Dover Indoor Pool Schedule

November 16, 2026 - February 19, 2027

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 - 10:30 am Hydrofitness 10:35-12:00pm Therapy Walking 12:05- 1:30 pm Lap Swim 1:30-3:15pm 3 Lanes Lap 3 Lanes Rec. Swim **3:30-5:30pm** **HS SWIM TEAMS** 5:30-7:30pm Executive Swim Team 1/18 -MLK DAY 2/15-Presidents Day 8-10am-Lap 10-11am-therapy 11:15am-1pm 3 lanes rec ;3 lanes lap	7:30 - 8:30 am 6 Lanes Lap 8:30 - 9:30am 1 lanes Lessons 5 Lanes Lap 9:35 - 11:30 am Therapy Walking 11:35-1:00pm Lap Swim 1:00-3:15pm 3 Lanes Lap 3 Lanes Rec.Swim **3:30-5:00pm** **HS SWIM TEAMS** 5:00-6:40pm-Lessons 6:45-8:00pm Great Bay Masters	8:00 - 9:20am 6 Lanes Lap 9:30 - 10:30 pm Hydrofitness-Dive well 10:35 - 12:00pm Therapy Walking Main Pool 12:05 pm - 1:30 pm Lap Swim 1:30-3:15pm 3 Lanes Lap 3 Lanes Rec Swim **3:30-5:30pm** **HS SWIM TEAMS** 5:30-7:00pm Executive Swim Team 7:00-7:45pm Adult Lessons	7:30 - 8:30 am 6 Lanes Lap Closed Thanksgiving 11/26 8:30 - 9:30am 1 lanes Lessons 5 Lanes Lap 9:35 - 11:30 am Therapy Walking 11:35-1:00pm Lap Swim 1:00-3:15-3 lap, 3 Rec.Swim **3:30-4:30pm** **HS SWIM TEAMS** 4:30-6:30pm Executive Swim Team 4 lanes @ 5:30 5:30-6:30pm-2 lanes Lessons 6:45-8:00pm Great Bay Masters	7:30 - 8:20am 6 Lanes Lap 8:30 - 9:30am-lessons 9:30 - 10:30 pm Hydrofitness 10:35 - 12:00pm Therapy Walking 12:30 pm - 3:15 pm 4 lanes Lap, 2 lanes Rec **3:30-4:30pm** **HS SWIM TEAMS** 4:30-6:30pm Executive Swim Team 4 lanes @ 5:30 5:30-6:30pm-Lessons 12/25-closed christmas 1/1-closed New Years Day	7:00-9:00am Executive Swim Team 9:00-11:00am Lessons 11:05am-12:05pm **1 Lane Swim Lessons** 5 Lanes Lap Swim 12:15-3:15pm REC SWIM	9:00-11:00am Great Bay Masters 11:15-2:15pm REC SWIM 2:30-3:30pm Oyster River High 11/22,29, 12/20, 12/27 3:30-4:30pm Mighty Seals 11/22,12/20, 12/27 **Beginning 1/3/27** **practice** **2:30-3:30pm**

PRICING

DOVER RESIDENTS Adult $5.00 Senior (62+) $3.00 Youth $3.00
Punch Passes $50.00 Adult $30.00 Senior or Youth (12) visits
6 month pass: $100.00 Adult $45 Senior or Youth
Yearly Pass: $170.00 Adult $80.00 Senior or Youth

NON-RESIDENTS Adult $10.00 Senior (62+) $5.00 Youth $5.00
Punch Passes $100.00 Adult $50.00 Senior or Youth(12) visits
6 month pass: $190.00 Adult $90 Senior or Youth
Yearly Pass: $330.00 Adult $160.00 Senior or Youth

REC SWIM RULES



Children under 45" require a parent in the water.



DIVING BOARDS: Swimmers must pass a swim test with a head lifeguard and receive a wristband if younger than 18.



Children not toilet trained must wear a swim diaper.



All life jackets must be U.S. Coast Guard approved. If holding child without life jacket, child must be in regular swimsuit.



NO RUNNING: No running on the pool deck or in the water.



NO FOOD OR BEVERAGE except in designated areas.



Listen and follow instructions from lifeguards.