

Dover Indoor Pool Schedule						
11.16.2025-3.1.2026-REVISED						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>9:30 - 10:30 am</div> <div>Hydrofitness</div> <div>10:30 - 12:00 pm</div> <div>Therapy Walking (water walking only)</div> <div>12:00 - 1:30 pm</div> <div>6 Lanes Lap</div> <div>3:30 - 5:30 pm</div> <div>HS SWIM TEAMS</div> <div>5:30 - 7:30 pm</div> <div>Current North Swim Team</div>	<div>7:30 - 9:30 am</div> <div>6 Lanes Lap</div> <div>8:30 - 9:30 am</div> <div>2 Lanes Lessons</div> <div>9:30 - 11:00 am</div> <div>Therapy Walking (water walking only)</div> <div>11:00 - 12:30 pm</div> <div>6 Lanes Lap</div> <div>3:30 - 5:00 pm</div> <div>HS SWIM TEAMS</div> <div>5:00-6:30pm</div> <div>Lessons</div> <div>6:45 - 8:00 pm</div> <div>6 Lanes Masters</div>	<div>9:30 - 10:30 am</div> <div>Hydrofitness-Dive Well</div> <div>9:30 - 11:00 am</div> <div>Therapy Walking (water walking only)</div> <div>11:00 - 12:30 pm</div> <div>6 Lanes Lap</div> <div>12:30 - 3:00 pm</div> <div>3 lanes Rec. swim</div> <div>3 Lanes Lap</div> <div>3:30 - 5:30 pm</div> <div>HS SWIM TEAMS</div> <div>5:30 - 7:30 pm</div> <div>Current North Swim Team</div> <div>Schedule Change</div> <div>8am-1pm</div> <div>12/24-Christmas Eve</div> <div>12/31-New Years Eve</div>	<div>7:30 - 9:30 am</div> <div>6 Lanes Lap</div> <div>8:30 - 9:30 am</div> <div>2 Lanes Lessons</div> <div>9:30 - 11:00 am</div> <div>Therapy Walking (water walking only)</div> <div>11:00 - 12:30 pm</div> <div>6 Lanes Lap</div> <div>12:30 - 3:00 pm</div> <div>3 lanes Rec. swim</div> <div>3 Lanes Lap</div> <div>3:30 - 4:30 pm</div> <div>HS SWIM TEAMS</div> <div>4:30-5:30pm</div> <div>Current North Swim Team</div> <div>5:30-6:30pm</div> <div>3 Lanes Swim Team Prep</div> <div>3 Lanes Adult Lessons</div> <div>6:45 - 8:00 pm</div> <div>6 Lanes Masters</div> <div>Schedule Change</div> <div>CLOSED</div> <div>12/25-Christmas Day</div> <div>1/1-New Years Day</div>	<div>8:30 - 9:30am</div> <div>Homeschool Lessons</div> <div>9:30 - 10:30 am</div> <div>Hydrofitness</div> <div>10:30 - 11:30 am</div> <div>Therapy Walking (water walking only)</div> <div>11:30 - 12:30 pm</div> <div>6 Lanes Lap</div> <div>12:30 - 3:00 pm</div> <div>3 lanes Rec. swim</div> <div>3 Lanes Lap</div> <div>3:30 - 4:30 pm</div> <div>HS SWIM TEAMS</div> <div>4:30 - 5:30 pm</div> <div>Current North Swim Team</div> <div>5:30 - 6:30 pm</div> <div>3 Lanes Current North Swim Team</div> <div>3 Lanes Swim Team Prep</div>	<div>7:00 - 9:00 am</div> <div>Current North Swim Team</div> <div>9:00-11:00am</div> <div>Lessons</div> <div>11:00 - 12:00 pm</div> <div>6 Lanes Lap</div> <div>12:15 - 2:15 pm</div> <div>Recreation Swim</div> <div>NO LAP SWIMMING</div>	<div>9:00 - 11:00am</div> <div>6 Lanes Masters</div> <div>11:00 - 12:00pm</div> <div>Therapy Walking (water walking only)</div> <div>12:15 - 2:15 pm</div> <div>Recreation Swim</div> <div>NO LAP SWIMMING</div> <div>2:30-3:30 pm</div> <div>OYSTER RIVER HS</div> <div>11/23,11/30</div> <div>12/28/2025</div> <div>3:30-4:30 pm</div> <div>Mighty Seals</div> <div>11/23,11/30</div> <div>12/28/2025 outside these dates</div> <div>Mighty Seals 2:30-3:30pm</div>
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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

Membership Fees	Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor
1) Excludes Hydrofitness 2) Excludes Masters 3) Memberships start from date of purchase	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
	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