

PORTSMOUTH

RECREATION DEPARTMENT

PORTSMOUTH INDOOR POOL

February 18 - March 2, 2025

48 Andrew Jarvis Drive; Portsmouth NH 03801

(603) 427-1546

Coming to the pool for the first time, please go to portsmouthnh.myrec.com and click on the "Create New Account" link.

TIMES	MONDAY 2/24	TUESDAY 2/18 & 2/25	WEDNESDAY 2/19 & 2/26	THURSDAY 2/20 & 2/27	FRIDAY 2/21 & 2/28	SATURDAY 2/22 & 3/1	SUNDAY 2/23 & 3/2
6:00-7:00	Pool opens at 8:00am	Adult Lap - 6 (6:00-7:00)	Pool opens at 8:00am	Adult Lap - 6 (6:00-7:00)	Pool opens at 8:00am	Lap Swim - 6 (8:00-11:00am)	Lap Swim - 6 (8:00-10:30am)
7:00-8:00		Lap Swim - 6 (7:00-9:00)		Lap Swim - 6 (7:00-9:00)			Lap Swim - 6 (8:00-9:00)
8:00-9:00	Lap Swim - 6 (8:00-9:00)	Lap Swim - 6 (8:00-9:00)	Lap Swim - 6 (8:00-9:00)	Lap Swim - 6 (8:00-9:00)			
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		Aqua Zumba @ 1:00
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	Pool Closings	
1:00-3:30	Pool Closed Maintenance and Cleaning	Open Swim & Lap (ends at 5:00pm)	Pool Closed Maintenance and Cleaning	Open Swim & Lap (1:00-5:30pm)	Open Swim & Lap * Ends at 5:00pm	February 17 - Pool Closed	
3:30- 5:30	Open Swim & Lap		Open Swim & Lap				
5:30 - 6:30	Great Bay Masters (pre-registration required)	Tri Group (Free with Membership or \$10)	Great Bay Masters (pre-registration required)	Technique Thursday (Free with Membership or \$10)	Rental Youth Swim Team (5:00-7:00pm)	School Vaction Week	
6:30-7:30	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team	Lap Swim - 6 (6:30-7:30pm)		Expect the pool to be busier during open swim which will decrease the amount of lap lanes in order to meet the need of open swimmers. There will be no lap lanes offered during open swim on the weekend.	
7:30-8:30				Rental Youth Swim Team		Portsmouth Indoor Pool strives to create a more inclusive, diverse, and welcoming environment for the community we serve. All are welcome here.	

Hours are subject to change.

Schedule Key www.portsmouthnh.gov/recreation/indoor

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.