

| FITNESS · ENRICHMENT · ARTS · ATHLETICS | | PORTSMOUTH INDOOR POOL | | | |
|---|---|--|--|---|--|
| PORTSMOUTH | | June 22 - July 3, 2026 | | | |
| RECREATION DEPARTMENT | | 48 Andrew Jarvis Drive, Portsmouth, NH 03801 (603) 427-1546 | | | |
| TIMES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 6:00-7:00 | Adult Lap - 6 | Adult Lap - 6 | Adult Lap - 6 | Adult Lap - 6 | Adult Lap - 6 |
| 7:00-8:00 | Lap Swim - 6 | Lap Swim - 6 | Lap Swim - 6 | Lap Swim - 6 | Lap Swim - 6 |
| 8:00-8:55 | | | | | |
| 9:00-10:00 | AFAP @ 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 | Pool Closed | | | | |
| 3:30-5:30 | Group Swim Lessons Lap Swim - 3 (3:30-5:30) | Group Swim Lessons Lap Swim - 3 (3:30-5:30) | Group Swim Lessons Lap Swim - 3 (3:30-5:30) | Group Swim Lessons Lap Swim - 3 (3:30-5:30) | Open Swim & Lap Ends at 5:00pm |
| 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 - 6 | Rental Youth Swim Team |
| 6:30-7:30 | Rental Youth Swim Team | Rental Youth Swim Team | Rental Youth Swim Team | Rental Youth Swim Team | |
| Hours are subject to change. | | | | | |
| Indoor Pool Members | | Parking Reminder | | Pool Closings | |
| <p>The Indoor Pool will be closed for approximately one month for annual maintenance. Members with an active membership in good standing may use Spinnaker Point (18+) and receive a complimentary Peirce Island Outdoor Pool pass during the closure. Splash Pass and daily admission users may access these facilities by paying the regular daily admission fee.</p> | | <p>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.</p> | | Pool Closes early on Friday, July 3 at 1:00pm | |
| | | | | Check out the Peirce Island Outdoor Pool - Lots of hours for open/family swim | |
| | | <p>Portsmouth Indoor Pool strives to create a more inclusive, diverse, and welcoming environment for the community we serve. All are welcome here.</p> | | <p>Indoor Pool closes for Annual Maintenance Shutdown on Friday, July 31</p> | |
| <p>Create a MyRec account at portsmouthnh.myrec.com Click "Create New Account."</p> | | | | | |
| 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 | | | | | |