

## Dover Indoor Pool Schedule

March 10<sup>th</sup> - May 5<sup>th</sup>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<b>7:00 - 9:00 am</b> <b>SOLO Swim Team</b>	
	<b>7:30 - 8:30am</b> 6 Lanes Lap	<b>7:30 - 9:30am</b> 6 Lanes Lap	<b>7:30 - 8:30am</b> 6 Lanes Lap		<b>9:00 - 10:00 am</b> 3 Lanes SOLO 3 Lanes Lessons	<b>11:00 - 12:30 pm</b> 6 Lanes Masters
	<b>8:30 - 9:00am</b> 2 Lanes Lessons		<b>8:30 - 9:00am</b> 2 Lanes Lessons	<b>8:30 - 9:30am</b> Homeschool Lessons	<b>10:00 - 11am</b> Lessons	<b>12:30 - 2:15 pm</b> Recreation Swim (NO LAP LANES)
<b>9:30 - 10:30 am</b> Hydrofitness	<b>9:00 - 10:30am</b> 6 Lanes Lap	<b>9:30 - 10:30 am</b> Hydrofitness (Dive Well)	<b>9:00 - 10:30am</b> 6 Lanes Lap	<b>9:30 - 10:30 am</b> Hydrofitness	<b>11:00 - 12:15 pm</b> 6 Lanes Lap	<b>2:30 - 3:30 pm</b> Mighty Seals
<b>10:30 - 11:30 am</b> Therapy Swim (water walking only)	<b>10:30 - 11:30 am</b> Therapy Swim (water walking only)	<b>9:30 - 11:30 am</b> Therapy Swim (water walking only)	<b>10:30 - 11:30 am</b> Therapy Swim (water walking only)	<b>10:30 - 11:30 am</b> Therapy Swim (water walking only)	<b>12:30 - 2:15 pm</b> Recreation Swim (NO LAP LANES)	
<b>11:30 - 1:00 pm</b> 6 Lanes Lap	<b>11:30 - 12:30 pm</b> 6 Lanes Lap	<b>11:30 - 1:00 pm</b> 6 Lanes Lap	<b>11:30 - 12:30 pm</b> 6 Lanes Lap	<b>11:30 - 1:00 pm</b> 6 Lanes Lap		<b>CLOSED</b>
	<b>2:30 - 3:30 pm</b> Recreation Swim		<b>2:30 - 3:30 pm</b> Recreation Swim		<b>LG TRAINING</b> April 13th and 20th 2 lanes during lap	<b>LG TRAINING</b> April 14th and 21st 2 lanes during lap
<b>3:30 - 7:00 pm</b> SOLO Swim Team	<b>4:00 - 5:30 pm</b> SOLO Swim Team (4 lanes at 5pm)	<b>3:30 - 7:00 pm</b> SOLO Swim Team	<b>4:00 - 5:30 pm</b> SOLO Swim Team	<b>3:30 - 6:00 pm</b> SOLO Swim Team (3 lanes at 5:30)	<b>Rec Swim Rules</b>	
	<b>5:00 - 6:30 pm</b> Lessons		<b>5:30 - 6:30 pm</b> Swim Team Prep (3 lanes)	<b>5:30 - 6:30 pm</b> Swim Team Prep (3 lanes @ 5:30)	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	
<b>7:00 - 8:00 pm</b> 3 Lanes Lap 3 Lanes Adult Lessons	<b>6:30 - 7:45 pm</b> 6 Lanes Masters	<b>7:00 - 8:00 pm</b> 3 Lanes Lap 3 Lanes Adult Lessons	<b>6:30 - 7:45 pm</b> 6 Lanes Masters			
<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.**

Membership/Daily Fees	Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor	<b>JUNE-AUGUST</b> <b>LAP TIME REDUCED</b> <b>PASSES CANNOT BE</b> <b>USED AT OUTDOOR POOL</b>
1) Cash or Check ONLY	Adult	\$5.00	\$50.00	\$170.00	\$100.00	
2) Excludes Masters	Senior	\$3.00	\$30.00	\$80.00	\$45.00	
3) Memberships start from date of purchase	Youth	\$3.00	\$30.00	\$80.00	\$45.00	
4) Excludes Hydrofitness	<b>Non-Resident</b>	<b>Daily</b>	<b>Punch Ticket (12)</b>	<b>* Yearly Indoor</b>	<b>6 Month Indoor</b>	
	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	