FITNESS · ENRICHMENT · ARTS · ATHLETICS

PORTSMOUTH

RECREATION DEPARTMENT

PORTSMOUTH INDOOR POOL

November 16 - 22, 2026

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	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	Open Swim & Lap	Pool Closed Maintenance and Cleaning	Open Swim & Lap Ends at 4:00pm	Pool Closed Maintenance and Cleaning
3:30-5:30	PHS (3:30-4:45pm) Pre-team (4:45-5:30) Lap - 3 (4:45-5:30pm)	Group Swim Lessons Lap Swim - 3	PHS (3:30-4:45pm) Lap - 6 (4:45-5:30pm)	Group Swim Lessons Lap - 3 (4:00-5:30pm)	Open Swim & Lap Ends at 5:00pm
5:30-6:30	**Great Bay Masters** (pre-registration required)	**Tri Group** (Free w/ Membership or $12)	**Great Bay Masters** (pre-registration required)	**Rediscover Swimming** (Free w/ Membership or $12)	**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		PHS		PHS	

Hours are subject to change.

Weekend Hours

SATURDAY	SUNDAY
Lap Swim - 5 (8:00-8:55 am)	Lap Swim (8:00-10:30am)
Group Swim Lessons (9:00-11:30am)	
Lap Swim - 3 (10:05-11:30am)	Open Swim (10:30 - 12:55)
Open Swim (11:35 - 1:55)	Aqua Zumba (1:00-2:00pm)
Lap Swim (2:00-3:00)	**Rental** **Youth Swim Team**
Pool closes at 3:00pm	

Parking Reminder

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.

Portsmouth Indoor Pool strives to create a more inclusive, diverse, and welcoming environment for the community we serve. All are welcome here.

Pool Closings

PHS Swim Season begins November 16

Wednesday, November 25
Pool Closes Early

Pool Closed
Thursday, Nov 26 & Friday, Nov 27

Now Hiring for the Winter! Apply at https://www.portsmouthnh.gov/hr

New to the pool?

Save time at the front desk! Create a MyRec account on the website by clicking "Register Here"

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.

Lap Swim - Designed for those of any age to swim laps.

Senior Swim - Designed for those 60 & over to swim, exercise and socialize. (4 lap lanes, 2 vertical exercise)

Vertical Exercise - Designed for exercise, physical therapy, aqua-jogging, etc., with ramp access.

Open Swim - Designed for all ages, good for families and children to swim and play.

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