

Dover Indoor Pool Schedule

11.16.2025-3.7.2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 - 9:15am 6 Lanes Lap		7:30 - 10:30am 6 Lanes Lap		7:30 - 8:30am 6 Lanes Lap	7:00 - 9:00 am Current North Swim Team	
9:30 - 10:30 am Hydrofitness	8:30 - 10:30 am 6 Lanes Lap	9:30 - 10:30 am Hydrofitness-Dive Well	8:30 - 10:30 am 6 Lanes Lap	8:30 - 9:30am Homeschool Lessons	9:00-11:00am Lessons	9:00 - 11:00am 6 Lanes Masters
10:30 - 12:00 pm Therapy Walking (water walking only)	9:30 - 10:30 am Hydrofitness	11:00 - 12:00 pm 6 Lanes Lap	11:00 - 12:00pm Therapy Walking (water walking only)			
12:00 - 1:00 pm 6 Lanes Lap	12:15 - 2:15 pm Recreation Swim NO LAP SWIMMING	12:15 - 2:15 pm Recreation Swim NO LAP SWIMMING				
3:30 - 5:30 pm HS SWIM TEAMS	3:30 - 5:00 pm HS SWIM TEAMS	3:30 - 5:30 pm HS SWIM TEAMS	3:30 - 4:30 pm HS SWIM TEAMS			2:30-3:30 pm OYSTER RIVER HS 11/23,11/30 12/28/2025
5:30 - 7:30 pm Current North Swim Team		5:00-6:30pm Lessons	5:30 - 7:30 pm Current North Swim Team	4:30-5:30pm Current North Swim Team	4:30 - 5:30 pm Current North Swim Team	3:30-4:30 pm Mighty Seals 11/23,11/30 12/28/2025 outside these dates Mighty Seals <u>2:30-3:30pm</u>
Schedule Change 8am-1pm 1/19-MLK Day						Rec Swim Rules 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
8am-1pm 2/16-Presidents Day	6:45 - 8:00 pm 6 Lanes Masters			5:30-6:30pm 3 Lanes Swim Team Prep 3 Lanes Adult Lessons	5:30 - 6:30 pm 3 Lanes Current North Swim Team 3 Lanes Swim Team Prep	
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
	Adult	\$5.00	\$50.00	\$170.00	\$100.00
1) Excludes Hydrofitness	Senior	\$3.00	\$30.00	\$80.00	\$45.00
2) Excludes Masters	Youth	\$3.00	\$30.00	\$80.00	\$45.00
3) Memberships start from date of purchase	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