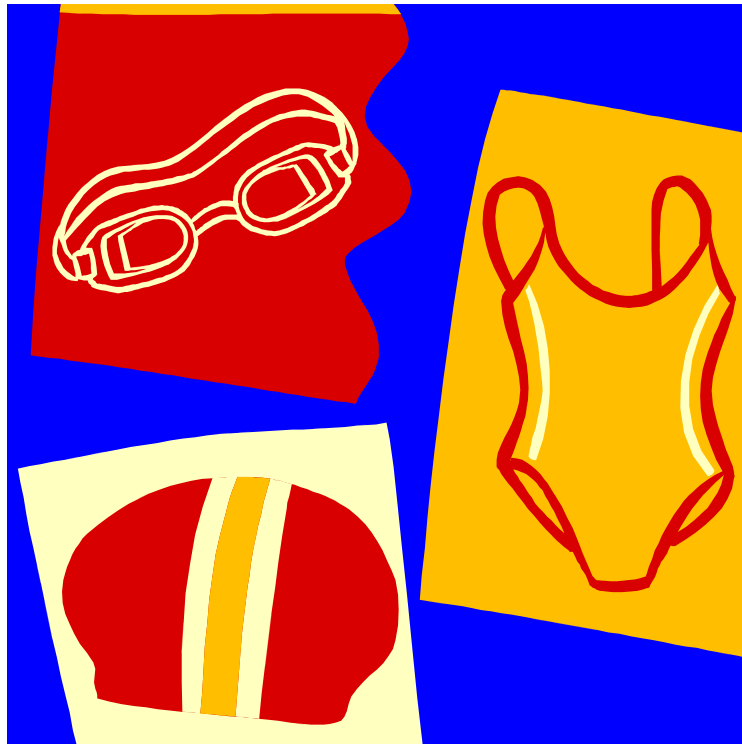


Adult Swim Classes Are Back!

**Register now at the Portsmouth Indoor Pool
Classes run Oct. 20th - Dec. 8th**

\$30 Residents (\$15 members)

\$85 Non-residents (\$50 members)



Advanced Beginners with Bridget: Tuesdays 7-7:55 PM

- Upgrade your swimming to workout level! Must be comfortable putting your face in the water and able to swim 12½ m (½ length of pool) in any form.

Stroke Proficiency with Yvonne & Sue: Tuesdays 8-8:55 PM

- Increase your efficiency, skills & endurance! This class is focusing on the technique of your front & back crawl and breaststroke, including an introduction of open and flip turns. Must be able to swim 50m (1 lap) front crawl and 50m one other stroke.

**Call the pool for more information: (603) 427-1546
48 Andrew Jarvis Dr. Portsmouth, NH 03801
Next to Portsmouth High School**