day !2/26- Opens at 7:30am & No Aqua Fitness 12/31 -5:00pm 1/1 - All Day 1/2 - 3:15pm	Adult Lap - 6
6:45-7:45		PHS Practice (6:45-7:45am)			PHS Practice (6:45-7:45am)
7:45-8:55	Lap Swim - 6 (8:00-8:55)	Lap Swim - 6 (7:45-8:55)	Lap Swim - 6 (8:00-8:55)		Lap Swim - 6 (7:45-8:55)
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 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
12:00-1:00	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 (1:00 -5:00pm)		Open Swim & Lap Ends at 5:00pm
3:30-5:30	PHS Practice (3:30-4:45) Lap Swim - 6 (4:45-5:30)	Open Swim & Lap			
5:30-6:30	Rental Youth Swim Team	Tri Group (Free w/ Membership or \$10)	12/24 Pool Closes at 1:00pm & 12/31 Pool Closes at 5:00pm		Rental Youth Swim Team (5:00-7:00pm)
6:30-7:30		Rental Youth Swim Team			
7:30-8:30		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.	Christmas eve- Wednesday closing at 1:00pm, Closed Thursday 12/25
Lap Swim - 6 (8:00-11:00 am)	Lap Swim - 6 (8:00-10:30am)		Friday December 26th the pool will open at 7:30am. No Aqua Fitness
	Open Swim (10:30- 12:55pm)		NYE- Wednesday closing at 5:00pm, Closed Thursday 1/1, Friday 1/2 closing at 3:15pm
Open Swim & Lap - 2 (11:00-2:00pm)	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?
Lap Swim - 6 (2:00-3:00)	Rental Youth Swim Team		Create a MyRec account at portsmouthnh.myrec.com Click “Create New Account.”
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 must be accompanied in the water by an adult, and each adult may accompany up to two children.

www.portsmouthnh.gov/recreation/indoor