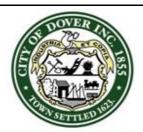
Dover Indoor Pool Schedule

11.16.2025-3.7.2026



			11.10.2025-5.7.202			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					7:00 - 9:00 am Current North Swim Team	
					9:00-11:00am Lessons	<u>9:00 - 11:00am</u> 6 Lanes Masters
				8:30 - 9:30am Homeschool Lessons	11:00 - 12:00 pm 6 Lanes Lap	11:00 - 12:00pm Therapy Walking (water walking only)
<u>9:30 - 10:30 am</u>	<u>7:30 - 9:30 am</u>	<u>9:30 - 10:30 am</u>	<u>7:30 - 9:30 am</u>	<u>9:30 - 10:30 am</u>		
Hydrofitness	6 Lanes Lap	Hydrofitness-Dive Well	6 Lanes Lap	Hydrofitness	12:15 2:15 pm	12.15 2.15 pm
10:30 - 12:00 pm Therapy Walking (water walking only)	9:30 - 11:00 am Therapy Walking (water walking only)	9:30 - 11:00 am Therapy Walking (water walking only)	9:30 - 11:00 am Therapy Walking (water walking only)	10:30 - 11:30 am Therapy Walking (water walking only)	12:15 - 2:15 pm Recreation Swim NO LAP SWIMMING	12:15 - 2:15 pm Recreation Swim NO LAP SWIMMING
						<u>2:30-3:30 pm</u>
<u>12:00 - 1:30 pm</u> 6 Lanes Lap	11:00 - 12:30 pm 6 Lanes Lap	11:00 - 12:30 pm 6 Lanes Lap	11:00 - 12:30 pm 6 Lanes Lap	11:30 - 12:30 pm 6 Lanes Lap		OYSTER RIVER HS 11/23,11/30 12/28/2025
						3:30-4:30 pm Mighty Seals 11/23,11/30
						12/28/2025 outside these dates
						Mighty Seals <u>2:30-3:30pm</u>
<u>3:30 - 5:30 pm</u>	<u>3:30 - 5:00 pm</u>	<u>3:30 - 5:30 pm</u>	<u>3:30 - 4:30 pm</u>	<u>3:30 - 4:30 pm</u>		Rec Swim Rules
HS SWIM TEAMS	HS SWIM TEAMS	HS SWIM TEAMS	HS SWIM TEAMS	HS SWIM TEAMS		1) Children under 45" require a parent in the water
<u>5:30 - 7:30 pm</u>		<u>5:30 - 7:30 pm</u>	<u>4:30-5:30pm</u>	<u>4:30 - 5:30 pm</u>		2) No Swimming in the well
Current North Swim Team	F.00 C.20	Current North Swim Team	Current North Swim Team	Current North Swim Team		3) Diving board use is allowed
	5:00-6:30pm		<u>5:30-6:30pm</u>	5.20 6.20 pm		4) No equipment except lifejackets
	Lessons		3 Lanes Swim Team Prep	5:30 - 6:30 pm		5) Kids with lifevests must have a
			3 Lanes Adult Lessons	3 Lanes Current North Swim Team 3 Lanes Swim Team Prep		parent in arms reach at all times 6) No goggles that cover the nose
						7) Parents cannot be in the well to
Schedule Change	6.4E 9.00 nm		6.4E _ 9.00 pm			catch children off the divingboard
<i>8am-1pm</i> 1/19-MLK Day	6:45 - 8:00 pm 6 Lanes Masters		6:45 - 8:00 pm 6 Lanes Masters			8) No child with a lifevest of any kind may use the divingboard
						9) Kids under 3 required to wear swim
8am-1pm						diaper. Can be purchased for \$2 each
2/16-Presidents Day						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

NOTE: Please note this schedule is subject to change without notice

Membership Fees

1) Excludes Hydrofitness

2) Excludes Masters

3) Memberships start from date

of purchase

	NOTE: Please note this schedule is subject to change without notice.									
	Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor					
•	Adult	\$5.00	\$50.00	\$170.00	\$100.00					
•	Senior	\$3.00	\$30.00	\$80.00	\$45.00					
•	Youth	\$3.00	\$30.00	\$80.00	\$45.00					
	Non-Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor					
	Adult	\$7.00	\$70.00	\$330.00	\$190.00					
	Senior	\$4.00	\$40.00	\$160.00	\$90.00					
	Youth	\$4.00	\$40.00	\$160.00	\$90.00					