

Portsmouth Indoor Pool

January 2 - February 18

48 Andrew Jarvis Drive; Portsmouth NH 03801

(603) 427-1546

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:30 - 7:00	Opens at 8:30am	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim		Pool Closed	Pool Closed
7:00 - 8:00		PHS Swim Team	Lap Swim	PHS Swim Team	Lap Swim			
8:00 - 9:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	8:00 - 9:30	Lessons Lap Swim - 2 Lanes	
9:00 - 10:00	Aqua Fitness 1	Aqua Fitness 2	Aqua Movement	Aqua Fitness 2	Water Power	9:30 - 10:00	Lessons Lap Swim - 1 Lane	
	Lap Swim - 1 Lane	Lap Swim - 1 Lane	Lap Swim - 1 Lane	Lap Swim - 1 lane	Lap Swim - 1 lane		Lessons Open Swim - 2 Lanes	
10:00 - 11:00	Lessons Senior	Senior	Senior	Senior	Senior	10:00 - 11:00	Lessons Open Swim - 2 Lanes	
	Lap Swim - 4 Lanes Vertical Exercise - 2	Lap Swim - 4 Lanes Vertical Exercise - 2	Lap Swim - 4 Lanes Vertical Exercise - 2	Lap Swim - 4 Lanes Vertical Exercise - 2	Lap Swim - 4 Lanes Vertical Exercise - 2	Group Swimming Lessons: For more information about swim lesson, please visit our website.		
12:00 - 1:00	Lap Swim	Pool Closed	Lap Swim	Pool Closed	Lap Swim			
1:00 - 3:30	Lap/Open		Lap/Open		Lap/Open	Lap/Open Ends at 5:00pm		
3:30 - 4:30	Lessons	Lessons	PHS Swim Team	Lessons	Rental Youth Swim Team (5:00-7:00pm)	FITNESS · ENRICHMENT · ARTS · ATHLETICS <hr/> PORTSMOUTH RECREATION DEPARTMENT		
4:30 - 5:30			Lap Swim - 2 Lanes					Lap Swim - 1 Lane
5:30 - 6:30	GBM	Lessons Tri Group	GBM	Lessons Open Water Group				
6:30 - 8:30	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team				Pool Closed at 7:00pm

www.citofportsmouth.com/recreation/indoor