PORTSMOUTH INDOOR POOL September 3 - November 17, 2019

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30-6:45	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim
6:45-8:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:00-9:45	Aqua Fitness 1 & Deep Water @ 8:45 Lap Swim - 2 lanes	Aqua Fitness @ 8:45 Lessons Lap Swim- 1 Lane	Zumba 8:00-8:50 Lessons Lap Swim - 1 Lane	Aqua Fitness @ 8:45 Lessons Lap Swim - 1 lane	Zumba 8:00-8:50 Lessons Lap swim - 1 Lane
9:45-10:30	Lessons Lap/Open	Lessons Lap/Open	Lessons Lap/Open	Lessons Lap/Open	Lessons Lap/Open
10:30-11:00	Senior	Senior	Senior	Senior	Senior
11:00-12:00	Lap 2 Open 2 Senior 2	Lap 2 Open 2 Senior 2	Lap 2 Open 2 Senior 2	Lap 2 Open 2 Senior 2	Lap 2 Tri Group 2 Senior 2
12:00-1:00	6 Lap Lanes	6 Lap Lanes	6 Lap Lanes	6 Lap Lanes	6 Lap Lanes
1:00-2:00	Lap/Open	Lap/Open	Hydro @ 1:30 Lap/Open	Little Harbour -3 1:15-2:30 Lap/Open	Lap/Open
2:00-3:00		POOL CLOSED MAINTENANCE			
3:00-4:00		Lap/Open			
4:00-6:00	PST - 4 Lessons	PST	PST - 4 Lessons	PST	PST - 4 Lessons
6:00-7:00	GBM ATLA- 2 lanes	Tri Group Lessons	GBM ATLA - 2 lanes	Lessons - 3 Open 2 Lap swim 1	Fun Friday Nights check schedule online
7:00-8:00	Lap Swim - 1 Lane ATLA - 5 lanes	Hydro - 2 ATLA - 4 Lanes	Lap Swim - 1 ATLA - 5 Lanes	Hydro- 2 ATLA - 4 Lanes	Lap Swim - 1 ATLA - 5 Lanes
8:00-8:30	Adult Lap Swim - 1 ATLA - 5 lanes	Adult Lap Swim - 2 ATLA- 4 Lanes	Adult Lap Swim - 1 ATLA- 5 Lanes	Adult Lap Swim -2 ATLA- 4 Lanes	Adult Lap Swim- 1 ATLA- 5 Lanes
8:30-9:00	Adult Lap Swim - 3 ATLA - 3 Lanes	Adult Lap Swim - 3 ATLA - 3 Lanes	Adult Lap Swim - 3 ATLA - 3 Lanes	Adult Lap Swim - 3 ATLA - 3 Lanes	Adult Lap Swim - 3 ATLA - 3 Lanes

SATURDAY	
7:00-8:00	Adult Lap Swim - 2 PST- 4 Lanes
8:00-9:00	Adult Lap Swim - 2 PST- 4 Lanes
9:00-12:00	Lessons Lap Swim - 1
12:00-1:00	Lap Swim 3 + Open 2 Private Lesson 1
1:00-2:00	Lap/Open ATLA - 3 Lanes

SUNDAY	
7:00-11:00	6 Lap Lanes
11:00-2:00	Lap/ Open

Group Swimming Lessons:

Fall 2 session of lessons will run from October 22 - December 22, 2019. There are no swimming lesson on November 14-17, 2019 and no lessons the week of November 25th.
Fall 2 lesson registration closes on November 3, 2019.

Pool Closed

Monday October 14th

November 14 -17, 2019 for Locker Installation

PHS Boat Races: -Tuesday November 26th - Pool closed from 2-3:30pm

November 27 - pool closing at 4:00pm

Thanksgiving Day - Thursday November 28

This schedule is overview of lane useage for the most update lane useage please check the google calendar on the website.

REVISED 10/9/2019

Aquatic Programming

Aqua-Fitness 1 — **Mondays 8:45-9:45am** — **Valerie**

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

Aqua-Fitness 2 — **Tuesdays 8:45-9:45am** — **Valerie**
Thursdays 8:45-9:45am — **Peggy**

This is taught in shallow and deep water class focuses on strength and core development. The water provides resistance as well as relaxation. Join us for a strong exercise-based water class that is sure to challenge the beginner and experienced student.

Deep Water Fitness — **Mondays 8:45-9:45am** — **Sue**

This deep water class focuses on strength and core development. The water provides resistance as well as relaxation. Join us for a strong exercise-based water class that is sure to challenge the beginner and experienced student.

Zumba — **Wednesdays 8:15-9:15am** — **Nina**
Fridays 8:15-9:15am

Zumba is a dance fitness class that incorporates various types music with dance movements, which creates an exciting, effective fitness program in shallow water! Come join the fun and see how dancing in the water can be a full body workout.

Hydro-Burn — **Tuesday & Thursdays 7:00-8:00pm** — **Sue**
Wednesday 1:30-2:30pm — **Sue**

This aquatic circuit training program consists of both shallow and deep water exercises utilizing various types of equipment. This is a total body program that uses varying level of intensity to maximize your exercise experience. Hydro-burn is designed for anyone who wants to improve their overall mobility and fitness level as well as their quality of life.

Triathlon Group — **Tuesdays 6:00-7:00pm** — **Patti & Natalie**
Fridays 11:00-12:00pm — **Vadim**

Triathlon training is a coached workout that is combination of endurance, strength training and speed intervals. Learnthe drills that make you a more efficient swimmer. A swimmer must be able to comfortly swim two laps of freestyle with rotary breathing to enjoy this class.

Great Bay Masters — **Mondays 6:00-7:00pm** — **Kendl**
Wednesdays 6:00-7:00pm

A coached Masters program for adults 18+ of all levels. This is a separate membership that allows you to swim a structured workout with an on-deck coach. It also gives the adult competitive swimmer an opportunity to continue to compete.

Fun Friday Nights

Portsmouth Elementary School "Free" Swim

October 4th	November 1st	December 6th	January 3rd

Zumba with Alyssa — Member- free — Non-Member $10

October 11th	November 8th	December 13th	January 10th

Family Swim - Kids swim free with adult entry

September 27th	October 18th	November 22nd	December 20th

Rentals

The pool is not available for public use during rentals.

The Portsmouth Indoor Pool proudly rents space to two USS team. All members of the swim team need to have pool memberships in order partipicate. For information or questions about swim team, please contact them directly or view their websites.

ATLA-Altantis Aquatics

https://www.teamunify.com/Home.jsp?team=necsc

PST-Portsmouth Swim Team

https://www.teamunify.com/team/nepst/page/home

Portsmouth High School Swim Team will be started their season on Monday November 18th.

Check out our website:

https://www.cityofportsmouth.com/recreation/indoor

Portsmouth Indoor Pool 48 Andrew Jarvis Dr. Portsmouth, NH 03801 603-427-1546

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