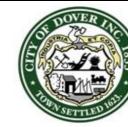
Dover Indoor Pool Schedule

January 6th February 15th 2025



		Janu	ary 6th- February 15	th 2025		TOWN SETTLED HOLD
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					7:00 - 9:00 am Current North Swim Team	
				7:30 - 8:30am 6 Lanes Lap	9:00-11:00am Lessons	<u>9:00 - 11:00am</u> 6 Lanes Masters
8:30 - 9:15am 6 Lanes Lap	8:30 - 9:00am Lessons	8:30 - 10:30am 6 Lanes Lap	8:30 - 9:00am Lessons	8:30 - 9:30am Homeschool Lessons	11:00 - 12:00 pm 6 Lanes Lap	11:00 - 12:00pm MIGHTY SEALS SWIM TEAM
<u>9:30 - 10:30 am</u>	<u>9:00 - 10:30 am</u>	<u>9:30 - 10:30 am</u>	<u>9:00 - 10:30 am</u>	<u>9:30 - 10:30 am</u>		
Hydrofitness	6 Lanes Lap	Hydrofitness-Dive Well	6 Lanes Lap	Hydrofitness		
10:30 - 11:30 am Therapy Swim (water walking only)	10:30 - 11:30 am Therapy Swim (water walking only)	10:30 - 11:30 am Therapy Swim-Main pool (water walking only)	10:30 - 11:30 am Therapy Swim (water walking only)	10:30 - 11:30 am Therapy Swim (water walking only)	12:15 - 2:15 pm Recreation Swim NO LAP SWIMMING	12:15 - 2:15 pm Recreation Swim NO LAP SWIMMING
<u>11:30 - 1:00 pm</u> 6 Lanes Lap	<u>11:30 - 1:00 pm</u> 6 Lanes Lap	<u>11:30 - 1:00 pm</u> 6 Lanes Lap	<u>11:30 - 1:00 pm</u> 6 Lanes Lap	<u>11:30 - 1:00 pm</u> 6 Lanes Lap		2:30 - 3:30 pm HS SWIM TEAMS
	1:00 - 2:00 pm Recreation Swim NO LAP SWIMMING		1:00 - 2:00 pm Recreation Swim NO LAP SWIMMING			
<u>3:30 - 5:30 pm</u>	<u>3:30 - 5:00 pm</u>	<u>3:30 - 4:30 pm</u>	<u>3:30 - 4:30 pm</u>	<u>3:30 - 4:30 pm</u>		Rec Swim Rules
HS SWIM TEAMS	HS SWIM TEAMS	HS SWIM TEAMS	HS SWIM TEAMS	HS SWIM TEAMS		1) Children under 45" require a parent in the water
	<u>5:00-6:30pm</u>	4:30-5:30pm	<u>4:30-5:30pm</u>	<u>4:30 - 5:30 pm</u>		2) No Swimming in the well
	Lessons	3 Lanes HS SWIM TEAMS 3 Lanes Lap	Current North Swim Team	Current North Swim Team		3) Diving board use is allowed4) No equipment except lifejackets
<u>5:30 - 7:30 pm</u>	<u>6:30 - 7:45 pm</u>	<u>5:30-7:30pm</u>	<u>5:30-6:30pm</u>	<u>5:30 - 6:30 pm</u>		5) Kids with lifevests must have a
Current North Swim Team	6 Lanes Masters	Current North Swim Team	3 Lanes Swim Team Prep 2 Lanes Adult Lessons 1Lane Lap	3 Lanes Current North Swim Team 3 Lanes Swim Team Prep		parent in arms reach at all times 6) No goggles that cover the nose 7) Parents cannot be in the well to
Schedule Change 8am-1pm HOLIDAY SCHEDULE			<u>6:30 - 7:45 pm</u> 6 Lanes Masters			catch children off the divingboard 8) No child with a lifevest of any kind may use the divingboard
1/20 MLK Day 2/17-Presidents Day						9) Kids under 3 required to wear swim diaper. Can be purchased for \$2 each
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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

Membership Fees

1) Excludes Hydrofitness

2) Excludes Masters

3) Memberships start from date

of purchase

NOTE: Please note this schedule is subject to change without notice.								
Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor				
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	\$7.00	\$70.00	\$330.00	\$190.00				
Senior	\$4.00	\$40.00	\$160.00	\$90.00				
Youth	\$4.00	\$40.00	\$160.00	\$90.00				