

# PORTSMOUTH INDOOR POOL May 2 - May 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	Pool Closed	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	Pool Closed	Pool Closed
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)	Pool Closed	Pool Closed
5:30 - 6:30	GBM	Tri Group	GBM		S'wet @ 6:05pm		
6:30-8:30	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team	Lap Swim - 3 lanes (6:00-7:00pm)	Pool Closed	Pool Closed
					Pool Closed at 7:00pm		

**Group Swimming Lessons:**

For more information about swim lesson, please visit our website.

**Holiday Closures:**

Pool will be closed on the following days:

[www.cityofportsmouth.com/recreation/indoor](http://www.cityofportsmouth.com/recreation/indoor)

