

# PORTSMOUTH INDOOR POOL

## PORTSMOUTH

October 19 - November 17, 2024

RECREATION DEPARTMENT

48 Andrew Jarvis Drive; Portsmouth NH 03801

(603) 427-1546

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 - 3 (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 (8:00-9:00)	Lessons (8:00-11:00)
8:00-9:00	Lap Swim - 6 (8:00-9:00)	Aqua HiTT @ 9:00	Lap Swim - 6 (8:00-9:00)	Aqua HiTT @ 9:00	Aqua Zumba @ 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	Lap Swim - 1 Lane	Water Power @ 9:00 Lap Swim - 1 Lane	Lap Swim - 1 lane	Lap Swim - 1 lane		<b>Pool Closings</b>
10:00-11:00	Senior	Senior	Senior	Senior	Senior	Sunday October 27th - Seacoast 1/2	
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	*Friday November 1 closes at 3:00pm for Recreation event	
12:00-1:00	Lap Swim - 6	Lap Swim - 6	Lap Swim - 6	Lap Swim - 6	Lap Swim - 6	Monday November 11th - Veteran's Day	
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	<b>Parking Reminder</b>	
3:30-5:30	Group Swim Lessons Lap Swim - 4	Group Swim Lessons Lap Swim -2	Group Swim Lessons Lap Swim- 2 (4:30-5:30pm)	Re-Discover Swimming (Free with Membership or \$10)	Rental Youth Swim Team (5:00-7:00pm)	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.	
5:30 - 6:30	Great Bay Masters (pre-registration required)	Tri Group (Free with Membership or \$10)	Great Bay Masters (pre-registration required)			Group Swim Lessons Water Fitness @ 6:30 Lap Swim - 3	Portsmouth Indoor Pool strives to create a more inclusive, diverse, and welcoming environment for the community we serve. All are welcome here.
6:30-7:30	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team			
7:30-8:30							

Hours are subject to change.

**Schedule Key**

[www.cityofportsmouth.com/recreation/indoor](http://www.cityofportsmouth.com/recreation/indoor)

<b>Adult Lap Swim</b> - Designed for those 18 & over to swim laps.	<b>Vertical Exercise</b> - Designed for exercise, physical therapy, aqua-jogging, etc., with ramp access.
<b>Lap Swim</b> - Designed for those of any age to swim laps.	<b>Open Swim</b> - Designed for all ages, good for families and children, to swim and play.
<b>Senior Swim</b> - Designed for those 60 & over to swim, exercise and socialize. (4 lap lanes, 2 vertical exercise)	<b>Children under 48" tall must be accompanied in the water by an adult.</b>