

PORTSMOUTH INDOOR POOL

January 8 - February 18, 2024

48 Andrew Jarvis Drive; Portsmouth NH 03801
(603) 427-1546

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30	Pool Opens at 8:00am	Adult Lap - 6	Pool Opens at 6:30am	Pool Opens at 7:00am	Pool Opens at 7:00am	Lap Swim - 3 (8:00-8:55)	Lap Swim - 6 (8:00-10:30)
6:30 - 7:30		PHS Swim Team	PHS Swim Team				
7:30-8:00		Lap Swim - 6 (7:30-9:00)	Lap Swim - 6 (7:30-9:00)			Lessons (8:00-11:00)	
8:00-9:00	Lap Swim - 6 (8:00-9:00)			Lap Swim - 6 (7:00-9:00)	Lap Swim - 6 (7:00-9:00)		Open (10:30-12:55)
9:00-10:00	Aqua Fitness @ 9:00 Lap Swim - 1 Lane	Aqua HITT @ 9:00 Lap Swim - 1 Lane	Water Power @ 9:00 Lap Swim - 1 Lane	Aqua HITT @ 9:00 Lap Swim - 1 lane	Aqua Zumba Lap Swim - 1 lane	Lap/Open (11:05 -2:00)	
10:00-11:00	Senior Lessons	Senior	Senior Senior Lessons	Senior	Senior		Aqua Zumba @ 1:00pm
11:00-12:00	Lap Swim - 4 vertical exercise 2	Lap Swim - 4 vertical exercise 2	Lap Swim - 4 vertical exercise 2	Lap Swim - 4 vertical exercise 2	Lap Swim - 4 vertical exercise 2		
12:00-3:30	Pool Closed						
3:30-5:30	Lessons Lap Swim - 3	Lessons Lap Swim - 3	Lessons Lap Swim - 3 (4:30-5:30)	PHS Swim Team Open/Lap (4:30-5:30)	Open/Lap Ends at 5:00pm		
5:30 - 6:30	GBM	Tri Group	GBM	Adult Stroke Brush-Up	Rental Youth Swim Team (5:00-7:00pm)		
6:30-8:30	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team			
Hours are subject to change.							
Schedule Key www.cityofportsmouth.com/recreation/indoor							
Adult Lap Swim - Designed for those 18 & over to swim laps.			Vertical Exercise - Designed for exercise, physical therapy, aqua-jogging, etc., with ramp access.				
Lap Swim - Designed for those of any age to swim laps.			Open Swim - Designed for all ages, good for families and children, to swim and play.				
Senior Swim - Designed for those 60 & over to swim, exercise and socialize.			Children under 48" tall <u>must</u> be accompanied in the water by an adult.				

Schedule Changes:

Pool Closed - Sunday January 14th

Pool Closed - Monday January 15th

Pool Closed - Monday February 19th

Now hiring Lifeguardings!
www.cityofportsmouth.com/hr/work

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PORTSMOUTH

RECREATION DEPARTMENT