Dover Indoor Pool Schedule-REVISED

September 18-November 12 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<u>7:30 - 8:30am</u> 6 Lanes Lap	<u>7:30 - 9:30am</u> 6 Lanes Lap	<u>7:30 - 8:30am</u> 6 Lanes Lap		7:00 - 9:00 am SOLO Swim Team 9:00 - 10:00 am 3 Lanes Swim Team 3 Lanes Lessons	
					<u>10:00 - 11:00 pm</u>	
	<u>8:30 - 9:00am</u>		<u>8:30 - 9:00am</u>	<u>8:30 - 9:30am</u>	Lessons	
	Lessons		Lessons	Homeschool Lessons	<u>11:00 - 12:15 pm</u> 6 Lanes Lap	<u>11:00 - 12:30 pm</u> 6 Lanes Masters
					<u> 12:30 - 2:30 pm</u>	<u>12:30 - 2:30 pm</u>
					Recreation Swim	Recreation Swim
					(NO LAP LANES)	(NO LAP LANES)
<u>9:30 - 10:30 am</u>	<u>9:00 - 10:30 am</u>	<u>9:30 - 10:30 am</u>	<u>9:00 - 10:30 am</u>	<u>9:30 - 10:30 am</u>		
Hydrofitness	6 Lanes Lap	Hydrofitness-Dive well	6 Lanes Lap	Hydrofitness	CLOSED Saturday October 7	
<u>10:30 - 11:30 am</u>	<u>10:30 - 11:30 am</u>	<u>9:30 - 11:30 am</u>	<u>10:30 - 11:30 am</u>	<u>10:30 - 11:30 am</u>	Apple Harvest Day	
Therapy Swim	Therapy Swim	Therapy Swim-Main Pool	Therapy Swim	Therapy Swim		
(water walking only)	(water walking only)	(water walking only)	(water walking only)	(water walking only)		
<u>11:30 - 12:30 pm</u>	<u>11:30 - 12:30 pm</u>	<u>11:30 - 12:30 pm</u>	<u>11:30 - 12:30 pm</u>	<u>11:30 - 12:30 pm</u>	Schedule Change	
6 Lanes Lap	6 Lanes Lap	6 Lanes Lap	6 Lanes Lap	6 Lanes Lap	September 24th Liteguard course	
	<u>2:30 - 3:30 pm</u>		<u>2:30 - 3:30 pm</u>		2 lanes+well closed	Rec Swim Rules
	Recreation Swim		Recreation Swim		during lap/rec	1) Children under 45" require a
						parent in the water
						2) No Swimming in the well
						3) Diving board use is allowed4) No equipment except lifejackets
<u>4:00 - 7:00 pm</u>	<u>4:00-5:30pm</u>	<u>4:00-7:00pm</u>	<u>4:00-5:30pm</u>	<u>4:00 - 6:00 pm</u>		5) Kids with lifevests must have a
SOLO Swim Team	SOLO Swim Team	SOLO Swim Team	SOLO Swim Team	SOLO Swim Team		parent in arms reach at all times
	4 lanes @5pm			(3 lanes at 5:30)		6) No goggles that cover the nose 7) Parents cannot be in the well to
<u>7:00-7:45 pm</u>	<u>5:00 - 6:30 pm</u>	<u>7:00-7:45 pm</u>	<u>5:30-6:30pm</u>	<u>5:30 - 6:30 pm</u>		catch children off the divingboard
3 Lanes Lap	Lessons	3 Lanes Lap	3 Lanes Swim Team Prep	Swim Team Prep		8) No child with a lifevest of any kind
3 Lanes Adult Lessons	6.20 7.45	3 Lanes Adult Lessons	6.20 7.45	3 lanes @ 5:30		may use the divingboard
	6:30 - 7:45 pm 6 Lanes Masters	Portsmouth Scuba 9/6, 10/4, 10/18	6:30 - 7:45 pm 6 Lanes Masters			9) Kids under 3 required to wear swim diaper. Can be purchased for \$2 each
	J Lancs Masters	7pm dive well				alaper. Carr be parenased 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 Adult	\$5.00	\$50.00	\$170.00	\$100.00
2) Excludes Masters Senior	\$3.00	\$30.00	\$80.00	\$45.00
3) Memberships start from date	\$3.00	\$30.00	\$80.00	\$45.00
of purchase Non-Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor
4)Cash or Check ONLY Adult	\$7.00	\$70.00	\$330.00	\$190.00
June-August lap time reduced Senior	\$4.00	\$40.00	\$160.00	\$90.00
Outdoor Pool separate fee Youth	\$4.00	\$40.00	\$160.00	\$90.00