

Dover Indoor Pool Schedule

September 5th - November 12th



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					7:00 - 9:00 am SOLO Swim Team	
		7:30 - 9:30am 6 Lanes Lap			9:00 - 10:00 am 3 Lanes SOLO 3 Lanes Lessons	11:00 - 12:30 pm 6 Lanes Masters
	8:30 - 9:30am Lessons		8:30 - 9:30am Lessons	8:30 - 9:30am Homeschool Lessons	10:00 - 11am Lessons	12:30 - 2:30 pm Recreation Swim (NO LAP LANES)
9:30 - 10:30 am Hydrofitness	9:30 - 10:30am 6 Lanes Lap	9:30 - 10:30 am Hydrofitness (Dive Well)	9:30 - 10:30am 6 Lanes Lap	9:30 - 10:30 am Hydrofitness	11:00 - 12:15 pm 6 Lanes Lap	2:30 - 3:30 pm Mighty Seals
10:30 - 11:30 am Therapy Swim	10:30 - 11:30 am Therapy Swim	10:30 - 11:30 am Therapy Swim	10:30 - 11:30 am Therapy Swim	10:30 - 11:30 am Therapy Swim	12:30 - 2:30 pm Recreation Swim (NO LAP LANES)	
					Schedule Change	
11:30 - 12:30 pm 6 Lanes Lap	11:30 - 12:30 pm 6 Lanes Lap	11:30 - 12:30 pm 6 Lanes Lap	11:30 - 12:30 pm 6 Lanes Lap	11:30 - 12:30 pm 6 Lanes Lap	CLOSED Saturday October 7th Apple Harvest Day	
			2:30 - 3:30 pm Recreation Swim			
4:00 - 7:00 pm SOLO Swim Team	4:00 - 5:30 pm SOLO Swim Team (4 lanes at 5pm)	4:00 - 7:00 pm SOLO Swim Team	4:00 - 5:30 pm SOLO Swim Team	4:00 - 6:00 pm SOLO Swim Team (3 lanes at 5:30)	2 lanes + Dive well closed during Lap and Rec swim Sept. 16-17, 23-24 Lifeguard Course	
	5:00 - 6:30 pm Lessons		5:30 - 6:30 pm Swim Team Prep (3 lanes)	5:30 - 6:30 pm Swim Team Prep (3 lanes @ 5:30)	Rec Swim Rules	
7:00 - 7:45 pm 3 Lanes Lap 3 Lanes Adult Lessons	6:30 - 7:45 pm 6 Lanes Masters	7:00 - 7:45 pm 3 Lanes Lap 3 Lanes Adult Lessons Portsmouth Scuba Dive well closed 9/6,10/4,10/18 7pm	6:30 - 7:45 pm 6 Lanes Masters		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/Daily Fees	Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor
1) Cash or Check ONLY	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 of purchase	Youth	\$3.00	\$30.00	\$80.00	\$45.00
4) Excludes Hydrofitness	Non-Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor
June-August Schedule	Adult	\$7.00	\$70.00	\$330.00	\$190.00
Lap time reduced	Senior	\$4.00	\$40.00	\$160.00	\$90.00
	Youth	\$4.00	\$40.00	\$160.00	\$90.00

Outdoor pool separate pass