Dover Indoor Pool Schedule

November 10th- February 15th 2024-2025-Revised

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					7:00 - 9:00 am Current North Swim Team	
				7:30 - 8:30am 6 Lanes Lap	**9:00-11:00am** Lessons	**9:00 - 11:00am** 6 Lanes Masters
8:30 - 9:30am 6 Lanes Lap	**8:30 - 9:00am** Lessons	**8:30 - 10:30am** 6 Lanes Lap	**8:30 - 9:00am** Lessons	**8:30 - 9:30am** Homeschool Lessons	**11:00 - 12:00 pm** 6 Lanes Lap	**11:00 - 12:00pm** Mighty Seals Swim Team
9:30 - 10:30 am Hydrofitness	**9:00 - 10:30 am** 6 Lanes Lap	**9:30 - 10:30 am** Hydrofitness-Dive Well	**9:00 - 10:30 am** 6 Lanes Lap	**9:30 - 10:30 am** Hydrofitness		
10:30 - 11:30 am Therapy Swim (water walking only)	**10:30 - 11:30 am** Therapy Swim (water walking only)	**10:30 - 11:30 am** Therapy Swim-Main pool (water walking only)	**10:30 - 11:30 am** Therapy Swim (water walking only)	**10:30 - 11:30 am** Therapy Swim (water walking only)	**12:15 - 2:15 pm** Recreation Swim NO LAP SWIMMING	**12:15 - 2:15 pm** Recreation Swim NO LAP SWIMMING
11:30 - 1:00 pm 6 Lanes Lap	**11:30 - 1:00 pm** 6 Lanes Lap	**11:30 - 1:00 pm** 6 Lanes Lap	**11:30 - 1:00 pm** 6 Lanes Lap	**11:30 - 1:00 pm** 6 Lanes Lap		**2:30 - 3:30 pm** HS SWIM TEAMS
	1:00 - 2:00 pm Recreation Swim NO LAP SWIMMING		**1:00 - 2:00 pm** Recreation Swim NO LAP SWIMMING			
3:30 - 5:30 pm HS SWIM TEAMS	**3:30 - 5:00 pm** HS SWIM TEAMS	**3:30 - 4:30 pm** HS SWIM TEAMS	**3:30 - 4:30 pm** HS SWIM TEAMS	**3:30 - 4:30 pm** HS SWIM TEAMS		**Rec Swim Rules**
	5:00-6:30pm Lessons	**4:30-5:30pm** 3 Lanes HS SWIM TEAMS 3 Lanes Lap	**4:30-5:30pm** Current North Swim Team	**4:30 - 5:30 pm** Current North Swim Team		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
5:30 - 7:30 pm Current North Swim Team	**6:30 - 7:45 pm** 6 Lanes Masters	**5:30-7:30pm** Current North Swim Team	**5:30-6:30pm** 2 Lanes Swim Team Prep 2 Lanes Adult Lessons 2 Lanes Lap	**5:30 - 6:30 pm** 3 Lanes Current North Swim Team 3 Lanes Swim Team Prep	.	
Schedule Change *CLOSED* *11/11-Veterans Day* *1/20 MLK Day* 2/17-Presidents Day	Schedule Change *CLOSED* *Christmas Eve* *New Years Eve*	*CLOSED* *Christmas Day* *New Years Day*	**6:30 - 7:45 pm** 6 Lanes Masters *CLOSED* *Nov. 28* *Thanksgiving*			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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

Membership Fees

1) Excludes Hydrofitness

2) Excludes Masters

3) Memberships start from date of purchase

Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor
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
Non-Resident	**Daily**	**Punch Ticket (12)**	*** Yearly Indoor**	**6 Month Indoor**
Adult	$7.00	$70.00	$330.00	$190.00
Senior	$4.00	$40.00	$160.00	$90.00
Youth	$4.00	$40.00	$160.00	$90.00