

Dover Indoor Pool Schedule

September 2- November 16 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					7:00 - 9:00 am C. North Swim Team	
	6:00-8:30am 6 Lanes Lap		6:00-8:30am 6 Lanes Lap	6:00-8:15am 6 Lanes Lap	9:00 - 11:00 am Lessons	9:00 - 11:00 am 6 Lanes Masters
6:00-9:15am 6 Lanes Lap	8:30 - 9:30am Swim Lesson	6:00-9:15am 6 Lanes Lap	8:30 - 9:30am Swim Lesson	8:30 - 9:30am Homeschool Lessons	11:15 - 12:15 pm 6 Lanes Lap	11:15 - 12:15 pm Therapy Swim
9:30 - 10:30 am Hydrofitness	9:30 - 10:30 am 6 Lanes Lap	9:30 - 10:30 am Hydrofitness (Dive Well)	9:30 - 10:30 am 6 Lanes Lap	9:30 - 10:30 am Hydrofitness	12:30 - 3:30 pm Recreation Swim (NO LAP LANES)	12:30 - 3:30 pm Recreation Swim (NO LAP LANES)
10:30 - 12:00pm Therapy Swim (water walking only)	10:30 - 12:00pm Therapy Swim	10:30 - 12:00pm Therapy Swim	10:30 - 12:00pm Therapy Swim	10:30 - 12:00pm Therapy Swim		2:30 - 3:30 pm Mighty Seals
12:00pm - 1:00 pm 6 Lanes Lap	12:00pm - 1:00 pm 6 Lanes Lap	12:00pm - 1:00 pm 6 Lanes Lap	12:00pm - 1:00 pm 6 Lanes Lap	12:00pm - 1:00 pm 6 Lanes Lap	Schedule Change CLOSED Saturday October 4th Apple Harvest Day	
	1:00 - 3:30 pm 3 Lane Rec Swim 3 Lanes Lap	1:00 - 3:15 pm 3 Lane Rec Swim 3 Lanes Lap	1:00 - 3:30 pm 3 Lane Rec Swim 3 Lanes Lap	1:00 - 3:30 pm 3 Lane Rec Swim 3 Lanes Lap		
3:30 - 6:00 pm C. North Swim Team	4:00 - 5:30 pm C. North Swim Team (4 lanes at 5pm)	3:30 - 6:00 pm C. North Swim Team	4:00 - 5:30 pm C. North Swim Team (3 lanes at 5:30)	4:00 - 6:00 pm C. North Swim Team (3 lanes at 5:30)		
	5:00 - 6:40 pm Lessons		5:30 - 6:30 pm Swim Team Prep (3 lanes)	5:30 - 6:30 pm Swim Team Prep (3 lanes @ 5:30)		
	6:45 - 8:00pm 6 Lanes Masters	6:00 - 7:45 pm 3 Lanes Lap	6:30 - 7:45 pm 6 Lanes Masters			
		7:00 - 7:45 pm 3 Lanes Adult Lessons 3 Lanes Lap				
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- 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: Please note this schedule is subject to change without notice.

Membership/Daily Fees	Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor
1) Cash or Check Only	Adult	\$5.00	\$50.00	\$170.00	\$100.00
2) Excludes Masters	Senior	\$3.00	\$30.00	\$80.00	\$45.00
3) Memberships start from date of purchase	Youth	\$3.00	\$30.00	\$80.00	\$45.00
4) Excludes Hydrofitness	Non-Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor
5) June-August schedule	Adult	\$10.00	\$100.00	\$330.00	\$190.00
Lap time significantly reduced.	Senior	\$5.00	\$50.00	\$160.00	\$90.00
	Youth	\$5.00	\$50.00	\$160.00	\$90.00

Outdoor membership separate fee

Indoor Passes not valid outside