

PORTSMOUTH INDOOR POOL

April 29 - May 19, 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)
7:00-8:00			Lap Swim - 6 (8:00-9:00)	Lap Swim - 6 (8:00-11:00)				
8:00-9:00	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)	Open Swim (10:30-12:55)	
9:00-10:00	Senior	Senior	Senior Senior Lessons	Senior	Senior			Aqua Zumba @ 1:00pm*
10:00-11:00	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	Schedule Changes:		
11:00-12:00	Pool Closed						Program Changes:	
12:00-3:30	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	Sunday May 19 - Last Aqua Zumba for Season		
3:30-5:30	Great Bay Masters (pre-registration required)	Tri Group (Free with Membership or \$10 Drop-in)	Great Bay Masters (pre-registration required)	Open Water* Technique Thursday	Rental Youth Swim Team (5:00-7:00pm)	Thursday May 23 - Last Open Water Technique Thursdays		
5:30 - 6:30	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team	Rental Youth Swim Team		Pool Closed May 25-27, 2024 Go Clippers!		
6:30-8:30	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 must be accompanied in the water by an adult.

FITNESS · ENRICHMENT · ARTS · ATHLETICS

PORTSMOUTH

RECREATION DEPARTMENT