Monday	Tuesday
<u>8:30 - 9:15am</u> 6 Lanes Lap	<u>8:30 - 9:30am</u> Lessons
<u>9:30 - 10:30 am</u> Hydrofitness	<u>9:30 - 10:30 am</u> 6 Lanes Lap
<u>10:30 - 11:30 am</u> Therapy Swim (water walking only)	<u>10:30 - 11:30 am</u> Therapy Swim (water walking only)
<u>11:30 - 1:00 pm</u> <mark>6 Lanes Lap</mark>	<u>11:30 - 1:00 pm</u> 6 Lanes Lap
	<u>1:00 - 2:00 pm</u>
	Recreation Swim
	NO LAP SWIMMING
<u>4:00 - 6:00 pm</u>	<u>4:00 - 5:30 pm</u>
Current North Swim Team	Current North Swim Team
6.00 7.00 mm	3 Lanes at 5pm
<u>6:00 - 7:00 pm</u> 6 Lanes Lap	<u>5:00-6:30pm</u> Lessons
	<u>6:30 - 7:45 pm</u> 6 Lanes Masters
Monday	Tuesday

Membership I	Fees
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- 1) Excludes Hydrofitness
- 2) Excludes Masters
- 3) Memberships start from date
- of purchase

Resident	
Adult	
Senior	
Youth	
Non-Resident	
Adult	
Senior	
Youth	

Daily

\$7.00

\$4.00

\$4.00

Dov	er Indoor Pool Sch	edule		COLUMN TAC
Μ	arch 10th- April 26th	2025		TOWN SETTLED TO A
Wednesday	Thursday	Friday	Saturday	Sunday
			<u>7:00 - 9:00 am</u> Current North Swim Team	
		<u>7:30 - 8:30am</u> 6 Lanes Lap	<u>9:00-11:00am</u> Lessons	<u>9:00 - 11:00am</u> 6 Lanes Masters
<u>8:30 - 10:30am</u> 6 Lanes Lap	<u>8:30 - 9:30am</u> Lessons	<u>8:30 - 9:30am</u> Homeschool Lessons	<u>11:00 - 12:00 pm</u> <mark>6 Lanes Lap</mark>	<u>11:00 - 12:00pm</u> Therapy Swim (water walking only)
<u>9:30 - 10:30 am</u>	<u>9:30 - 10:30 am</u>	<u>9:30 - 10:30 am</u>		
Hydrofitness-Dive Well	6 Lanes Lap	Hydrofitness		
<u>10:30 - 11:30 am</u> Therapy Swim-Main pool (water walking only)	<u>10:30 - 11:30 am</u> Therapy Swim (water walking only)	<u>10:30 - 11:30 am</u> Therapy Swim (water walking only)	<u>12:15 - 2:15 pm</u> Recreation Swim NO LAP SWIMMING	<u>12:15 - 2:15 pm</u> Recreation Swim NO LAP SWIMMING
				<u>2:30-3:30 pm</u>
<u>11:30 - 1:00 pm</u> 6 Lanes Lap	<u>11:30 - 1:00 pm</u> <mark>6 Lanes Lap</mark>	<u>11:30 - 1:00 pm</u> <mark>6 Lanes Lap</mark>		Mighty Seals Swim Team
	<u>1:00 - 2:00 pm</u>	<u>1:00 - 2:00 pm</u>		
	Recreation Swim NO LAP SWIMMING	Recreation Swim NO LAP SWIMMING	Schedule Change April 12th REDS RACE NO AM PROGRAMS REC SWIM ONLY	
				Rec Swim Rules
				1) Children under 45" require a
	4.00 5.20.000	4.00 6.00 mm		parent in the water
<u>4:00 - 6:00 pm</u> Current North Swim Team	<u>4:00-5:30pm</u> Current North Swim Team	<u>4:00 - 6:00 pm</u> Current North Swim Team		2) No Swimming in the well3) Diving board use is allowed
current North Swin ream	current North Swin ream	<i>3 lanes @5:30</i>		4) No equipment except lifejackets
<u>6:00 - 7:00 pm</u>	<u>5:30-6:30pm</u>	<u>5:30 - 6:30 pm</u>		5) Kids with lifevests must have a
6 Lanes Lap	3 Lanes Swim Team Prep	3 Lanes Current North Swim Team		parent in arms reach at all times
	3 Lanes Lap	3 Lanes Swim Team Prep		6) No goggles that cover the nose7) Parents cannot be in the well to
				catch children off the divingboard
<u>7:00 - 7:45 pm</u>	<u>6:30 - 7:45 pm</u>			8) No child with a lifevest of any kind
3 Lanes Lap 3 Lanes Adult Lessons	6 Lanes Masters			may use the divingboard
J LANCS MUUIL LESSUIS				9) Kids under 3 required to wear swim
				diaper. Can be purchased for \$2 each
Wednesday	Thursday	Friday	Saturday	Sunday
NOTE: Please note t	his schedule is subject to o	change without notice.		
Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor	
\$5.00	\$50.00	\$170.00	\$100.00	
\$3.00	\$30.00	\$80.00	\$45.00	1
\$3.00	\$30.00	\$80.00	\$45.00	
T - · · ·	T · · · ·			

* Yearly Indoor

\$330.00

\$160.00

\$160.00

Punch Ticket (12)

\$70.00

\$40.00

\$40.00

6 Month Indoor
\$100.00
\$45.00
\$45.00
6 Month Indoor
¢100.00
\$190.00
\$190.00 \$90.00