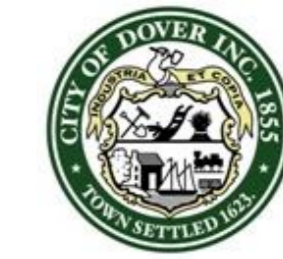


Dover Indoor Pool Schedule June 1-June 21 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>7:00 - 9:00 am Lap Swim</p> <p>9:30-10:30am HydroFitness</p> <p>10:35 - 12:05 pm Lap Swim</p> <p>12:10 - 1:40 pm Therapy Walking (water walking only)</p> <p>1:45 - 3:45 pm 3 Lanes Rec 3 Lanes Lap Swim</p> <p>4:00-6:00pm Current North Swim Team</p> <p>6:00-8:00pm OTTERS SWIM TEAM (June 1,8)</p>	<p>7:00 - 9:00 am Lap Swim</p> <p>9:05 - 11:30 am Therapy Walking (water walking only)</p> <p>11:35 - 1:30 pm Lap Swim</p> <p>1:45 - 3:45 pm 3 Lanes Rec 3 Lanes Lap Swim</p> <p>4:00-5:30pm Current North Swim Team</p> <p>5:35 - 6:40 pm 3 Lanes Lap Swim 3 Lanes Rec Swim</p> <p>6:45-8:00pm Masters Swim Team</p>	<p>7:00 - 9:00 am Lap Swim</p> <p>9:30 - 10:30am HydroFitness (Dive Well)</p> <p>9:30 - 11:30 am Therapy Walking (water walking only) MAIN POOL</p> <p>11:35 - 1:30 pm Lap Swim</p> <p>1:45 - 3:45 pm 3 Lanes Rec 3 Lanes Lap Swim</p> <p>4:00-6:00pm Current North Swim Team</p> <p>6:00-8:00pm OTTERS SWIM TEAM (June 3,10,17,24)</p>	<p>7:00 - 9:00 am Lap Swim</p> <p>9:05 - 11:30 am Therapy Walking (water walking only)</p> <p>11:35 - 1:30 pm Lap Swim</p> <p>1:45 - 3:45 pm 3 Lanes Rec 3 Lanes Lap Swim</p> <p>4:00-5:30pm Current North Swim Team</p> <p>5:35 - 6:40 pm 3 Lanes Lap Swim 3 Lanes Rec Swim</p> <p>6:45-8:00pm Masters Swim Team</p>	<p>7:00 - 9:00 am Lap Swim</p> <p>9:30-10:30am HydroFitness</p> <p>10:35 - 12:05 pm Lap Swim</p> <p>12:10 - 1:40 pm Therapy Walking (water walking only)</p> <p>1:45 - 3:45 pm 3 Lanes Rec 3 Lanes Lap Swim</p> <p>4:00-6:00pm Current North Swim Team</p> <p>6:00-8:00pm OTTERS SWIM TEAM (June 5,12)</p>	<p>7:00 - 9:00 am Current North Swim Team</p> <p>9:00-10:30am 6 Lanes Lap</p> <p>10:35 - 12:15 pm Therapy Walking (water walking only)</p> <p>12:30 - 3:30 pm Recreation Swim NO LAP SWIMMING</p>	<p>9:00 - 11:00am 6 Lanes Masters</p> <p>11:30 - 3:30pm Recreation Swim NO LAP SWIMMING</p>
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

- Rec Swim Rules**
- 1) Children under 45" require a parent in the water
 - 2) No Swimming in the well
 - 3) Diving board use is allowed
 - 4) No equipment except lifejackets
 - 5) Kids with lifevests must have a parent in arms reach at all times
 - 6) No goggles that cover the nose
 - 7) Parents cannot be in the well to catch children off the divingboard
 - 8) No child with a lifevest of any kind may use the divingboard
 - 9) Kids under 3 required to wear swim diaper. Can be purchased for \$2 each

NOTE: This schedule is subject to change without notice.

Membership Fees	Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor
1) Excludes Hydrofitness	Adult	\$5.00	\$50.00	\$170.00	\$100.00
2) Excludes Masters	Senior	\$3.00	\$30.00	\$80.00	\$45.00
3) Good for 1 year from date of purchase	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
EXCLUDES OUTDOOR POOL	Senior	\$5.00	\$50.00	\$160.00	\$90.00
	Youth	\$5.00	\$50.00	\$160.00	\$90.00