


| Dover Indoor Pool Schedule | | | | | | |
|---|---|---|---|---|--|--|
| 11.16.2025-3.7.2026 | | | | | | |
|  | | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| <div>7:30 - 9:15am 6 Lanes Lap</div> <div>9:30 - 10:30 am Hydrofitness</div> <div>10:30 - 12:00 pm Therapy Walking (water walking only)</div> <div>12:00 - 1:00 pm 6 Lanes Lap</div> <div>3:30 - 5:30 pm HS SWIM TEAMS</div> <div>5:30 - 7:30 pm Current North Swim Team</div> <div>Schedule Change 8am-1pm 1/19-MLK Day</div> <div>8am-1pm 2/16-Presidents Day</div> | <div>8:30 - 10:30 am 6 Lanes Lap</div> <div>10:30 - 12:00 pm Therapy Walking (water walking only)</div> <div>12:00 - 1:00 pm 6 Lanes Lap</div> <div>1:00 - 3:00 pm 3 Lanes Rec.Swim 3 Lanes Lap Swim</div> <div>3:30 - 5:00 pm HS SWIM TEAMS</div> <div>5:00-6:30pm Lessons</div> <div>6:45 - 8:00 pm 6 Lanes Masters</div> | <div>7:30 - 10:30am 6 Lanes Lap</div> <div>9:30 - 10:30 am Hydrofitness-Dive Well</div> <div>10:30 - 12:00 pm Therapy Walking (water walking only)</div> <div>12:00 - 1:00 pm 6 Lanes Lap</div> <div>1:00 - 3:00 pm 3 Lanes Rec.Swim 3 Lanes Lap Swim</div> <div>3:30 - 5:30 pm HS SWIM TEAMS</div> <div>5:30 - 7:30 pm Current North Swim Team</div> | <div>8:30 - 10:30 am 6 Lanes Lap</div> <div>10:30 - 12:00 pm Therapy Walking (water walking only)</div> <div>12:00 - 1:00 pm 6 Lanes Lap</div> <div>1:00 - 3:00 pm 3 Lanes Rec.Swim 3 Lanes Lap Swim</div> <div>3:30 - 4:30 pm HS SWIM TEAMS</div> <div>4:30-5:30pm Current North Swim Team</div> <div>5:30-6:30pm 3 Lanes Swim Team Prep 3 Lanes Adult Lessons</div> <div>6:45 - 8:00 pm 6 Lanes Masters</div> | <div>7:30 - 8:30am 6 Lanes Lap</div> <div>8:30 - 9:30am Homeschool Lessons</div> <div>9:30 - 10:30 am Hydrofitness</div> <div>10:30 - 12:00 pm Therapy Walking (water walking only)</div> <div>12:00 - 1:00 pm 6 Lanes Lap</div> <div>1:00 - 3:00 pm 3 Lanes Rec.Swim 3 Lanes Lap Swim</div> <div>4:30 - 5:30 pm Current North Swim Team</div> <div>5:30 - 6:30 pm 3 Lanes Current North Swim Team 3 Lanes Swim Team Prep</div> | <div>7:00 - 9:00 am Current North Swim Team</div> <div>9:00-11:00am Lessons</div> <div>11:00 - 12:00 pm 6 Lanes Lap</div> <div>12:15 - 2:15 pm Recreation Swim NO LAP SWIMMING</div> <div>2:30-3:30 pm OYSTER RIVER HS 11/23,11/30 12/28/2025</div> <div>3:30-4:30 pm Mighty Seals 11/23,11/30 12/28/2025 outside these dates Mighty Seals 2:30-3:30pm</div> | <div>9:00 - 11:00am 6 Lanes Masters</div> <div>11:00 - 12:00pm Therapy Walking (water walking only)</div> <div>12:15 - 2:15 pm Recreation Swim NO LAP SWIMMING</div> <div>2:30-3:30 pm OYSTER RIVER HS 11/23,11/30 12/28/2025</div> <div>3:30-4:30 pm Mighty Seals 11/23,11/30 12/28/2025 outside these dates Mighty Seals 2:30-3:30pm</div> |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| NOTE: Please note this schedule is subject to change without notice. | | | | | | |

| Membership Fees | 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 | \$10.00 | \$100.00 | \$330.00 | \$190.00 |
| | Senior | \$5.00 | \$50.00 | \$160.00 | \$90.00 |
| | Youth | \$5.00 | \$50.00 | \$160.00 | \$90.00 |