

Dover Indoor Pool Schedule

February 12th- March 9th 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>9:30 - 10:30 am Hydrofitness</p> <p>10:30 - 11:30 am Therapy Swim (water walking only)</p> <p>11:30 - 1:00 pm 6 Lanes Lap</p> <p>3:30 - 4:30 pm Berwick Academy</p> <p>4:30 - 7:00 pm SOLO Swim Team</p> <p>7:00-8:00 pm 3 Lanes Lap 3 Lanes Adult Lessons</p>	<p>7:30 - 8:30am 6 Lanes Lap</p> <p>8:30 - 9:00am Lessons</p> <p>9:00 - 10:30 am 6 Lanes Lap</p> <p>10:30 - 11:30 am Therapy Swim (water walking only)</p> <p>11:30 - 12:30 pm 6 Lanes Lap</p> <p>2:30 - 3:30 pm Recreation Swim</p> <p>3:30 - 4:30 pm Berwick Academy</p> <p>4:30-5:30pm SOLO Swim Team</p> <p>5:30 - 7:00 pm Lessons 4 lanes SOLO @ 5:30 SOLO Dive Well until 6:30pm</p> <p>7:00 - 8:15 pm 6 Lanes Masters</p>	<p>7:30 - 9:30 am 6 Lanes Lap</p> <p>9:30 - 10:30 am Hydrofitness-Dive well</p> <p>9:30 - 11:30 am Therapy Swim (water walking only)</p> <p>11:30 - 1:00 pm 6 Lanes Lap</p> <p>4:30-7:00pm SOLO Swim Team</p> <p>7:00-8:00 pm 4 Lanes Lap 2 Lanes Adult Lessons</p>	<p>7:30 - 8:30am 6 Lanes Lap</p> <p>8:30 - 9:00am Lessons</p> <p>9:00 - 10:30 am 6 Lanes Lap</p> <p>10:30 - 11:30 am Therapy Swim (water walking only)</p> <p>11:30 - 12:30 pm 6 Lanes Lap</p> <p>2:30 - 3:30 pm Recreation Swim</p> <p>3:30 - 4:30 pm Berwick Academy</p> <p>4:30-5:30pm SOLO Swim Team</p> <p>5:30-6:30pm 3 Lanes SOLO Swim Team Dive Well SOLO Swim Team 3 Lanes Swim Team Prep</p> <p>6:30 - 7:45 pm 6 Lanes Masters</p>	<p>8:30 - 9:30am Lessons</p> <p>9:30 - 10:30 am Hydrofitness</p> <p>10:30 - 11:30 am Therapy Swim (water walking only)</p> <p>11:30 - 1:00 pm 6 Lanes Lap</p> <p>4:30 - 5:30 pm SOLO Swim Team</p> <p>5:30 - 6:30 pm 3 lanes SOLO Swim Team 3 Lanes Swim Team Prep</p>	<p>7:00 - 9:00 am SOLO Swim Team</p> <p>9:00 - 10:00 am 3 Lanes SOLO Swim Team 3 Lanes Lessons</p> <p>10:00 - 11:00am Lessons</p> <p>11:00 - 12:15 pm 6 Lanes Lap</p> <p>12:30 - 2:15 pm Recreation Swim (NO LAP LANES)</p>	<p>11:00 - 12:30 pm 6 Lanes Masters</p> <p>12:30 - 2:15 pm Recreation Swim (NO LAP LANES)</p> <p>2:30 - 3:30 pm Mighty Seals</p> <p style="text-align: center;">Rec Swim Rules</p> <p>1) Children under 45" require a parent in the water</p> <p>2) No Swimming in the well</p> <p>3) Diving board use is allowed</p> <p>4) No equipment except lifejackets</p> <p>5) Kids with lifevests must have a parent in arms reach at all times</p> <p>6) No goggles that cover the nose</p> <p>7) Parents cannot be in the well to catch children off the divingboard</p> <p>8) No child with a lifevest of any kind may use the divingboard</p> <p>9) Kids under 3 required to wear swim diaper. Can be purchased for \$2 each</p>
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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

	Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor
1) Excludes Hydrofitness	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
2) Excludes Masters	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
3) Memberships start from date of purchase	Youth	\$4.00	\$40.00	\$160.00	\$90.00

JUNE-SEPTEMBER LIMITED LAP
PASSES NOT TRANSFERRABLE
NO REFUNDS DUE TO LIMITED LAP