

Dover Indoor Pool Schedule July 1-July 31 2026-REVISED



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>8:00 - 9:20 am Lap Swim</p> <p>9:30-10:30am HydroFitness</p> <p>10:40 - 12:00 pm Lap Swim</p> <p>12:05 - 1:30 pm Therapy Walking (water walking only)</p>	<p>6:30 - 7:50 am Lap Swim</p> <p>8:00 - 9:40 am Swim Lessons</p> <p>9:45 - 10:45 am Therapy Walking (water walking only)</p> <p>10:50 - 12:30 pm Lap Swim</p>	<p>6:30 - 7:50 am Lap Swim</p> <p>8:00 - 9:40 am Swim Lessons</p> <p>9:30 - 10:30am HydroFitness (Dive Well)</p> <p>9:45 - 10:45 am Therapy Walking (water walking only) MAIN POOL</p> <p>10:50 - 12:30 pm Lap Swim</p>	<p>6:30 - 7:50 am Lap Swim</p> <p>8:00 - 9:40 am Swim Lessons</p> <p>9:45 - 10:45 am Therapy Walking (water walking only)</p> <p>10:50 - 12:30 pm Lap Swim</p>	<p>8:00 - 9:20 am Lap Swim</p> <p>9:30-10:30am HydroFitness</p> <p>10:40 - 12:00 pm Lap Swim</p> <p>12:05 - 1:30 pm Therapy Walking (water walking only)</p>	<p style="text-align: center;">INDOOR POOL CLOSED SEE JENNY THOMPSON SCHEDULE</p> <p style="text-align: center;">Schedule Changes <i>Jenny Thompson Outdoor Pool will be closed the following dates for swim meets;</i></p> <p style="text-align: center;">August 1st-Current North</p> <hr/> <p style="text-align: center;">Rec Swim Rules</p> <p>1) Children under 45" require a parent in the water</p> <p>2) No Swimming in the well</p> <p>3) Diving board use is allowed</p> <p>4) No equipment except lifejackets</p> <p>5) Kids with lifevests must have a parent in arms reach at all times</p> <p>6) No goggles that cover the nose</p> <p>7) Parents cannot be in the well to catch children off the divingboard</p> <p>8) No child with a lifevest of any kind may use the divingboard</p> <p>9) Kids under 3 required to wear swim diaper. Can be purchased for \$2 each</p>	<p style="text-align: center;">INDOOR POOL CLOSED SEE JENNY THOMPSON SCHEDULE</p> <p style="text-align: center;">Schedule Changes <i>Jenny Thompson Outdoor Pool will be closed the following dates for swim meets;</i></p> <p style="text-align: center;">July 19th-NO LAP SWIM Great Bay Masters 10am-12pm</p> <p style="text-align: center;">August 2-Current North</p>
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

NOTE: This schedule is subject to change without notice.

Membership Fees	Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor
1) Excludes Hydrofitness	Adult	\$5.00	\$50.00	\$170.00	\$100.00
2) Excludes Masters	Senior	\$3.00	\$30.00	\$80.00	\$45.00
3) Good for 1 year from date of purchase	Youth	\$3.00	\$30.00	\$80.00	\$45.00
	Non-Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor
	Adult	\$10.00	\$100.00	\$330.00	\$190.00
EXCLUDES OUTDOOR POOL	Senior	\$5.00	\$50.00	\$160.00	\$90.00
	Youth	\$5.00	\$50.00	\$160.00	\$90.00