

PORTSMOUTH INDOOR POOL May 21 - June 20, 2022

48 Andrew Jarvis Drive; Portsmouth NH 03801

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:45	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Pool Closed Opens at 9:00AM	Pool Closed	Pool Closed
6:45-8:45	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
8:45 - 9:45	Aqua Fitness @ 8:45	Aqua Fitness @ 8:45	Water Power Workout @ 8:45	Aqua Fitness @ 8:45	Zumba @ 9:15am	Lessons 8:00-11:00am	Pool Closed
	Lap Swim - 2 lanes	Lap Swim- 1 Lane	Lap Swim - 1 Lane	Lap Swim - 1 lane	Lap Swim - 1 lane		
10:00-11:00	Lessons 10:00 -11:00	Senior 10:00 -11:00 Pool closes at 11:00am	Senior 10:00 -11:00am	Senior 10:00 -11:00am Pool closes at 11:00am	Senior - 5 10:00 -10:30am	Pool Closed	Pool Closed
	Senior - 5 begins @ 10:30am				Lessons 10:00-11:00am		
11:00-12:00	Lap 4 vertical exercise 2	Pool Closed	Lap 4 vertical exercise 2	Pool Closed	Lap 4 vertical exercise 2	Group Swimming Lessons:	For more information about swim lesson, please visit our website.
12:00-1:00	6 Lap Lanes		6 Lap Lanes		6 Lap Lanes		
1:00-3:30	Lap/Open		Lap/Open		Lap/Open Ends at 4:00pm		
3:30-5:30	Lessons	Lessons	Lessons	Open Swim- 3 lanes Lap Swim - 3 lanes	Rental Youth Swim Team (4:00-6:00pm)	Holiday Closures: Pool will be closed on the following days: Saturday May 28th Monday May 30th Friday June 10th pool will close at 2:00pm	
5:30 - 6:30	GBM	Tri Group	GBM				
6:30-8:30	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team	Pool Closed at 6:00pm		

www.cityofportsmouth.com/recreation/indoor

Portsmouth Indoor Pool

For the most update information, please check our website:

www.cityofportsmouth.com/recreation/indoor

Aquatic Fitness Classes

Fitness classes are free with membership or \$10 drop-in fee.

Aqua-Fitness 1

Mondays 8:45-9:45am

Peggy E

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

This is a highly effective shallow and deep water work out. This class uses the water's natural resistance to work your muscles and increase your range of motion, while building core strength. This program also includes some Pilates and yoga exercises. This workout is great for the intermediate and advanced aqua fitness student.

Water Power Workout

Wednesdays 8:45-9:45am

Peggy K

This is a combination of different styles using water as a resistance machine. Each exercise station will be set up with different levels of intensity for the same exercise. Workout for all levels of participants. Fun for all!

Zumba

Fridays 9:15-10:00am

Alyssa

Zumba is a dance fitness class that incorporates varies 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.

Triathlon Group

Tuesdays 5:30-6:30pm

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