

# Dover Indoor Pool Schedule

November 13th- February 11th



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>9:30 - 10:30 am</b> Hydrofitness</p> <p><b>10:30 - 11:30 am</b> Therapy Swim (water walking only)</p> <p><b>11:30 - 1:00 pm</b> 6 Lanes Lap</p> <p><b>3:30 - 4:30 pm</b> HS SWIM TEAMS</p> <p><b>4:30 - 7:00 pm</b> SOLO Swim Team</p> <p><b>7:00-8:00 pm</b> 2 Lanes HS Swim Team 2 Lanes Lap 2 Lanes Adult Lessons</p>	<p><b>7:30 - 8:30am</b> 6 Lanes Lap</p> <p><b>8:30 - 9:00am</b> Lessons</p> <p><b>9:00 - 10:30 am</b> 6 Lanes Lap</p> <p><b>10:30 - 11:30 am</b> Therapy Swim (water walking only)</p> <p><b>11:30 - 12:30 pm</b> 6 Lanes Lap</p> <p><b>2:30 - 3:30 pm</b> Recreation Swim</p> <p><b>3:30 - 4:30 pm</b> HS SWIM TEAMS</p> <p><b>4:30-5:30pm</b> SOLO Swim Team</p> <p><b>5:30 - 6:00 pm</b> 4 Lanes SOLO Swim Team 2 Lanes Lessons</p> <p><b>6:00 - 7:00 pm</b> Lessons SOLO Dive Well until 6:30pm</p> <p><b>7:00 - 8:15 pm</b> 6 Lanes Masters</p>	<p><b>7:30 - 8:30am</b> 6 Lanes Lap</p> <p><b>8:30 - 9:30am</b> 6 Lanes Lap</p> <p><b>9:30 - 10:30 am</b> Hydrofitness-Dive Well</p> <p><b>9:30 - 11:30 am</b> Therapy Swim-Main pool (water walking only)</p> <p><b>11:30 - 1:00 pm</b> 6 Lanes Lap</p> <p><b>3:30 - 4:30 pm</b> HS SWIM TEAMS</p> <p><b>4:30-7:00pm</b> SOLO Swim Team</p> <p><b>7:00-8:00 pm</b> 2 Lanes HS Swim Team 2 Lanes Lap 2 Lanes Adult Lessons</p>	<p><b>7:30 - 8:30am</b> 6 Lanes Lap</p> <p><b>8:30 - 9:00am</b> Lessons</p> <p><b>9:00 - 10:30 am</b> 6 Lanes Lap</p> <p><b>10:30 - 11:30 am</b> Therapy Swim (water walking only)</p> <p><b>11:30 - 12:30 pm</b> 6 Lanes Lap</p> <p><b>2:30 - 3:30 pm</b> Recreation Swim</p> <p><b>3:30 - 4:30 pm</b> HS SWIM TEAMS</p> <p><b>4:30-5:30pm</b> SOLO Swim Team</p> <p><b>5:30-6:30pm</b> 3 Lanes SOLO Swim Team Solo Swim Team Dive Well 3 Lanes Swim Team Prep</p> <p><b>6:30 - 7:45 pm</b> 6 Lanes Masters</p>	<p><b>8:30 - 9:30am</b> Homeschool Lessons</p> <p><b>9:30 - 10:30 am</b> Hydrofitness</p> <p><b>10:30 - 11:30 am</b> Therapy Swim (water walking only)</p> <p><b>11:30 - 1:00 pm</b> 6 Lanes Lap</p> <p><b>3:30 - 4:30 pm</b> HS SWIM TEAMS</p> <p><b>4:30 - 5:30 pm</b> SOLO Swim Team</p> <p><b>5:30 - 6:30 pm</b> 3 Lanes SOLO Swim Team 3 Lanes Swim Team Prep</p>	<p><b>7:00 - 9:00 am</b> SOLO Swim Team</p> <p><b>9:00 - 10:00 am</b> 3 Lanes SOLO Swim Team 3 Lanes Lessons</p> <p><b>10:00 - 11:00 am</b> Lessons</p> <p><b>11:00 - 12:15 pm</b> 6 Lanes Lap</p> <p><b>12:30 - 2:15 pm</b> Recreation Swim NO LAP LANES</p> <p><b>Schedule Change</b> <b>CLOSED</b> <b>Christmas Eve</b> <b>New Years Eve</b></p>	<p><b>11:00 - 12:30 am</b> 6 Lanes Masters</p> <p><b>12:30 - 2:15 pm</b> Recreation Swim NO LAP LANES</p> <p><b>2:30 - 3:30 pm</b> HS SWIM TEAMS</p> <p><b>CLOSED</b> <b>Christmas Day</b> <b>New Years Day</b></p> <p><b>Rec Swim Rules</b></p> <ol style="list-style-type: none"> <li>1) Children under 45" require a parent in the water</li> <li>2) No Swimming in the well</li> <li>3) Diving board use is allowed</li> <li>4) No equipment except lifejackets</li> <li>5) Kids with lifevests must have a parent in arms reach at all times</li> <li>6) No goggles that cover the nose</li> <li>7) Parents cannot be in the well to catch children off the divingboard</li> <li>8) No child with a lifevest of any kind may use the divingboard</li> <li>9) Kids under 3 required to wear swim diaper. Can be purchased for \$2 each</li> </ol>
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**NOTE: Please note this schedule is subject to change without notice.**

## Membership Fees

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

Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor
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
Adult	\$7.00	\$70.00	\$330.00	\$190.00
Senior	\$4.00	\$40.00	\$160.00	\$90.00
Youth	\$4.00	\$40.00	\$160.00	\$90.00