

PORTSMOUTH INDOOR POOL

April 1 -14, 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)			Lessons (8:00-11:00)
7:00-8:00										
8:00-9:00	Lap Swim - 6 (8:00-9:00)						Open Swim (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 @ 9:00 Lap Swim - 1 lane		Open Swim & Lap - 2 (11:05 -2:00)		Aqua Zumba @ 1:00pm	
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						Schedule Changes:			
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 (3:30-6:00pm)	Please be aware that the pool is hosting a Lifeguard course, this may effect afternoon pool usage.				
5:30 - 6:30	Great Bay Masters (pre-registration required)	Tri Group	Great Bay Masters (pre-registration required)	Open Water Technique Thursday			Hours are subject to change.			
6:30 - 7:00	Adult Learn to Swim (pre-registration required)	Lifeguard Training	Adult Learn to Swim (pre registration required)	Lifeguard Training	Lap Swim (6:00-7:00pm)	Now hiring Lifeguardings! www.cityofportsmouth.com/hr/work				
7:00-8:00	Pop -up Aqua Zumba (pre-registration required)	Lap Swim - 4 vertical exercise 2	Pop -up Aqua Zumba (pre-registration required)	Lap Swim - 4 vertical exercise 2		FITNESS • ENRICHMENT • ARTS • ATHLETICS				
8:00-8:30	Lap Swim - 4 (8:00-8:30)		Lap Swim - 4 (8:00-8:30)					PORTSMOUTH		
RECREATION DEPARTMENT										
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.							