

PORTSMOUTH INDOOR POOL

PORTSMOUTH

November 18 - December 15, 2024

RECREATION DEPARTMENT

48 Andrew Jarvis Drive; Portsmouth NH 03801

(603) 427-1546

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45	Pool opens at 8:00am	Adult Lap - 6 (6:00-6:45)	Pool opens at 8:00am	Adult Lap - 6 (6:00-6:45)	Pool opens at 8:00am	Lap Swim - 3 (8:00-8:55)	Lap Swim - 6 (8:00-10:30am)
6:45-7:45		PHS Swim Team (6:45-7:45)		PHS Swim Team (6:45-7:45)			
8:00-9:00	Lap Swim - 6 (8:00-9:00)	Lap Swim - 6 (7:45-9:00)	Lap Swim - 6 (8:00-9:00)	Lap Swim - 6 (7:45-9:00)	Lap Swim - 6 (8:00-9:00)	Lessons (8:00-11:00)	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	Open Swim & Lap (11:05-2:00)	Aqua Zumba @ 1:00
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		Pool Closings
12:00-1:00	Lap Swim - 6	Lap Swim - 6	Lap Swim - 6	Lap Swim - 6	Lap Swim - 6	Sunday November 24 - GBM Swim Meet	
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	Wednesday November 27 close at 5:00pm	
3:30-5:30	PHS Swim Team Lap Swim - 4 (4:45-5:30pm)	Group Swim Lessons Lap Swim -2	Group Swim Lessons Lap Swim- 2 (4:30-5:30pm)			Thursday 11/28 & Friday 11/29 - Thanksgiving	
5:30 - 6:30	Great Bay Masters (pre-registration required)	Tri Group (Free with Membership or \$10)	Great Bay Masters (pre-registration required)	Re-Discover Swimming (Free with Membership or \$10)	Rental Youth Swim Team (5:00-7:00pm)	Friday December 6th close at 3:00pm	
6:30-7:30	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team	Group Swim Lessons			
7:30-8:30				Rental Youth Swim Team			

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.cityofportsmouth.com/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 must be accompanied in the water by an adult.