

FITNESS · ENRICHMENT · ARTS · ATHLETICS		PORTSMOUTH INDOOR POOL			
PORTSMOUTH		July 6 - 31, 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 Open Swim & Lap - 2 (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)	Adult Lap - 6	Rental Youth Swim Team
6:30-7:30	Rental Youth Swim Team	Adult Lap - 6	Rental Youth Swim Team		
Hours are subject to change.					
Indoor Pool Members		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>Portsmouth Indoor Pool strives to create a more inclusive, diverse, and welcoming environment for the community we serve. All are welcome here.</p>		Indoor Pool closes for Annual Maintenance Shutdown on Friday, July 31	
				Outdoor Pool closes for the season on August 22	
				Fall/ Winter Recreation Program Guide will come out mid-August.	
				New to the pool?	
				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					