

PORTSMOUTH INDOOR POOL

March 4 - 24, 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 7:00am	Pool Opens at 7:00am	Pool Opens at 7:00am		Lap Swim - 4 (8:00-8:55)		Lap Swim - 6 (8:00-10:30)
6:30 -7:30		Lap Swim - 6 (6:30-9:00)				Lap Swim - 6 (7:00-9:00)	Lap Swim - 6 (7:00-9:00)		Lap Swim - 6 (7:00-9:00)
7:00-8:00			Lap Swim - 6 (8:00-9:00)		Open Swim & Lap - 2 (11:05 -2:00)				
8:00-9:00									
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 @ 9:00 Lap Swim - 1 lane				
10:00-11:00	Senior	Senior	Senior Senior Lessons	Senior	Senior				
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)	Open Swim & Lap - 2 (3:30-5:30)	Open Swim & Lap - 2 Ends at 5:00pm				
5:30 - 6:30	Great Bay Masters (pre-registration required)	Tri Group	Great Bay Masters (pre-registration required)	Open Water Technique Thursday	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 March 31th

Upcoming Lifeguard Training
March 25 - April 6, 2024. For more information, please visit our website.

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

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