

FITNESS • ENRICHMENT • ARTS • ATHLETICS		PORTSMOUTH INDOOR POOL			
PORTSMOUTH		August 31 - September 13, 2026			
RECREATION DEPARTMENT		48 Andrew Jarvis Drive, Portsmouth, NH 03801 (603) 427-1546			
TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:55	Lap Swim - 6 (8:00-8:55)	Lap Swim - 6 (8:00-8:55)	Lap Swim - 6 (8:00-8:55)	Pool opens at 10:00am	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 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	Open Swim & Lap	Pool Closed Maintenance and Cleaning	Open Swim & Lap	Pool Closed Maintenance and Cleaning
3:30-5:00			Lap Swim - 6		Lap Swim - 6
Hours are subject to change.					
Weekend Hours	Parking Reminder			Pool Closings	
SATURDAY	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.			Monday, September 7 - Labor Day	
Lap Swim - 6 (8:00-9:30am)				Pool Closed Sunday, September 6 & 13 Now Hiring for the Fall! Apply at https://www.portsmouthnh.gov/hr/work	
Open Swim & Lap -2 (9:30-11:00am)	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?	
Pool Closed at 11:00am				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					

