

Dover Indoor Pool Schedule

March 8-May 3-2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>9:30 - 10:30 am Hydrofitness</p> <p>10:30 - 12:00 pm Therapy Walking (water walking only)</p> <p>12:00 - 1:30 pm 6 Lanes Lap</p> <p>4:00 - 6:00 pm Current North Swim Team</p> <p>6:00 - 7:00 pm 6 Lanes Lap</p>	<p>7:30 - 9:30 am 6 Lanes Lap</p> <p>9:30 - 11:00 am Therapy Walking (water walking only)</p> <p>11:00 - 12:30 pm 6 Lanes Lap</p> <p>12:30 - 3:30 pm 3 lanes Rec. swim 3 Lanes Lap</p> <p>4:00-5:30pm Current North Swim Team 4 lanes @5pm</p> <p>5:00-6:40pm Lessons</p> <p>6:45 - 8:00 pm 6 Lanes Masters</p>	<p>9:30 - 10:30 am Hydrofitness-Dive Well</p> <p>9:30 - 11:00 am Therapy Walking (water walking only)</p> <p>11:00 - 12:30 pm 6 Lanes Lap</p> <p>12:30 - 3:30 pm 3 lanes Rec. swim 3 Lanes Lap</p> <p>4:00 - 6:00 pm Current North Swim Team</p> <p>6:00 - 7:00 pm 6 Lanes Lap</p> <p>7:00 - 7:45 pm Adult Lessons</p>	<p>7:30 - 9:30 am 6 Lanes Lap</p> <p>9:30 - 11:00 am Therapy Walking (water walking only)</p> <p>11:00 - 12:30 pm 6 Lanes Lap</p> <p>12:30 - 3:30 pm 3 lanes Rec. swim 3 Lanes Lap</p> <p>4:00-5:30pm Current North Swim Team</p> <p>5:30-6:30pm Swim Team Prep</p> <p>6:45 - 8:00 pm 6 Lanes Masters</p>	<p>8:30 - 9:30am Homeschool Lessons</p> <p>9:30 - 10:30 am Hydrofitness</p> <p>10:30 - 11:30 am Therapy Walking (water walking only)</p> <p>11:30 - 12:30 pm 6 Lanes Lap</p> <p>12:30 - 3:30 pm 3 lanes Rec. swim 3 Lanes Lap</p> <p>4:00-5:30pm Current North Swim Team</p> <p>5:30-6:00pm 3 Lanes Swim Team Prep 3 Lanes Current North Swim Team</p> <p>6:00 - 6:30 pm Swim Team Prep</p>	<p>7:00 - 9:00 am Current North Swim Team</p> <p>9:00-11:00am Lessons</p> <p>11:15 - 12:15 pm 6 Lanes Lap</p> <p>12:30 - 2:30 pm Recreation Swim NO LAP SWIMMING</p> <p>2:30-3:30 pm Mighty Seals</p> <div style="background-color: red; color: white; text-align: center; padding: 5px;"> Schedule Change CLOSED EASTER APRIL 5th </div> <div style="background-color: yellow; padding: 5px;"> <p style="text-align: center; margin: 0;">Rec Swim Rules</p> <ol style="list-style-type: none"> 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 </div>	<p>9:00 - 11:00am 6 Lanes Masters</p> <p>11:15 - 12:15pm Therapy Walking (water walking only)</p> <p>12:30 - 2:30 pm Recreation Swim NO LAP SWIMMING</p> <p>2:30-3:30 pm Mighty Seals</p>
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

NOTE: Please note this schedule is subject to change without notice.

	Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor
1) Excludes Hydrofitness	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
2) Excludes Masters	Non-Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor
	Adult	\$10.00	\$100.00	\$330.00	\$190.00
	Senior	\$5.00	\$50.00	\$160.00	\$90.00
3) Memberships start from date of purchase	Youth	\$5.00	\$50.00	\$160.00	\$90.00