

PORTSMOUTH INDOOR POOL

PORTSMOUTH

March 30 - April 12, 2026

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	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)
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 - 3 (3:30-5:30)	Group Swim Lessons Lap Swim - 3	Group Swim Lessons Lap Swim - 3 (3:30-5:30)	Open Swim & 2 Lap (3:30-5:30) Group Swim Lessons - 1	
5:30-6:30	Great Bay Masters (pre-registration required)	Tri Group (Free w/ Membership or \$10)	Great Bay Masters (pre-registration required)	Technique Thursday * (Free with Membership or \$10)	Masters Mayhem Great Bay Masters (pre-registration required)
6:30-7:00	Adult Learn to Swim	Lap Swim - 4	Adult Learn to Swim	Lap Swim - 4	
7:00-8:30	Swim Video Clinic Lap Swim - 4		Lap Swim - 4		

Hours are subject to change.

Weekend Hours		Parking Reminder	Pool Closings
SATURDAY	SUNDAY Closed 4/5	Parking is available along the side of the building in spaces marked for the Indoor Pool (signed and stenciled). During school hours (7:30 am-3:30 pm), parking anywhere else may result in your vehicle being towed.	Pool Closed - Sunday April 5 - Easter
Lap Swim - 5 (8:00-8:55 am)	Lap Swim - 6 (8:00-10:30am)		Now Hiring for the Summer! Apply at https://www.portsmouthnh.gov/hr/work
Group Swim Lesson (9:00-11:35am)	Open Swim (10:30-12:55pm)	Portsmouth Indoor Pool strives to create a more inclusive, diverse, and welcoming environment for the community we serve. All are welcome here.	Lifeguard course may be in the water during evening hours.
Lap Swim - 2 (10:35-11:35am)	Aqua Zumba (1:00-2:00pm)		New to the pool? Create a MyRec account at portsmouthnh.myrec.com Click "Create New Account."
Open Swim & Lap - 2 (11:35-2:00pm)	Lap Swim - 6 (2:00-3:00pm)		
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