FITNESS · ENRICHMENT · ARTS · ATHLETICS

PORTSMOUTH

RECREATION DEPARTMENT

# PORTSMOUTH INDOOR POOL

## November 30 - December 20, 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<br>Lap Swim - 1 Lane | Aqua HITT @ 9:00<br>Lap Swim - 1 Lane | Water Power @ 9:00<br>Lap Swim - 1 Lane | Aqua HiTT @ 9:00<br>Lap Swim - 1 lane | Aqua Zumba @ 9:00<br>Lap Swim - 1 lane |
| 10:00-11:00 | Senior | Senior | Senior | Senior | Senior |
| 11:00-12:00 | Lap Swim - 4<br>Vertical Exercise - 2 | Lap Swim - 4<br>Vertical Exercise - 2 | Lap Swim - 4<br>Vertical Exercise - 2 | Lap Swim - 4<br>Vertical Exercise - 2 | Lap Swim - 4<br>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<br>Maintenance and Cleaning | Open Swim & Lap<br>Ends at 4:00pm | Pool Closed<br>Maintenance and Cleaning |
| 3:30-5:30 | PHS (3:30-4:45pm)<br>Pre-team (4:45-5:30)<br>Lap - 3 (4:45-5:30pm) | Group Swim Lessons<br>Lap Swim - 3 | PHS (3:30-4:45pm)<br>Lap - 6 (4:45-5:30pm) | Group Swim Lessons<br>Lap - 3 (4:00-5:30pm) | Open Swim & Lap<br>Ends at 5:00pm<br>Pool closes early 12/4 for PHS Swim Meet |
| 5:30-6:30 | **Great Bay Masters**<br>(pre-registration required) | **Tri Group**<br>(Free w/ Membership or $12) | **Great Bay Masters**<br>(pre-registration required) | **Rediscover Swimming**<br>(Free w/ Membership or $12) | **Rental**<br>**Youth Swim Team** |
| 6:30-7:30 | **Rental**<br>**Youth Swim Team** | **Rental**<br>**Youth Swim Team** | **Rental**<br>**Youth Swim Team** | **Rental**<br>**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**<br>**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 Meet
Friday, December 4
Pool closes at 1:00pm

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**