

# PORTSMOUTH INDOOR POOL

April 22 - April 28, 2024

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

TIMES	Monday 4/22	TUESDAY 4/23	WEDNESDAY 4/24	THURSDAY 4/25	FRIDAY 4/26	SATURDAY 4/27	SUNDAY 4/28
5:30-7:00	Pool Opens at 9:00am	Lap Swim - 6 (5:30-8:55)	Pool Opens at 7:00am	Closed for Maintenance	Pool Opens at 7:00am	Lap Swim - 6 (8:00-11:00)	Lap Swim - 6 (8:00-10:30)
7:00-8:00			Lap Swim - 6 (7:00-8:55)		Lap Swim - 6 (7:00-8:55)		
8:00-8:55	Lap Swim - 6 (8:00-8:55)		Aqua Fitness @ 9:00 Lap Swim - 1 Lane		Water Power @ 9:00 Lap Swim - 1 Lane	Aqua Fitness @ 9:00am Lap Swim - 1 Lane	Open* No Lap Lanes (11:00-2:00)
9:00-10:00	Aqua Fitness 2 @ 9:00 Lap Swim - 1 Lane	Lap Swim - 1 Lane					
10:00-11:00	Senior	Senior	Senior		Senior	Aqua Zumba (1:00-2:00)	
11:00-12:00	Lap 4 vertical exercise 2	Lap 4 vertical exercise 2	Lap 4 vertical exercise 2		Lap 4 vertical exercise 2		
12:00-3:30	Pool Closed (12:00-3:30pm)						
3:30-5:30	Open/Lap (3:30-5:30)	Open/Lap (3:30-5:30)	Closed for Maintenance	Pool Opens at 5:30pm	Open/Lap (3:30-5:00) Ends at 5:00pm		
5:30 - 6:30	Great Bay Masters (pre-registration required)	Tri Group (Free with Membership or \$10 Drop-in)		Technique Thursday (Free with Membership or \$10 Drop-in)	Rental Youth Swim Team (5:00-7:00pm)		
6:30-8:30	Rental Youth Swim Team	Rental Youth Swim Team		Rental Youth Swim Team	Pool Closed at 7:00pm		

Hours are subject to change.

Schedule Key		<a href="http://www.cityofportsmouth.com/recreation/indoor">www.cityofportsmouth.com/recreation/indoor</a>	
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:**

Now hiring Lifeguardings!  
[www.cityofportsmouth.com/hr/work](http://www.cityofportsmouth.com/hr/work)

**School Vacation Week**

Expect the pool to be busier during open swim which will decrease the amount of lap lanes in order to meet the need of open swimmers. There will be no lap lanes offered during open swim on the weekend.

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PORTSMOUTH

RECREATION DEPARTMENT