

# Jenny Thompson Pool Schedule

August 3 – August 31, 2026 (REVISED)



| Monday                                                                                                                                                                                                | Tuesday                                                                                                                                                                                               | Wednesday                                                                                                                                                  | Thursday                                                                                                                                                                                              | Friday                                                                                                                                                     | Saturday                                                                                                                                                                         | Sunday                                                                                                                                                                                                                                                                                                                                                                                               |
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| <b>9:00 – 12:00 pm</b><br>6 Lanes Lap<br><br><b>12:15 – 5:30 pm</b><br>Rec Swim<br><br><b>SAFETY BREAKS</b><br>1:15, 2:45pm, 3:45pm<br>*Subject to change*<br><br><b>6:00 pm – 7:30 pm</b><br>Masters | <b>9:00 – 12:00 pm</b><br>6 Lanes Lap<br><br><b>12:15 – 5:30 pm</b><br>Rec Swim<br><br><b>SAFETY BREAKS</b><br>1:15, 2:45pm, 3:45pm<br>*Subject to change*<br><br><b>6:00 pm – 7:30 pm</b><br>Masters | <b>9:00 – 12:00 pm</b><br>6 Lanes Lap<br><br><b>12:15 – 5:30 pm</b><br>Rec Swim<br><br><b>SAFETY BREAKS</b><br>1:15, 2:45pm, 3:45pm<br>*Subject to change* | <b>9:00 – 12:00 pm</b><br>6 Lanes Lap<br><br><b>12:15 – 5:30 pm</b><br>Rec Swim<br><br><b>SAFETY BREAKS</b><br>1:15, 2:45pm, 3:45pm<br>*Subject to change*<br><br><b>6:00 pm – 7:30 pm</b><br>Masters | <b>9:00 – 12:00 pm</b><br>6 Lanes Lap<br><br><b>12:15 – 5:30 pm</b><br>Rec Swim<br><br><b>SAFETY BREAKS</b><br>1:15, 2:45pm, 3:45pm<br>*Subject to change* | <b>10:00am – 12:00 pm</b><br>4 Lanes Lap<br>2 Lanes Therapy Walking<br><br><b>12:15 – 4:00 pm</b><br>Rec Swim<br><br><b>SAFETY BREAKS</b><br>1:15, 2:45pm<br>*Subject to change* | <b>9:00 – 11:00 am</b><br>Masters<br><br><b>11:15 – 4:00 pm</b><br>Rec Swim<br><br><b>SAFETY BREAKS</b><br>1:15, 2:45pm<br>*Subject to change*<br><br><b>Schedule Changes</b><br><b>AUGUST 15 – 31, 2026</b><br>Dover INDOOR Pool<br>will be closed<br>for maintenance.<br><br><b>AFTER AUGUST 31, 2026</b><br>Revised Schedule<br>will be posted.<br><br><b>ALL PASSES VALID</b><br><b>OUTDOORS</b> |

## REC SWIM RULES



**Children under 45"**  
require a parent  
in the water.



Any swimmer using the  
diving boards must pass  
a swim test with a head  
lifeguard and receive a  
wristband if younger  
than 18 years old.



**Children not toilet**  
trained must wear  
a swim diaper.



**No running on**  
the pool deck  
or in the water.



**No food or**  
**beverage**  
except in  
designated areas.



**Listen and follow**  
instructions from  
lifeguards.



### LIFE JACKET (PFD) POLICY

All life jackets must be  
U.S. Coast Guard approved.  
Non-approved or inflatable  
style floatation devices are  
not permitted.  
Ask a lifeguard if you  
have any questions!

*Rec Swim times, safety breaks, and lane use are subject to change without notice.  
All swimmers must follow lifeguard instructions at all times.*