

# Dover Indoor Pool Schedule

February 16th- March 9th 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>8:30 - 9:15am</b> 6 Lanes Lap</p> <p><b>9:30 - 10:30 am</b> Hydrofitness</p> <p><b>10:30 - 11:30 am</b> Therapy Swim (water walking only)</p> <p><b>11:30 - 1:00 pm</b> 6 Lanes Lap</p> <p><b>3:30 - 4:30 pm</b> HS SWIM TEAMS</p> <p><b>4:30 - 6:30 pm</b> Current North Swim Team</p> <p><b>6:30 - 7:30 pm</b> 6 Lanes Lap</p>	<p><b>8:30 - 9:00am</b> Lessons</p> <p><b>9:00 - 10:30 am</b> 6 Lanes Lap</p> <p><b>10:30 - 11:30 am</b> Therapy Swim (water walking only)</p> <p><b>11:30 - 1:00 pm</b> 6 Lanes Lap</p> <p><b>1:00 - 2:00 pm</b> Recreation Swim NO LAP SWIMMING</p> <p><b>3:30 - 4:30 pm</b> HS SWIM TEAMS</p> <p><b>5:00-6:30pm</b> Lessons</p> <p><b>6:30 - 7:45 pm</b> 6 Lanes Masters</p>	<p><b>8:30 - 10:30am</b> 6 Lanes Lap</p> <p><b>9:30 - 10:30 am</b> Hydrofitness-Dive Well</p> <p><b>10:30 - 11:30 am</b> Therapy Swim-Main pool (water walking only)</p> <p><b>11:30 - 1:00 pm</b> 6 Lanes Lap</p> <p><b>4:30-6:30pm</b> Current North Swim Team</p> <p><b>6:30 - 7:30 pm</b> 6 Lanes Lap</p>	<p><b>8:30 - 9:00am</b> Lessons</p> <p><b>9:00 - 10:30 am</b> 6 Lanes Lap</p> <p><b>10:30 - 11:30 am</b> Therapy Swim (water walking only)</p> <p><b>11:30 - 1:00 pm</b> 6 Lanes Lap</p> <p><b>1:00 - 2:00 pm</b> Recreation Swim NO LAP SWIMMING</p> <p><b>3:30 - 4:30 pm</b> HS SWIM TEAMS</p> <p><b>4:30-5:30pm</b> Current North Swim Team</p> <p><b>5:30-6:30pm</b> 3 Lanes Swim Team Prep 3 Lanes Current North Swim Team</p> <p><b>6:30 - 7:45 pm</b> 6 Lanes Masters</p>	<p><b>7:30 - 8:30am</b> 6 Lanes Lap</p> <p><b>8:30 - 9:30am</b> Homeschool Lessons</p> <p><b>9:30 - 10:30 am</b> Hydrofitness</p> <p><b>10:30 - 11:30 am</b> Therapy Swim (water walking only)</p> <p><b>11:30 - 1:00 pm</b> 6 Lanes Lap</p> <p><b>4:30 - 5:30 pm</b> Current North Swim Team</p> <p><b>5:30 - 6:30 pm</b> 3 Lanes Current North Swim Team 3 Lanes Swim Team Prep</p>	<p><b>7:00 - 9:00 am</b> Current North Swim Team</p> <p><b>9:00-11:00am</b> Lessons</p> <p><b>11:00 - 12:00 pm</b> 6 Lanes Lap</p> <p><b>12:15 - 2:15 pm</b> Recreation Swim NO LAP SWIMMING</p>	<p><b>9:00 - 11:00am</b> 6 Lanes Masters</p> <p><b>11:00 - 12:00pm</b> Therapy Swim (water walking only)</p> <p><b>12:15 - 2:15 pm</b> Recreation Swim NO LAP SWIMMING</p> <p><b>2:30-3:30 pm</b> Mighty Seals Swim Team</p>
						<b>Rec Swim Rules</b>
						<ol style="list-style-type: none"> <li>1) Children under 45" require a parent in the water</li> <li>2) No Swimming in the well</li> <li>3) Diving board use is allowed</li> <li>4) No equipment except lifejackets</li> <li>5) Kids with lifevests must have a parent in arms reach at all times</li> <li>6) No goggles that cover the nose</li> <li>7) Parents cannot be in the well to catch children off the divingboard</li> <li>8) No child with a lifevest of any kind may use the divingboard</li> <li>9) Kids under 3 required to wear swim diaper. Can be purchased for \$2 each</li> </ol>
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>

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

	Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor
1) Excludes Hydrofitness 2) Excludes Masters 3) Memberships start from date of purchase	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