

Dover Recreation's 2026 Spring Basketball Programs

Skills & Drills- Monday/ Wednesday- WPS:

Monday- 4/6, 13, 20

- 6:20pm-7:20pm 2nd & 3rd Grade Girls- **Skills & Drills** (Max 30)
- 7:30pm-8:30pm 4th- 6th Grade Girls- **Skills & Drills + Short Sided Games** (Max 20)

Wednesday- 4/8, 15, 22

- 6:20pm-7:20pm 2nd & 3rd Grade Boys- **Skills & Drills** (Max 30)
- 7:30pm- 8:30pm 4th-6th Grade Boys- **Skills & Drills + Short Sided Games** (Max 20)

Join Recreation Staff as we continue to build on the skills we worked on this winter! The 2nd & 3rd Grade programs will focus on ball handling, footwork, and finishing at the rim full speed. Skill work will be combined with daily competitions to earn prizes. The 4th-6th Grade programs will work on similar skills and add 3 v 3/ 4 v 4 games to implement what we've practiced.

Fee: \$45/residents; \$55/non-residents

Coed Junior High School:

Who- Girls and Boys in 5th-8th Grade

When- Saturdays, April 4th (Open Gym) -May 30th

Time- Game Times: 4:15pm, 5:30pm, 6:45pm

Fee- Dover Residents \$110, Non-Dover Residents \$130

Description- This coed league will feature a 6-week regular season + playoffs (games only no practices). 6 teams of no more than 8 players/ team will be formed by the Recreation Department. Players will play at least half of each game; substitutions will be managed by the Recreation Staff. All players must be registered before the end of Open Gym on April 4th (4:15pm-5:30pm).

Coed High School:

Who- Girls and Boys in 9th-12th Grade

When- Saturdays, April 4th (Open Gym) -May 30th

Time- Game Times: 12:30pm, 1:45pm, 3:00pm

Fee- Dover Residents \$110, Non-Dover Residents \$130

Description- This coed league will feature a 6-week regular season + playoffs (games only no practices). 6 teams of no more than 8 players/ team will be drafted by "captains" that will be chosen by the Recreation Department. Players will play at least half of each game; team captains will act as "player coaches" and manage all substitutions. All players must be registered before the Open Gym on April 4th (1:30pm-3:00pm). If you are interested in being a captain, please contact Bub Conway.

Non-residents can sign up after 2/15/26 if there is still room.

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Private & Small Group Basketball Skills Sessions:

Dover Recreation is offering private and small group training sessions with Colby "Bub" Conway.

- Beginner/intermediate players focus on fundamental ball-handling, passing, shooting, and defensive drills. These sessions are designed to build a solid foundation for your child's basketball game.
- Players with more experience will build their knowledge by focusing on perimeter scoring, post footwork, "game speed" shooting & ball handling drills, and perimeter & post defense.
- Sessions are designed for those in Grades 3-12
- To schedule time please contact Ricky Conway: 516-6435/ r.conway@dover.nh.gov
 - Private trainings are \$35/hour
 - Small groups (max 3 players) are \$60/hour
 - You must form your own group; we will not be matching players

30+ Basketball League:

Registrations will be accepted in order of receipt until required players (54) to fill the rosters is reached (**application and payment must be received**). There will be a maximum of 6 teams in the league (reduced by number of applicants).

- Teams are rostered via a captain's draft
- Players must be 30 Years old by May 1, 2026
- All games played Monday and/or Thursday nights at the **McConnell Center Gym** beginning mid-April – June 18th. Games times are 5:15 PM, 6:30 PM (est.), and 7:45 PM (est.).
- Fee: \$160 **Non-residents can sign up after 2/15/26 if there is still room**

Questions:

Bub Conway 603-516-6422, c.conway@dover.nh.gov

Ricky Conway 603-516-6435, r.conway@dover.nh.gov

Registrations:

Are open for Dover Residents at <https://getactive.dover.nh.gov> or in person at the Recreation Department