PORTSMOUTH INDOOR POOL January 1 - February 23, 2020

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	PHS	PHS	PHS	PHS	PHS
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	
7:00-9:00	Lap Swim - 2 Lanes PST - 4 Lanes
9:00-12:00	Lesson Lap swim - 1 Lane
12:00-1:00	Lap Swim - 2 Lanes Open Swim - 4 Lanes
1:00-2:00	Lap/Open ATLA - 3 Lanes

SUNDAY	
7:00-9:00	6 Lap Lanes
9:00-12:00	Lesson - 1 lane Lap Swim - 2 Lanes Open Swim - 3 Lanes
12:00-2:00	Open Swim - 3 Lanes Lap Swim - 2 Lanes

Group Swimming Lessons:

Winter session of lessons will run from January 6 - February 23, 2020. There are no swimming lessons on Monday January 20, 2020. Winter lesson registration closes on January 12, 2020.

Portsmouth High School Lifegaurding Class

Pool is proud to annouce that we have partnered with the PHS to offer a lifeguarding class. This class with begin on Monday January 27th . The students will be in the building from 12:30-2:00pm.

Pool will close at 12:30 on January 4 and January 25

No Group Swimming Lesson on Monday January 20th

This schedule is overview of lane usage. For the most updated lane usage please check the google calendar on the website.

REVISED 1/2/2020

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 8:00-8:50am** — **Alyssa or Courtney**
Fridays 8:00-8:50am — **Nina**

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			
January 3rd	February 7th	March 6th	April 3rd

Zumba with Alyssa	Member- free	Non-Member $10
January 10th	February 21th	March 13th	April 10th

Family Swim - Kids swim free with adult entry			
January 17th	February 14th	March 20th	April 17th

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

PHS - Portsmouth High School

Check out our website:

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

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