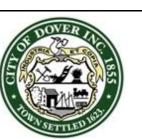
Dover Indoor Pool Schedule

September 2- November 16 2025-REVISED



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					7:00 - 9:00 am C. North Swim Team	
	6:00-8:30am 6 Lanes Lap		6:00-8:30am 6 Lanes Lap	6:00-8:15am 6 Lanes Lap	9:00 - 11:00 am Lessons	<u>9:00 - 11:00 am</u> 6 Lanes Masters
6:00-9:15am 6 Lanes Lap	8:30 - 9:30am Swim Lesson	6:00-9:15am 6 Lanes Lap	8:30 - 9:30am Swim Lesson	8:30 - 9:30am Homeschool Lessons	11:15 - 12:15 pm 6 Lanes Lap	11:15 - 12:15 pm Therapy Swim
<u>9:30 - 10:30 am</u>	<u>12:30 - 3:30 pm</u>	<u>12:30 - 2:30 pm</u>				
Hydrofitness	6 Lanes Lap	Hydrofitness (Dive Well)	6 Lanes Lap	Hydrofitness	Recreation Swim (NO LAP LANES)	Recreation Swim (NO LAP LANES)
10:30 - 12:00pm Therapy Walking (water walking only)	10:30 - 12:00pm Therapy Walking (water walking only)	10:30 - 12:00pm Therapy Walking (water walking only)	10:30 - 12:00pm Therapy Walking (water walking only)	10:30 - 12:00pm Therapy Walking (water walking only)		2:30 - 3:30 pm Mighty Seals
12:00pm - 1:00 pm 6 Lanes Lap	Schedule Change CLOSED Saturday October 4th					
	1:00 - 3:30 pm 3 Lane Rec Swim 3 Lanes Lap	1:00 - 3:15 pm 3 Lane Rec Swim 3 Lanes Lap	1:00 - 3:30 pm 3 Lane Rec Swim 3 Lanes Lap	1:00 - 3:30 pm 3 Lane Rec Swim 3 Lanes Lap	Apple Harvest Day	
<u>3:30 - 6:00 pm</u>	<u>4:00 - 5:30 pm</u>	<u>3:30 - 6:00 pm</u>	<u>4:00 - 5:30 pm</u>	<u>4:00 - 6:00 pm</u>		
C. North Swim Team	C. North Swim Team (4 lanes at 5pm)	C. North Swim Team	C. North Swim Team	C. North Swim Team (3 lanes at 5:30)	Rec Swim Rules 1) Children under 45" require a	
	5:00 - 6:40 pm Lessons	6:00 - 7:45 pm 3 Lanes Lap	5:30 - 6:30 pm Swim Team Prep	5:30 - 6:30 pm Swim Team Prep (3 lanes @ 5:30)	parent in the water 2) No Swimming in the well 3) Diving board use is allowed	
	6:45 - 8:00pm 6 Lanes Masters	<u>7:00 - 7:45 pm</u>	6:30 - 7:45 pm 6 Lanes Masters		4) No equipment except lifejackets5) Kids with lifevests must have a	
		3 Lanes Adult Lessons 3 Lanes Lap			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	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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

Membership/Daily Fees	Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor
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	Youth	\$3.00	\$30.00	\$80.00	\$45.00
of purchase	Non-Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor
4) Excludes Hydrofitness	Adult	\$10.00	\$100.00	\$330.00	\$190.00
5) June-August schedule	Senior	\$5.00	\$50.00	\$160.00	\$90.00
Lap time significantly reduced.	Youth	\$5.00	\$50.00	\$160.00	\$90.00

Outdoor membership separate fee

Indoor Passes not valid outside