

PORTSMOUTH INDOOR POOL & AQUATIC FITNESS CENTER

*A complete fitness center
for youths, adults, seniors
& families*

Welcome! The Portsmouth Indoor Pool & Aquatic Fitness Center is a community based organization committed to youth development, healthy living and social responsibility. We have been keeping the Seacoast area healthy since 1981. We offer programs and services for people of all ages. **Join us! You belong here.**



Membership

We offer membership for families, individuals, youths and seniors. Membership fees are conveniently paid on a monthly basis. Monthly fees vary based upon the age of the member. See page 2 for complete details.

Corporate Membership

A minimum of three members are needed from each company to participate. Certain discounts apply throughout the duration of membership. See page 3 for complete details.

Membership Includes

- Full use of the facility
- Full use of equipment
- Free fitness classes
- Lap swim
- Senior swim
- Family swim

Access to:

- Personal training
- Swim lessons
- Health screenings
- Youth swim teams
- All fitness center services & equipment
- Special promotions with our strategic health & fitness partners
- Masters swim team
- Triathlon classes
- Certified aquatic physical therapists

Fitness Center

- Fitness screenings & start-up programs conducted by certified professionals
- Physical therapy & personal trainers
- Aquatic & dry-land equipment
- Functional training & strength training
- Free weights
- Complete universal gym
- Jogging belts & resistance equipment
- Treadmill & upright bicycles
- Access to special fitness events

Facilities

- 25-meter by 6-lane competition pool
- 1-meter diving board
- Ramp for access to shallow end
- Large hot tub with spa features
- Pool-side equipment
- 83 degree water temperature
- Quality locker rooms
- Occupancy for 200+ spectators

All located within a solarium structure where natural sunlight creates an outdoor pool feel.

Hours

Mon to Fri	5:30 AM to 9:00 PM
Sat	7:00 AM to 5:00 PM
Sun	7:00 AM to 4:00 PM

MEMBERSHIP

*Enhancing the health
of our community
one member at a time*

Our Mission

We seek to enhance the quality of life for all residents in the community, by providing activities to enrich spiritual, mental and physical well being. Our fees and membership options include the ability to purchase a daily visit or a 10-pack splash pass. Full membership, splash passes and daily passes are available to anyone.

Monthly Membership Prices

Age	Resident	Non-Resident
Adult*	\$25.00	\$45.00
Senior (60+)	\$20.00	\$25.00
Student **	\$20.00	\$25.00
Youth ***	\$15.00	\$20.00
Couple	\$40.00	\$70.00
Family****	\$60.00	\$80.00

Note: New members will be subject to a \$25 processing fee. Fee is waived for continuing members.

- *Active military pay resident rates
- **Student - Full-time and under 25 years old
- *** Youth - Under 18 years old
- ****Family—Two adults cohabitating and children under 17 under residing with adults

New! Convenient Monthly Payment Option
Upon joining, enroll in our new payment plan. You pay monthly on your credit card or debit card. It's simple, easy and convenient.

Daily Visit Fees

Age	Resident	Non-Resident
0-5	\$3.00	\$ 5.00
6 - 60	\$5.00	\$10.00
Senior (60+)	\$3.00	\$ 5.00
10-pack Splash Pass	\$40.00	\$70.00

Portsmouth residents get discounted rates by showing their current driver's license with a Portsmouth address. The Pool does not accept auto registration, mail or utility bills as proof of residency. For policy explanation and other options (if you recently moved) please contact the Pool.

Stay Connected!

For up to date information on the schedule, special fitness programs and promotions, stay connected to us by the City's website and join SIPP on Facebook.

www.cityofportsmouth.com/recreation/indoor.htm



CORPORATE MEMBERSHIP

*Support the health
and wellness of
your employees*

Corporate memberships are designed to help companies support the health and wellness of their employees. Participating business have two options: Tier 1 and Tier 2. Each option includes the Basic Benefits for the duration of your 12-month membership, and each has unique benefits, as described below.

Basic Benefits

In addition to the benefits listed below for Tier 1 and Tier 2 options, when a minimum of three employees become Pool members, each will receive the following:

- \$25 administration fee is waived
- \$10 discount for all swim lessons
- \$10 discount for each splash pass

Monthly Membership Prices

<u>Age</u>	<u>Resident</u>	<u>Non-Resident</u>
Adult*	\$25.00	\$45.00
Senior (60+)	\$20.00	\$25.00
Youth**	\$15.00	\$20.00

*Active military pay resident rates

**Under 18 years of age

Tier 1—Corporate Sponsor

\$500 per year

Benefits:

- The Pool will market your business one-time in a 12-month period in the Pool's monthly email newsletter (currently received by over 1,000 subscribers and growing).
- Your business can set up a marketing table one-time in a 12-month period.
- Your business can use the business wall for fliers and business cards for a three-month period (time can be extended for an additional fee).
- All members from your business receive \$5 off the monthly membership fee and two free guest passes each 12-month period.

Tier 2—Corporate Sponsor

\$1,000 per year

Benefits:

- The Pool will market your business three-times in a 12-month period in the Pool's monthly email newsletter (currently received by over 1,000 subscribers and growing).
- Your business can set up a marketing table two-times in a 12-month period.
- Your business can use the business wall for fliers and business cards all year round.
- All members from your business receive \$10 off the monthly membership fee and four free guest passes each 12-month period.



**Tier 1 & Tier 2 options are payable to:
Save the Indoor Portsmouth Pool, Inc.
A 501(c)(3) organization.**

FITNESS CLASSES

*FREE -
with membership*

We are enhancing the health of our community, one member at a time. Classes are open to all levels and will help you achieve your desired fitness goal in a safe and motivating environment.

Try one today!

Fitness Classes

Aqua-Fitness 1 (Valerie)

Mondays 10:00-11:00 am

Join in on a fun-paced water exercise class and get a super total-body workout. The perfect combination of gentle aerobic exercises, muscle toning, strengthening, and stretching makes this a great aquatic fitness class. We welcome non-swimmers plus those new to water-fitness.

Aqua-Fitness 2 (Valerie)

Tuesdays & Thursdays 8:45-9:45 am

This is a highly effective shallow and deep-water workout using the water's natural resistance to work your muscles and increase your range of motion while building core strength. This program also includes Pilates and Yoga exercises and is a great workout for the intermediate and advance aqua-fitness student.

Water Yoga & Pilates (Valerie)

Mondays 8:45-9:45 am

This program creatively adapts Yoga and Pilates exercises for the Pool, elongating the entire body with unique conditioning exercises. You will enhance flexibility, strength, breathing, and body awareness, while connecting the mind and body. A fun and relaxing program that appeals to a large spectrum of ages and fitness levels.

Aquacize (Peggy)

Monday, Tuesday, Wednesday & Thursday 11:00-12:00 pm

Using a combination of shallow and deep-water exercises, this class consists of a 30-35 minute workout, warm-up and cool-down periods. Water equipment will be used. You will journey into the shallow and deep-ends of the water while experiencing an energetic interval program to increase power, strength, flexibility and aerobic benefits. You'll immediately feel the results in this non-impact environment.

Evening Aqua-Fitness (Valerie)

Tuesdays 6:15-7:00 pm

Burn calories! Boost your metabolism! Have fun! Participate in a vigorous water workout. Total-body toning and stretching exercises make this a complete and effective workout. You'll learn how to maximize the water's resistance and challenge each muscle group while building core strength. This program appeals to a wide spectrum of ages and fitness levels.

Tri-Group (Yvonne & Sue)

Tuesday 6:00-7:00 pm & Friday 11:00-12:00 pm

Basic Tri-training to learn the drills to make you a more efficient swimmer. This program consists of approximately 1,000 meters of endurance and strength training. Participants must comfortable swimming two laps of the Pool with rotary breathing.

FITNESS CLASSES

*Designed by Hydro-Rx**

*Specialty classes
for adults & seniors*

Hydro-Burn* Tuesday & Thursday 7:00-8:00 pm

This program is designed for anyone who wants to improve their overall mobility, fitness level and quality of life. This aquatic circuit training program consists of both shallow and deep water exercises utilizing various aquatic exercise equipment. A total-body workout program is performed at varying intensity levels to maximize your exercise experience and prevent you from getting bored. See page 6 for more details on *Hydro-Rx*.

Hydro-Balance* Wednesday & Friday 9:45-10:30 am

Improve your balance, mobility and quality of life. This aquatic program consists primarily of shallow water exercises utilizing resistive aquatic exercise equipment. This exercise philosophy incorporates a multidirectional / multiple speed functional approach to improve balance reaction time, overall posture and mobility. See page 6 for more details on *Hydro-Rx*.

* Cost per class: \$5.00 Members; \$10.00 Non-Members

SWIM TEAMS

For all ages

PORTSMOUTH SWIM TEAM

Type: Youth fitness and competition team.

Head Coach: Amy Waters

Fees: Additional fees apply. See team website for complete details.

www.portsmouthswimteam.com

CANNONBALL SWIM TEAM

Type: Youth fitness and competition team.

Head Coach: J.J. Sabatino

Fees: Additional fees apply. See team website for complete details.

www.cannonballswim.com/csc.html

GREAT BAY MASTERS

Type: Adult fitness (competition is optional).

Head Coach: Crystie McGrail

Fees: Additional fees apply. See team website for complete details.

www.greatbaymasters.org

PORTSMOUTH HIGH SCHOOL SWIMMING & DIVING TEAM

Type: Portsmouth High School students only

Head Coach: Greg Swanton

HYDRO-Rx PROGRAM

*Specialty training
for all ages*

Experience the Aquatic Workout of Your Life!

If you've been searching for an aquatic fitness routine that tones muscles, builds strength, reduces fat, increases coordination, enhances cardiovascular fitness, increases flexibility and coordination—you've come to the right place.

Professional athletes do the HYDRO-Rx PROGRAM, so why don't you?



Dr. Rick McAvoy, PT, DPT, CSCS.

Rick has specialized in Aquatic Physical Therapy for over 20 years and is the owner of McAvoy Aquatic Sports & Therapy. He received a Doctorate in Physical Therapy in 2007. Rick is the Aquatic Coordinator at Rehab 3 Center for Aquatics, an outpatient orthopedic and sports medicine facility in NH. He is also a Master Instructor in the Burdenko Method, a specialized form of dynamic aquatic and land-based techniques. Rick also has worked with numerous physical therapy facilities across the country as well as professional sports teams including NFL, NHL, and MLB, teaching the benefits of aquatic therapy and aquatic conditioning.

Hydro-Rx Program Details

Cost: \$60.00

The program includes:

- A 30-minute comprehensive initial screening / evaluation by Dr. McAvoy to determine muscle and functional imbalances.
- A 30-minute one-on-one aquatic session with Dr. McAvoy in the Pool, including instruction in a comprehensive aquatic exercise program based upon findings of the evaluation and your goals.
- A laminated printout of the exercises so that you can perform these any time at the Pool.
- Follow up sessions are offered at \$30.00.

Frequently Asked Questions

Swimming experience? You do not need to know how to swim to participate in this program.

Insurance coverage? Even though MAST does not accept insurance, a receipt can be issued for submission to your insurance company.

How to make an appointment? To schedule an appointment with Dr. McAvoy, please contact him directly by phone or email.

Phone: 603.767.7626

E-mail: surf@maine.rr.com

Stay Connected!

Stay Connected with MAST. Check out the MAST website and join MAST on Facebook. www.MASTh2o.com.



LESSON PROGRAMS

For all ages

Group, semi-private and private lessons are offered year round for children and adults. Our children's programming offers activities and lessons for ages 6 months through teens. Have your child become one of the thousands who have learned the life-long skill of swimming through the Portsmouth Indoor Pool lesson programs.

Private & Semi-Private Lessons

Private and semi-private lessons are offered to adults and children for more individualized instruction and greater scheduling flexibility.

Group Lessons—Adults

Beginner - Thursday 6:30 pm

Advanced - Thursday 6:30 pm

Frequently Asked Questions

Length of each class? 1/2 hour

Duration of sessions? Eight weeks

What level should my child be in? Refer to the City's website for complete details.

More information and times? Refer to the City's website for complete details.

www.cityofportsmouth.com/recreation/indoor.htm

Group Lesson Levels—Children

Parent/Child 1—For children 6 months old to 2 years old accompanied by a parent or guardian in the water.

Parent/Child 2—For children 2 years old to 4 years old accompanied by a parent or guardian in the water.

Basic Preschool—For children 3 and 4 years old. This is a beginner introduction to the water.

Advanced Preschool—For children 3 and 4 years old. This is the next step up from the basic preschool class.

Level 1 through Level 6—For children 5 years and older, each level progresses the child's skill and swimming proficiency.

Testimonials

All of my children have gone through the Pool's lesson program and are excellent and confident swimmers—Mike C.

The instructors are really great with the kids and give so much individualized attention to them—Brian E.

I took lessons as a child myself at the Pool. And, now as an adult, I still go there to swim and keep physically fit—Lisa P.

Our one-year old just finished his first session of lessons. What fun and he loves the water—Don & Anne F.

As an adult taking lessons, the instructor makes me feel very comfortable and I plan to continue to the advanced level —Sarah R.

LIFEGUARD TRAINING CERTIFICATION COURSE

American Red Cross Lifeguard Training Certification Course

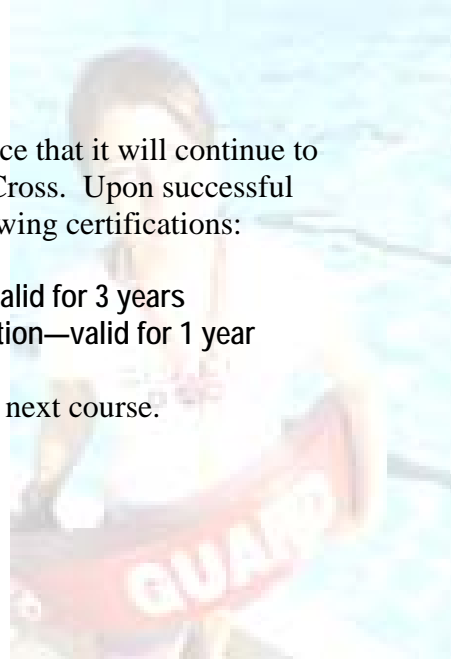
Back by popular demand! The Pool is excited to announce that it will continue to offer Lifeguard Training sanctioned by the American Red Cross. Upon successful completion of the course, participants will receive the following certifications:

- Lifeguard Training and First Aid Certification—valid for 3 years
- CPR/AED for the Professional Rescuer Certification—valid for 1 year

Check the City’s website for details and for the dates of the next course.

www.cityofportsmouth.com/recreation/indoor.htm

Additional fees apply.
Participants must be at least 15 years old.
Course materials are included in fee.



ABOUT US

Save the Indoor Portsmouth Pool, Inc., (SIPP) is a 501(c)(3) organization that has partnered with the City of Portsmouth to provide quality aquatic programs for all residents of the Seacoast.

PORTSMOUTH INDOOR POOL & AQUATIC FITNESS CENTER

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City Aquatic Manager: Lisa Arakelian

SIPP President: Dr. Thomas Clairmont
SIPP COO/Treasurer: Thomas Conneen
SIPP Public Affairs Officer: Jennifer Zorn

SIPP BOARD OF DIRECTORS

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