

## Dover Indoor Pool Schedule June 22-June 30 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>8:00 - 9:15 am</b> Lap Swim</p> <p><b>9:30-10:30am</b> HydroFitness</p> <p><b>10:40 - 11:50 am</b> Therapy Walking (water walking only)</p> <p><b>12:15 - 2:30 pm</b> DOVER REC CAMP</p> <p><b>2:30 - 4:30 pm</b> Recreation Swim NO LAP LANES</p> <p><b>4:30 - 6:30 pm</b> Current North Swim Team</p>	<p><b>6:30 - 7:45 am</b> Lap Swim</p> <p><b>8:00 - 9:40 am</b> Swim Lessons</p> <p><b>9:45 - 10:45 am</b> Therapy Walking (water walking only)</p> <p><b>10:50 - 12:00 pm</b> Lap Swim</p> <p><b>12:15 - 2:30 pm</b> DOVER REC CAMP</p> <p><b>2:30 - 4:30 pm</b> Recreation Swim NO LAP LANES</p> <p><b>4:30 - 6:30 pm</b> Current North Swim Team</p> <p><b>6:45 - 8:00 pm</b> Masters Swim Team</p>	<p><b>6:30 - 7:45 am</b> Lap Swim</p> <p><b>8:00 - 9:40 am</b> Swim Lessons</p> <p><b>9:30 - 10:30am</b> HydroFitness (Dive Well)</p> <p><b>9:45 - 10:45 am</b> Therapy Walking (water walking only) MAIN POOL</p> <p><b>10:50 - 12:00 pm</b> Lap Swim</p> <p><b>12:15 - 2:30 pm</b> DOVER REC CAMP</p> <p><b>2:30 - 4:30 pm</b> Recreation Swim NO LAP LANES</p> <p><b>4:30 - 6:30 pm</b> Current North Swim Team</p>	<p><b>6:30 - 7:45 am</b> Lap Swim</p> <p><b>8:00 - 9:40 am</b> Swim Lessons</p> <p><b>9:45 - 10:45 am</b> Therapy Walking (water walking only)</p> <p><b>10:50 - 12:00 pm</b> Lap Swim</p> <p><b>12:15 - 2:30 pm</b> DOVER REC CAMP</p> <p><b>2:30 - 4:30 pm</b> Recreation Swim NO LAP LANES</p> <p><b>4:30 - 6:30 pm</b> Current North Swim Team</p> <p><b>6:45 - 8:00 pm</b> Masters Swim Team</p>	<p><b>8:00 - 9:15 am</b> Lap Swim</p> <p><b>9:30-10:30am</b> HydroFitness</p> <p><b>10:40 - 11:50 am</b> Therapy Walking (water walking only)</p> <p><b>10:50 - 12:00 pm</b> Lap Swim</p> <p><b>12:15 - 2:30 pm</b> 3 Lanes Dover Rec CAMP 3 Lanes Recreation Swim</p> <p><b>2:30 - 4:30 pm</b> Recreation Swim NO LAP LANES</p> <p><b>4:30 - 6:30 pm</b> Current North Swim Team</p>	<p><b>7:00 - 9:00 am</b> Current North Swim Team</p> <p><b>9:00-10:30am</b> 6 Lanes Lap</p> <p><b>10:35 - 12:15 pm</b> Therapy Walking (water walking only)</p> <p><b>12:30 - 3:30 pm</b> Recreation Swim NO LAP SWIMMING</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center; margin: 0;"><b>Rec Swim Rules</b></p> <p style="margin: 0;">1) Children under 45" require a parent in the water</p> <p style="margin: 0;">2) No Swimming in the well</p> <p style="margin: 0;">3) Diving board use is allowed</p> <p style="margin: 0;">4) No equipment except lifejackets</p> <p style="margin: 0;">5) Kids with lifevests must have a parent in arms reach at all times</p> <p style="margin: 0;">6) No goggles that cover the nose</p> <p style="margin: 0;">7) Parents cannot be in the well to catch children off the divingboard</p> <p style="margin: 0;">8) No child with a lifevest of any kind may use the divingboard</p> <p style="margin: 0;">9) Kids under 3 required to wear swim diaper. Can be purchased for \$2 each</p> </div>	<p><b>9:00 - 11:00am</b> 6 Lanes Masters</p> <p><b>11:30 - 3:30pm</b> Recreation Swim NO LAP SWIMMING</p>
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>

**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) Good for 1 year 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
EXCLUDES OUTDOOR POOL	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