

# **Portsmouth Indoor Pool - December activities**

## **Swimming Technique Clinics - Tuesday and Thursday Dec. 1<sup>st</sup>+3<sup>rd</sup> 5:30-7:00 pm**

Watch stroke technique videos and see your own underwater swimming so you can see how it compares. General technique tips will be given by two on-deck coaches who will do the analyzing. This is not a super-detailed analysis session and participants may drop in at any time during the hour-and-a-half. Due to the popularity of this event we are offering it over two different days. Two underwater time-delay camera will be used .... one on each side of the pool. There will be a 3<sup>rd</sup> monitor showing stroke technique videos on deck. Cost: \$4.00 for residents or current pool members and \$6.00 for everyone else.

## **Dive-In Movie - featuring "JAWS" Thursday evening December 10, 5-7 pm**

Spectators will watch from inner tubes in a darkened pool. Must be aged 13+. Must be able to pass the deep water test ... or you can watch the movie from the pool deck or in the shallow end. Cost is \$5.00 for pool members or Portsmouth residents and \$8.00 for everyone else. Pizza slices and drinks will be sold for \$1.00 each. Participants must sign up and pay in advance at the pool front desk for a ticket. Maximum of 40 participants. This is not a general swim. Swimmers must remain in, or holding onto, their tubes. There WILL be sharks in the water with you ! (Please dangle your feet so they can have a snack. ☺ )

## **Dive-In Movie - featuring "Finding Nemo" Tuesday evening Dec. 15, 5-7 pm**

Winner of an Academy Award for Best Animated Feature Film, this underwater movie is best experienced IN the water! Spectators may watch from floating inner tubes, with a parent in the water with them, or from the deck. Children that can not stand in the shallow end must have a parent attend them in the water. We have even invited Nemo, Dory and Bruce to swim with you!☺ This is not a general swim and participants must remain quiet during the movie. Cost is \$5 for pool members or Portsmouth residents and \$8 for everyone else. (Fees are only to offset the costs of pool admission and inner tube rental.) There is a maximum of 40 participants so buy your tickets at the pool front desk early. Pizza slices and drinks will be sold in the lobby for \$1 each.

## **PARENT'S NIGHT OUT - Saturday evening, December 19 from 5:00-9 pm**

Bring your children to the pool for swimming and fun for 4 hours while you shop or have dinner exactly a week before Christmas. Drop them off between 5:00 and 6:00 pm and pick them up at 9:00. Unfortunately we can only do this for school aged children from ages 6 to 11 (up to age 12 if they are attending with a younger sibling). Ages 5 and under may **not** attend. Cost of \$10.00 includes pizza, snack and drinks although children can bring their own food too. There will be swimming until 7:15 then a movie in the conference room or Holiday Card decorating on the pool deck. This event is limited to 30 children. Parents must sign up and pay in advance at the pool front desk. Portsmouth residents may register beginning Dec 1<sup>st</sup> (after 12 noon) during normal pool hours. Non-residents may register beginning Dec. 8<sup>th</sup>.

## **Morning Infant/Preschool and ADULT swim lessons**

We have instructors ready to teach these courses on Tuesdays, Wednesdays or Thursdays. All we need are the participants! Please call the pool now at 427-1546 to get on the list and we will run a class once we have enough.

## **SWIM LESSON signups - January session**

Red Cross lessons offered will include all ages from Infants to age 16 and older. Class times include T/Th 5:30-7 pm or Saturday mornings 11-12. Portsmouth residents may sign up beginning Dec. 14<sup>th</sup> during normal pool hours. Non-residents are welcome to sign up beginning Thursday, Dec. 17<sup>th</sup> during normal pool hours. Full schedule will be available at the pool or on <http://www.cityofportsmouth.com/recreation/indoor.htm> by Friday Dec. 11<sup>th</sup>.

## **LIFEGUARD COURSE signups**

The pool will be offering a Red Cross Lifeguard Training Course in January to be held on Sundays (5-8 pm) and either Wednesdays or Thursdays (not confirmed yet) from 5-8 pm. Participants must be aged 15 and able to pass the entrance test, which can be taken in December. Call the pool for more info. Registration begins Dec. 1<sup>st</sup>. There are limited spaces so enroll now.

## **HOLIDAY HOURS + Added Open Swim**

The Indoor Pool will be closing at 4 pm on the days before Christmas and New Year (Thursday Dec. 24<sup>th</sup> and 31<sup>st</sup>) The pool is closed on Dec. 25<sup>th</sup> for Christmas and will be closed on Jan. 1<sup>st</sup> (New Year's Day) It will be open for normal hours on all other days **EXCEPT** for an added Holiday Open Swim on Tuesday Dec. 29<sup>th</sup> from 5:30- 7 pm.