

PORTSMOUTH INDOOR POOL

May 20 - May 27, 2024

48 Andrew Jarvis Drive; Portsmouth NH 03801

(603) 427-1546

TIMES	MONDAY 5/20	TUESDAY 5/21	WEDNESDAY 5/22	THURSDAY 5/23	FRIDAY 5/24
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
6:30 - 7:30		Lap Swim - 6 (6:30-9:00)			
7:00-8:00			Lap Swim - 6 (7:00-9:00)	Lap Swim - 6 (7:00-9:00)	Lap Swim - 6 (7:00-9:00)
8:00-9:00	Lap Swim - 6 (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
12:00-1:00	Lap Swim - 6	Lap Swim - 6	Lap Swim - 6	Lap Swim - 6	Lap Swim - 6
1:00-3:30	Open Swim & Lap	Pool Closed Maintenance and Cleaning	Open Swim & Lap	Pool Closed Maintenance and Cleaning	Open Swim & Lap
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 (Free with Membership or \$10)	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	

Pool Closed

Saturday May 25

Sunday May 26

Monday May 27

Happy Memorial Day Weekend!

Schedule Changes:

Thursday May 23 - Last Open Water
Technique Thursdays

Pool Closed May 25-27, 2024
PHS Meet - Go Clippers!

Last weekend for the season June 8 and 9

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.		

FITNESS · ENRICHMENT · ARTS · ATHLETICS

PORTSMOUTH

RECREATION DEPARTMENT