

PORTSMOUTH INDOOR POOL

March 25 - 31, 2024

48 Andrew Jarvis Drive; Portsmouth NH 03801

(603) 427-1546

TIMES	MONDAY 3/25	TUESDAY 3/26	Wednesday 3/27	THURSDAY 3/28	FRIDAY 3/29		SATURDAY 3/30		SUNDAY 3/31
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)		Pool Closed Happy Easter
6:30 -7:30		Lap Swim - 6 (6:30-9:00)					Lap Swim - 6 (7:00-9:00)		
7:00-8:00			Lap Swim - 6 (8:00-9:00)	Aqua Fitness @ 9:00 Lap Swim - 1 Lane	Aqua HITT @ 9:00 Lap Swim - 1 Lane				
8:00-9:00	Senior	Senior	Senior Senior Lessons	Senior	Senior		Open Swim & Lap - 2 (11:05 -2:00)		
9:00-10:00	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				
10:00-11:00	Pool Closed								
11:00-12:00	Lessons Lap Swim - 2	Lessons Lap Swim - 2	Lessons Lap Swim - 2 (4:30-5:30)	Open Swim & Lap - 2 (3:30-5:30)	Pool Closed				
12:00-3:30	Great Bay Masters (pre-registration required)	Tri Group	Great Bay Masters (pre-registration required)	Open Water Technique Thursday					
3:30-5:30							Schedule Changes:		
5:30 - 6:30							Pool Closed - Sunday March 31th		
						Please be aware that the pool is hosting a Lifeguard course, this may effect afternoon pool usage.			

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

Please be aware that the pool is hosting a Lifeguard course, this may effect afternoon pool usage.

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

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PORTSMOUTH

RECREATION DEPARTMENT