

PORTSMOUTH INDOOR POOL

PORTSMOUTH

March 31 - April 6, 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 3/31	TUESDAY 4/1	WEDNESDAY 4/2	THURSDAY 4/3	FRIDAY 4/4	SATURDAY 4/5	SUNDAY 4/6
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 (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	Open Swim & Lap - 2 (11:05-2:00)	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		
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		
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)				
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)			
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	Pool closes at 5:00pm		
7:45-8:30	Water Fitness		Water Fitness				

*WSI course will be using the pool on 4/4, 4/5 and 4/6.

New

Purchasing Memberships Online

Youth Splash Passes

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.

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.	