

FITNESS • ENRICHMENT • ARTS • ATHLETICS		PORTSMOUTH INDOOR POOL			
PORTSMOUTH		September 28 - October 9, 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)	Lap Swim - 6 (8:00-8:55)	Lap Swim - 6 (8:00-8:55)
9:00-10:00	AFAP @ 9:00 Lap Swim - 1	Aqua HITT @ 9:00 Lap Swim - 1	Water Power @ 9:00 Lap Swim - 1	Aqua HiTT @ 9:00 Lap Swim - 1	Aqua Zumba @ 9:00 Lap Swim - 1
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 Ends at 4:30pm	Pool Closed Maintenance and Cleaning
3:30-5:30	Group Swim Lessons Lap Swim - 4 (3:30-5:30)	Group Swim Lessons Lap Swim - 3 (3:30-5:30)	Group Swim Lessons Lap Swim - 3 (3:30-5:30)	Lap Swim - 3 (4:30-6:30)	Open Swim & Lap (3:30-5:00)
5:30-6:30	Great Bay Masters (pre-registration required)	Tri Group (Free w/ Membership or \$10)	Great Bay Masters (pre-registration required)	Group Swim Lessons Making The Team	Rental Youth Swim Team
6:30-7:30	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team	
7:30-8:30		Lap Swim - 6		Lap Swim - 6	
Hours are subject to change.					
SATURDAY	Parking Reminder			Pool Closings	
Lap Swim - 6 (8:00-8:55 am)	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, October 4	
Group Swim Lesson (9:00-11:00am)				Now Hiring for the Fall! Apply at https://www.portsmouthnh.gov/hr/work	
Open Swim (11:05 - 1:55)	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 (2:00-3:00)				Create a MyRec account at portsmouthnh.myrec.com	
Pool closes at 3:00pm				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					