

# PORTSMOUTH

RECREATION DEPARTMENT

# PORTSMOUTH INDOOR POOL

May 11 - 22, 2026

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 (8:00-8:55)	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)	Group Swim Lessons Open Swim & Lap - 2 (3:30-5:30)	
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)	Rental Youth Swim Team
6:30-7:00	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team	
7:00-8:30		Lap Swim - 6		Lap Swim - 6	

Hours are subject to change.

Weekend Hours		Parking Reminder	Pool Closings
<b>SATURDAY</b>	<b>SUNDAY</b>	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.	Last Technique Thursday is on May 21
Lap Swim - 5 (8:00-8:55 am)	Lap Swim - 6 (8:00-10:30am)		Last Sunday Aqua Zumba is on May 17
Group Swim Lesson (9:00-11:35am)	Open Swim (10:30-12:55pm)		Pool Closed Monday, May 25
Lap Swim - 2 (10:35-11:35am)	Aqua Zumba (1:00-2:00pm)	Portsmouth Indoor Pool strives to create a more inclusive, diverse, and welcoming environment for the community we serve. All are welcome here.	<b>New to the pool?</b>
Open Swim & Lap - 2 (11:35-2:00pm)			Create a MyRec account at portsmouthnh.myrec.com Click "Create New Account."
Lap Swim - 6 (2:00-3:00pm)	Rental Youth Swim Team (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](http://www.portsmouthnh.gov/recreation/indoor)