

# PORTSMOUTH INDOOR POOL

**PORTSMOUTH**

**December 23 - January 5, 2025**

RECREATION DEPARTMENT

48 Andrew Jarvis Drive; Portsmouth NH 03801

(603) 427-1546

Due to our new software, all users must create a new account. Please go to [portsmouthnh.myrec.com](http://portsmouthnh.myrec.com) and click on the "Create New Account" link.

TIMES	MONDAY 12/23 & 12/30	TUESDAY 12/24 & 12/31	WEDNESDAY 12/25 & 1/1	THURSDAY 12/26 & 1/2	FRIDAY 12/27 & 1/3	SATURDAY 12/28 & 1/4*	SUNDAY 12/29 & 1/5	
6:00-6:45	Pool opens at 8:00am	Adult Lap - 6 (6:00-6:45)	Pool Closed on December 25 and January 1.	Adult Lap - 6 (6:00-6:45)	Pool opens at 8:00am	Lap Swim - 6 (8:00-11:00am)	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 (7:45-9:00)	Lap Swim - 6 (8:00-9:00)		Open Swim (11:05-2:00pm)	Open Swim (10:30- 12:55pm)
9:00-10:00	Water Power @ 9:00 Lap Swim - 1 Lane	Aqua HITT @ 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		Pool closed Jan 4th	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			
12:00-1:00	Lap Swim - 6	Lap Swim - 6		Lap Swim - 6	Lap Swim - 6		<b>Pool Closings</b>	
1:00-3:30	Pool Closed Maintenance and Cleaning	Open Swim & Lap (ends at 5:00pm)		Open Swim & Lap (1:00-5:30pm)	Open Swim & Lap * Ends at 5:00pm		December 24 & December 31 - pool closes at 5:00pm	
3:30- 4:45	PHS Swim Team						December 25 - Pool Closed	
4:45 - 5:30	Lap Swim - 6 (4:45-5:30pm)	Pool Closes at 5:00pm		Lap Swim - 6 (5:30-7:30pm)	Rental Youth Swim Team (5:00-7:00pm)		January 1 - Pool Closed	
5:30 - 6:30	Rental Youth Swim Team		*Saturday January 4th- PHS Swim Meet					
6:30-7:30			<b>School Vacation Week</b>					
7:30-8:30			Expect the pool to be busier during open swim which will decrease the amount of lap lanes in order to meet the need of open swimmers. There will be no lap lanes offered during open swim on the weekend.					
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](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>