

# PORTSMOUTH INDOOR POOL

## PORTSMOUTH

March 24 - 30, 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](http://portsmouthnh.myrec.com) and click on the "Create New Account" link.

TIMES	MONDAY 3/24	TUESDAY 3/25	WEDNESDAY 3/26	THURSDAY 3/27	FRIDAY 3/28	SATURDAY 3/29	SUNDAY 3/30
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)		Lap Swim - 6 (7:00-9:00)	
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)	Open Swim & Lap - 2 (10:30- 12:55pm)
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	<p style="text-align: center;"><b>New</b></p> <p>Purchasing Memberships Online</p> <p>Youth Splash Passes</p> <p style="text-align: center;"><b>Parking Reminder</b></p> <p>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.</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>	
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)	Rental Youth Swim Team (5:00-7:00pm)		
6:30-7:45	Lap Swim - 6	Pool Closed for Maintenance	Lap Swim - 6	Group Swim Lessons Lap Swim - 4			
7:45-8:30	Water Fitness		Water Fitness				

Hours are subject to change.

Schedule Key	<a href="http://www.portsmouthnh.gov/recreation/indoor">www.portsmouthnh.gov/recreation/indoor</a>	
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.	