

Dover Indoor Pool Schedule						
11.16.2025-3.7.2026						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 - 10:30 am Hydrofitness 10:30 - 12:00 pm Therapy Walking (water walking only) 12:00 - 1:30 pm 6 Lanes Lap 3:30 - 5:30 pm HS SWIM TEAMS 5:30 - 7:30 pm Current North Swim Team Schedule Change 8am-1pm 1/19-MLK Day 8am-1pm 2/16-Presidents Day	7:30 - 9:30 am 6 Lanes Lap 9:30 - 11:00 am Therapy Walking (water walking only) 11:00 - 12:30 pm 6 Lanes Lap 3:30 - 5:00 pm HS SWIM TEAMS 5:00-6:30pm Lessons 6:45 - 8:00 pm 6 Lanes Masters	9:30 - 10:30 am Hydrofitness-Dive Well 9:30 - 11:00 am Therapy Walking (water walking only) 11:00 - 12:30 pm 6 Lanes Lap 3:30 - 5:30 pm HS SWIM TEAMS 5:30 - 7:30 pm Current North Swim Team	7:30 - 9:30 am 6 Lanes Lap 9:30 - 11:00 am Therapy Walking (water walking only) 11:00 - 12:30 pm 6 Lanes Lap 3:30 - 4:30 pm HS SWIM TEAMS 4:30-5:30pm Current North Swim Team 5:30-6:30pm 3 Lanes Swim Team Prep 3 Lanes Adult Lessons 6:45 - 8:00 pm 6 Lanes Masters	8:30 - 9:30am Homeschool Lessons 9:30 - 10:30 am Hydrofitness 10:30 - 11:30 am Therapy Walking (water walking only) 11:30 - 12:30 pm 6 Lanes Lap 3:30 - 4:30 pm HS SWIM TEAMS 4:30 - 5:30 pm Current North Swim Team 5:30 - 6:30 pm 3 Lanes Current North Swim Team 3 Lanes Swim Team Prep	7:00 - 9:00 am Current North Swim Team 9:00-11:00am Lessons 11:00 - 12:00 pm 6 Lanes Lap 12:15 - 2:15 pm Recreation Swim NO LAP SWIMMING 2:30-3:30 pm 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 2:30-3:30pm	9:00 - 11:00am 6 Lanes Masters 11:00 - 12:00pm Therapy Walking (water walking only) 12:15 - 2:15 pm Recreation Swim NO LAP SWIMMING 2:30-3:30 pm 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 2:30-3:30pm
						Rec Swim Rules
						1) Children under 45" require a parent in the water 2) No Swimming in the well 3) Diving board use is allowed 4) No equipment except lifejackets 5) Kids with lifevests must have a parent in arms reach at all times 6) No goggles that cover the nose 7) Parents cannot be in the well to catch children off the divingboard 8) No child with a lifevest of any kind may use the divingboard 9) Kids under 3 required to wear swim diaper. Can be purchased for \$2 each
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NOTE: Please note this schedule is subject to change without notice.

Membership Fees	Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor
1) Excludes Hydrofitness 2) Excludes Masters 3) Memberships start from date of purchase	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