

PORTSMOUTH INDOOR POOL

March 6 - April 2, 2023

48 Andrew Jarvis Drive; Portsmouth NH 03801

(603) 427-1546

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-7:00	Opens at 8:00am	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Pool Closed	Pool Closed
7:00-8:00		Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8:00-9:00		Lap Swim	Lap Swim	Lap Swim	Lap Swim		
9:00 - 10:00	Aqua Fitness 1 @ 9:00	Aqua Fitness 2 @ 9:00	Water Power @ 9:00	Aqua Fitness 2 @ 9:00	Rotating Fitness class @ 9:00am	Lessons (8:00-11:00)	Pool Closed
	Lap Swim- 1 Lane	Lap Swim- 1 Lane	Lap Swim - 1 Lane	Lap Swim - 1 lane	Lap Swim - 1 lane		
10:00-11:00	Senior	Senior	Senior	Senior	Senior	Lap/Open* (11:05 -12:00)	Pool Closed
	Lessons						
11:00-12:00	Lap 4 vertical exercise 2	Lap 4 vertical exercise 2	Lap 4 vertical exercise 2	Lap 4 vertical exercise 2	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	Pool Closed	Lap/ Open	Pool Closed	Lap/Open Ends at 5:00pm	Pool Closed	Pool Closed
3:30-5:30	Lessons	Lesson	Lessons	Lessons			
	Lap 3	Lap 1	Lap 3	Lap 1			
5:30 - 6:30	GBM	Tri Group	GBM	Open Water Group	Rental Youth Swim Team (5:00-7:00pm)	Pool Closed at 7:00pm	Pool Closed
6:30-8:30	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team			

Schedule Key

Adult Lap Swim - Designed for those 18 & over to swim laps.

Lap Swim - Designed for those of any age to swim laps.

Senior Swim - Designed for those 60 & over to swim, exercise and socialize.

Vertical Exercise - Designed for exercise, physical therapy, aqua-jogging, etc., with ramp access.

Open Swim - Designed for all ages, good for families and children, to swim and play.

Children under 48" tall must be accompanied in the water by an adult.

Schedule Chnages:

*Saturday April 15 - There will no Lap/Open Swim

FITNESS · ENRICHMENT · ARTS · ATHLETICS

PORTSMOUTH

RECREATION DEPARTMENT

Hours are subject to change.

www.cityofportsmouth.com/recreation/indoor