

Dover Indoor Pool Schedule

September 14 - November 15, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 - 10:30 am Hydrofitness	7:30 - 8:30 am 6 Lanes Lap	8:00 - 9:20am 6 Lanes Lap	7:30 - 8:30 am 6 Lanes Lap	8:00 - 9:20am 6 Lanes Lap	7:00-9:00am Executive Swim Team	9:00-11:00am Great Bay Masters
10:35-12:00pm Therapy Walking	8:30 - 9:30am Lessons	November 11 (8-1 Holiday) 9:30 - 10:30 pm Hydrofitness-Dive well	8:30 - 9:30am Lessons	9:30 - 10:30 pm Hydrofitness	9:00-11:00am Lap Swim	11:15-3:15pm REC SWIM
12:05- 1:30 pm Lap Swim	9:35 - 11:30 am Therapy Walking	10:35 - 12:00pm Therapy Walking Main Pool	9:35 - 11:30 am Therapy Walking (9/17-dive well closed 10-11)	10:35 - 12:00pm Therapy Walking	11:05am-12:05pm Therapy Walking	
3:30-5:20pm 3 Lanes Lap 3 Lanes Rec. Swim	11:35-1:00pm Lap Swim	12:05 pm - 1:30 pm Lap Swim	11:35-1:00pm Lap Swim	12:05 pm - 1:30 pm Lap Swim	12:15-3:15pm REC SWIM	
5:30-7:30pm Executive Aquatics	1:00-4:30pm 3 Lanes Lap 3 Lanes Rec.Swim	1:30-3:30pm 3 Lanes Lap 3 Lanes Rec Swim	1:00-5:20pm 3 Lanes Lap 3 Lanes Rec.Swim	1:30-3:30pm 3 Lanes Lap 3 Lanes Rec Swim	10/3-POOL CLOSED APPLE HARVEST DAY	
October 12-Columbus Day 8-10am-Lap 10-11am-therapy 11:15am-1pm 3 lanes rec ;3 lanes lap	5:00-6:40pm Lessons	4:00-6:00pm Executive Swim Team	5:30-6:30pm Lessons	4:00-6:00pm Executive Swim Team (No Dive well 5:30-6)		
	6:45-8:00pm Great Bay Masters	6:00-7:00pm-Lap Swim	6:45-8:00pm Great Bay Masters	5:30-6:30pm Lessons (Dive Well 5:30-6)		
		7:00-7:45pm Adult Lessons				

PRICING	
DOVER RESIDENTS	Adult \$5.00 Senior (62+) \$3.00 Youth \$3.00
	Punch Passes \$50.00 Adult \$30.00 Senior or Youth
	6 month pass: \$100.00 Adult \$45 Senior or Youth
	Yearly Pass: \$170.00 Adult \$80.00 Senior or Youth
NON-RESIDENTS	Adult \$10.00 Senior (62+) \$5.00 Youth \$5.00
	Punch Passes \$100.00 Adult \$50.00 Senior or Youth
	6 month pass: \$190.00 Adult \$90 Senior or Youth
	Yearly Pass: \$330.00 Adult \$160.00 Senior or Youth

REC SWIM RULES



Children under 45" require a parent in the water.



DIVING BOARDS: Swimmers must pass a swim test with a head lifeguard and receive a wristband if younger than 18.



Children not toilet trained must wear a swim diaper.



All life jackets must be U.S. Coast Guard approved. If holding child without life jacket, child must be in regular swimsuit.



NO RUNNING: No running on the pool deck or in the water.



NO FOOD OR BEVERAGE except in designated areas.



Listen and follow instructions from lifeguards.