

# Jenny Thompson Pool Schedule

July 1-July 31 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:00 - 9:00am</b> <b>C. North Swim Team</b>	<b>7:00 - 9:00 am</b> <b>C. North Swim Team</b>	<b>7:00 - 9:00am</b> <b>C. North Swim Team</b>	<b>7:00 - 9:00 am</b> <b>C. North Swim Team</b>	<b>7:00 - 9:00 am</b> <b>C. North Swim Team</b>	<b>8:00 - 11:00 am</b> <b>C. North Swim Team</b>	<b>9:00 - 11:00 am</b> <b>Masters</b>
<b>9:00 - 12:00 pm</b> <b>6 Lanes Lap</b>	<b>9:00 - 12:00 pm</b> <b>6 Lanes Lap</b>	<b>9:00 - 12:00 pm</b> <b>6 Lanes Lap</b>	<b>9:00 - 12:00 pm</b> <b>6 Lanes Lap</b>	<b>9:00 - 12:00 pm</b> <b>6 Lanes Lap</b>	<b>11:00am - 12:00 pm</b> <b>6 Lanes Lap</b>	<b>11:00am - 12:00 pm</b> <b>6 Lanes Lap</b>
<b>12:15 - 3:30 pm</b> <b>Rec Swim</b>	<b>12:15 - 3:30pm</b> <b>Rec Swim</b>	<b>12:15 - 3:30 pm</b> <b>Rec Swim</b>	<b>12:15 - 3:30 pm</b> <b>Rec Swim</b>	<b>12:15 - 3:30 pm</b> <b>Rec Swim</b>	<b>12:00 - 1:00 pm</b> <b>3 Lanes Therapy Walking</b> <b>3 Lanes Rec Swim</b>	<b>12:00 - 1:00 pm</b> <b>3 Lanes Therapy Walking</b> <b>3 Lanes Rec Swim</b>
<b>SAFETY BREAKS</b> <b>1:15 &amp; 2:45pm</b> <i>*Subject to change*</i>	<b>SAFETY BREAKS</b> <b>1:15 &amp; 2:45pm</b> <i>*Subject to change*</i>	<b>SAFETY BREAKS</b> <b>1:15 &amp; 2:45pm</b> <i>*Subject to change*</i>	<b>SAFETY BREAKS</b> <b>1:15 &amp; 2:45pm</b> <i>*Subject to change*</i>	<b>SAFETY BREAKS</b> <b>1:15 &amp; 2:45pm</b> <i>*Subject to change*</i>	<b>1:15 - 5:00 pm</b> <b>Rec Swim</b>	<b>1:15 - 5:00 pm</b> <b>Rec Swim</b>
<b>4:00 - 6:00 pm</b> <b>2 Lanes Rec Swim</b> <b>4 Lanes C.North swim team</b>	<b>4:00 - 6:00 pm</b> <b>2 Lanes Atlantis</b> <b>4 Lanes C.North swim team</b>	<b>4:00 - 6:00 pm</b> <b>2 Lanes Rec Swim</b> <b>2 Lanes C.North swim team</b> <b>(C.north end ?)</b> <b>2 Lanes Atlantis</b>	<b>4:00 - 6:00 pm</b> <b>2 Lanes Atlantis (end ?)</b> <b>4 Lanes C.North swim team</b>	<b>4:00 - 6:00 pm</b> <b>C. North Swim Team</b>	<b>Schedule Changes</b> <b>Jenny Thompson</b> <b>Outdoor Pool</b> <b>will be closed</b> <b>the following</b> <b>dates for swim meets:</b>	<b>Schedule Changes</b> <b>Jenny Thompson</b> <b>Outdoor Pool</b> <b>will be closed</b> <b>the following</b> <b>dates for swim meets:</b>
<b>6:00 pm - 7:30 pm</b> <b>Masters</b>	<b>6:00 pm - 7:30 pm</b> <b>Masters</b>	<b>6:00 pm - 7:30 pm</b> <b>Otters Swim Team</b>	<b>6:00 pm - 7:30 pm</b> <b>Masters</b>	<b>Schedule Changes</b> <b>July 31-CLOSED ALL DAY</b>	<b>August 1st-Current North</b>	<b>August 2-Current North</b> <b>July 19th-NO LAP SWIM</b> <b>Great Bay Masters MEET</b>
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>

**NOTE: Dover Recreation reserves the right to change this schedule without prior notice.**

## Membership Fees

- 1) Excludes Hydrofitness
- 2) Excludes Masters
- 3) JTP Memberships are good for 1 season only

Resident	Daily	Punch Ticket (12)	* JTP Season
Adult	\$5.00	\$50.00	\$70.00
Senior	\$3.00	\$30.00	\$40.00
Youth	\$3.00	\$30.00	\$40.00
Non-Resident	Daily	Punch Ticket (12)	* JTP Season
Adult	\$10.00	\$100.00	\$140.00
Senior	\$5.00	\$50.00	\$80.00
Youth	\$5.00	\$50.00	\$80.00



### Schedule Change

**8am-1pm HOLIDAY SCHEDULE**

**Saturday July 4th**

**8am-10am Lap**

**10am-11am-Therapy**

**11am-1pm Rec. Swim**

### 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