

# Dover Indoor Pool Schedule

11.16.2025-3.1.2026-REVISED



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>9:30 - 10:30 am</b> <b>Hydrofitness</b></p> <p><b>10:30 - 12:00 pm</b> <b>Therapy Walking</b> (water walking only)</p> <p><b>12:00 - 1:30 pm</b> <b>6 Lanes Lap</b></p> <p><b>3:30 - 5:30 pm</b> <b>HS SWIM TEAMS</b></p> <p><b>5:30 - 7:30 pm</b> <b>Current North Swim Team</b></p>	<p><b>7:30 - 9:30 am</b> <b>6 Lanes Lap</b></p> <p><b>8:30 - 9:30 am</b> <b>2 Lanes Lessons</b></p> <p><b>9:30 - 11:00 am</b> <b>Therapy Walking</b> (water walking only)</p> <p><b>11:00 - 12:30 pm</b> <b>6 Lanes Lap</b></p> <p><b>3:30 - 5:00 pm</b> <b>HS SWIM TEAMS</b></p> <p><b>5:00-6:30pm</b> <b>Lessons</b></p> <p><b>6:45 - 8:00 pm</b> <b>6 Lanes Masters</b></p>	<p><b>9:30 - 10:30 am</b> <b>Hydrofitness-Dive Well</b></p> <p><b>9:30 - 11:00 am</b> <b>Therapy Walking</b> (water walking only)</p> <p><b>11:00 - 12:30 pm</b> <b>6 Lanes Lap</b></p> <p><b>12:30 - 3:00 pm</b> <b>3 lanes Rec. swim</b></p> <p><b>3 Lanes Lap</b></p> <p><b>3:30 - 5:30 pm</b> <b>HS SWIM TEAMS</b></p> <p><b>5:30 - 7:30 pm</b> <b>Current North Swim Team</b></p> <p><b>Schedule Change</b> <b>8am-1pm</b> <b>12/24-Christmas Eve</b> <b>12/31-New Years Eve</b></p>	<p><b>7:30 - 9:30 am</b> <b>6 Lanes Lap</b></p> <p><b>8:30 - 9:30 am</b> <b>2 Lanes Lessons</b></p> <p><b>9:30 - 11:00 am</b> <b>Therapy Walking</b> (water walking only)</p> <p><b>11:00 - 12:30 pm</b> <b>6 Lanes Lap</b></p> <p><b>12:30 - 3:00 pm</b> <b>3 lanes Rec. swim</b></p> <p><b>3 Lanes Lap</b></p> <p><b>3:30 - 4:30 pm</b> <b>HS SWIM TEAMS</b></p> <p><b>4:30-5:30pm</b> <b>Current North Swim Team</b></p> <p><b>5:30-6:30pm</b> <b>3 Lanes Swim Team Prep</b></p> <p><b>6:45 - 8:00 pm</b> <b>6 Lanes Masters</b></p> <p><b>Schedule Change</b> <b>CLOSED</b> <b>12/25-Christmas Day</b> <b>1/1-New Years Day</b></p>	<p><b>8:30 - 9:30am</b> <b>Homeschool Lessons</b></p> <p><b>9:30 - 10:30 am</b> <b>Hydrofitness</b></p> <p><b>10:30 - 11:30 am</b> <b>Therapy Walking</b> (water walking only)</p> <p><b>11:30 - 12:30 pm</b> <b>6 Lanes Lap</b></p> <p><b>12:30 - 3:00 pm</b> <b>3 lanes Rec. swim</b></p> <p><b>3 Lanes Lap</b></p> <p><b>3:30 - 4:30 pm</b> <b>HS SWIM TEAMS</b></p> <p><b>4:30 - 5:30 pm</b> <b>Current North Swim Team</b></p> <p><b>5:30 - 6:30 pm</b> <b>3 Lanes Current North Swim Team</b></p> <p><b>3 Lanes Swim Team Prep</b></p>	<p><b>7:00 - 9:00 am</b> <b>Current North Swim Team</b></p> <p><b>9:00-11:00am</b> <b>Lessons</b></p> <p><b>11:00 - 12:00 pm</b> <b>6 Lanes Lap</b></p> <p><b>12:15 - 2:15 pm</b> <b>Recreation Swim</b> <b>NO LAP SWIMMING</b></p>	<p><b>9:00 - 11:00am</b> <b>6 Lanes Masters</b></p> <p><b>11:00 - 12:00pm</b> <b>Therapy Walking</b> (water walking only)</p> <p><b>12:15 - 2:15 pm</b> <b>Recreation Swim</b> <b>NO LAP SWIMMING</b></p> <p><b>2:30-3:30 pm</b> <b>OYSTER RIVER HS</b> <b>11/23,11/30</b> <b>12/28/2025</b></p> <p><b>3:30-4:30 pm</b> <b>Mighty Seals</b> <b>11/23,11/30</b> <b>12/28/2025 outside these dates</b> <b>Mighty Seals <u>2:30-3:30pm</u></b></p>
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>

**NOTE: Please note this schedule is subject to change without notice.**

<b>Membership Fees</b>	<b>Resident</b>	<b>Daily</b>	<b>Punch Ticket (12)</b>	<b>* Yearly Indoor</b>	<b>6 Month Indoor</b>
	<b>Adult</b>	<b>\$5.00</b>	<b>\$50.00</b>	<b>\$170.00</b>	<b>\$100.00</b>
1) Excludes Hydrofitness	<b>Senior</b>	<b>\$3.00</b>	<b>\$30.00</b>	<b>\$80.00</b>	<b>\$45.00</b>
2) Excludes Masters	<b>Youth</b>	<b>\$3.00</b>	<b>\$30.00</b>	<b>\$80.00</b>	<b>\$45.00</b>
3) Memberships start from date of purchase	<b>Non-Resident</b>	<b>Daily</b>	<b>Punch Ticket (12)</b>	<b>* Yearly Indoor</b>	<b>6 Month Indoor</b>
	<b>Adult</b>	<b>\$10.00</b>	<b>\$100.00</b>	<b>\$330.00</b>	<b>\$190.00</b>
	<b>Senior</b>	<b>\$5.00</b>	<b>\$50.00</b>	<b>\$160.00</b>	<b>\$90.00</b>
	<b>Youth</b>	<b>\$5.00</b>	<b>\$50.00</b>	<b>\$160.00</b>	<b>\$90.00</b>