

Dover Indoor Pool Schedule						
September 2- November 16 2025						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>8:30-9:15am 6 Lanes Lap</div> <div>9:30 - 10:30 am Hydrofitness</div> <div>10:30 - 11:30 am Therapy Swim (water walking only)</div> <div>11:30 - 1:00 pm 6 Lanes Lap</div> <div>3:30 - 7:00 pm C. North Swim Team</div>	<div>8:30 - 9:30am Swim Lesson</div> <div>9:30 - 10:30 am 6 Lanes Lap</div> <div>10:30 - 11:30 am Therapy Swim</div> <div>11:30 - 1:00 pm 6 Lanes Lap</div> <div>1:00 - 2:00 pm Recreation Swim</div> <div>4:00 - 5:30 pm C. North Swim Team (4 lanes at 5pm)</div> <div>5:00 - 6:30 pm Lessons</div> <div>6:30 - 7:45 pm 6 Lanes Masters</div>	<div>8:30-9:15am 6 Lanes Lap</div> <div>9:30 - 10:30 am Hydrofitness (Dive Well)</div> <div>10:30 - 11:30 am Therapy Swim</div> <div>11:30 - 1:00 pm 6 Lanes Lap</div> <div>3:30 - 7:00 pm C. North Swim Team</div> <div>7:00 - 7:45 pm 3 Lanes Lap 3 Lanes Adult Lessons</div>	<div>8:30 - 9:30am Swim Lesson</div> <div>9:30 - 10:30 am 6 Lanes Lap</div> <div>10:30 - 11:30 am Therapy Swim</div> <div>11:30 - 1:00 pm 6 Lanes Lap</div> <div>1:00 - 2:00 pm Recreation Swim</div> <div>4:00 - 5:30 pm C. North Swim Team</div> <div>5:30 - 6:30 pm Swim Team Prep (3 lanes)</div> <div>6:30 - 7:45 pm 6 Lanes Masters</div>	<div>8:30 - 9:30am Homeschool Lessons</div> <div>9:30 - 10:30 am Hydrofitness</div> <div>10:30 - 11:30 am Therapy Swim</div> <div>11:30 - 1:00 pm 6 Lanes Lap</div> <div>4:00 - 6:00 pm C. North Swim Team (3 lanes at 5:30)</div> <div>5:30 - 6:30 pm Swim Team Prep (3 lanes @ 5:30)</div>	<div>7:00 - 9:00 am C. North Swim Team</div> <div>9:00 - 11:00 am Lessons</div> <div>11:15 - 12:15 pm 6 Lanes Lap</div> <div>12:30 - 2:30 pm Recreation Swim (NO LAP LANES)</div> <div>Schedule Change CLOSED Saturday October 4th Apple Harvest Day</div> <div>Rec Swim Rules</div> <div>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</div>	<div>9:00 - 11:00 am 6 Lanes Masters</div> <div>11:15 - 12:15 pm Therapy Swim</div> <div>12:30 - 2:30 pm Recreation Swim (NO LAP LANES)</div> <div>2:30 - 3:30 pm Mighty Seals</div>
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 2) Excludes Masters 3) Memberships start from date of purchase 4) 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
	Non-Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor
5) June-August schedule Lap time significantly reduced.	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

Outdoor membership separate fee

Indoor Passes not valid outside