



# Dover Swims Week

## March 3rd-March 7th

Come join us for a week of swimming at the Dover Indoor Pool and celebrate over 80 years of public swimming in the Garrison City. Our aquatics staff will have activities occurring daily ranging from stroke technique work, water based aerobic exercise and recreational swimming with fun contests with prizes!

**Free Swim Lesson Testing!**  
Do you want to sign your child up for swim lessons but aren't quite sure of their ability? Sign up for a free test and you'll know the appropriate level in about 5-10 minutes!

**Please call the indoor pool to reserve a spot, we can only offer this at various times and need to plan appropriately.**  
**516-6441**



**Special Rec Swim Rates from 230-4pm all week, A child will swim free with a paying adult!**

**Hydrofitness**  
is our famous Water Aerobics class and its FREE all week!!  
Come join us in the pool Monday, Wednesday and Friday from 8:30 a.m.-9:30 a.m.

**Stroke technique work will be offered by the Dover Aquatics staff during the daily 11 a.m.-1 p.m. adult lap swim time. Stop in for a swim and learn how to become more efficient in the water!!**