

PORTSMOUTH INDOOR POOL

PORTSMOUTH

April 7 - 13, 2025

RECREATION DEPARTMENT

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 4/7	TUESDAY 4/8	WEDNESDAY 4/9	THURSDAY 4/10	FRIDAY 4/11	SATURDAY 4/12	SUNDAY 4/13
6:00-7:00	Pool opens at 8:00am	Adult Lap - 6	Pool opens at 8:00am	Adult Lap - 6	Pool opens at 8:00am	Lap Swim - 4 (8:00-8:55)	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)		Group Swim Lessons (8:00-11:00am)	Open Swim & Lap - 2 (10:30- 12:55pm)
8:00-9:00	Lap Swim - 6 (8:00-9:00)	Lap Swim - 6 (7:00-9:00)	Lap Swim - 6 (8:00-9:00)	Lap Swim - 6 (7:00-9:00)	Lap Swim - 6 (8:00-9:00)	Open Swim & Lap - 2 (11:05-2:00)	Aqua Zumba @ 1:00
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		
10:00-11:00	Senior	Senior	Senior	Senior	Senior	*WSI course will be using the pool on 4/12 and 4/13.	
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 Maintenance and Cleaning	Open Swim & Lap	Pool Closed Maintenance and Cleaning	Open Swim & Lap	Open Swim & Lap Ends at 5:00pm	Upcoming Closing Sunday April 20th - Easter	
3:30-5:30	Group Swim Lessons Lap Swim - 3	Group Swim Lessons Lap Swim - 3	Group Swim Lessons Lap Swim-2 (4:30-5:30pm)			Parking Reminder Indoor pool parking is located along the side of building. The indoor pool spaces are signed and stenciled. Parking anywhere else during school hours (7:30-3:30pm), you risk being towed. Portsmouth Indoor Pool strives to create a more inclusive, diverse, and welcoming environment for the community we serve. All are welcome here.	
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)	Pool closes at 5:00pm		
6:30-7:45	Adult Learn to Swim (pre-registration required)	Pool Closed for Maintenance	Adult Learn to Swim (pre-registration required)	Group Swim Lessons Lap Swim - 4			

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 <u>must</u> be accompanied in the water by an adult.	