

Dover Indoor Pool Schedule

September 1-13 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 - 9:20 am 6 Lanes Lap	7:30 - 9:30 am 6 Lanes Lap	8:00 - 9:20 am 6 Lanes Lap	7:30 - 9:30 am 6 Lanes Lap	8:00 - 9:20 am 6 Lanes Lap	ALL PASSES VALID OUTSIDE closed 9.5	ALL PASSES VALID OUTSIDE closed 9.6
9:30 - 10:30 am Hydrofitness	9:35 - 11:05am Therapy Walking	9:30 - 10:30 am Hydrofitness-Dive well	9:35 - 11:05am Therapy Walking	9:30 - 10:30 am Hydrofitness	Effective 9/12 7:00-9:00am Executive Swim Team	Effective 9/13 9:00-11:00am Great Bay Masters
10:35-11:35am Therapy Walking	11:10 am - 12:30 pm Lap Swim	9:35 - 11:05am Therapy Walking Main Pool	11:10 am - 12:30 pm Lap Swim	10:35-11:35 am Therapy Walking	9:00-11:00am Lap Swim	11:15-3:15pm REC SWIM
11:40 am - 1:00 pm Lap Swim	Effective 9/8 12:35-3:30pm 3 Lanes Lap 3 Lanes Rec Swim	11:10 am - 12:30 pm Lap Swim	Effective 9/10 12:35-3:30pm 3 Lanes Lap 3 Lanes Rec Swim	11:40 am - 1:00 pm Lap Swim	11:05am-12:05pm Therapy Walking	
ALL PASSES VALID OUTSIDE closed 9.7	4:00-5:30pm Current North Swim Team	Effective 9/9 12:35-3:30pm 3 Lanes Lap 3 Lanes Rec Swim	4:00-5:30pm Current North Swim Team	Effective 9/11 1:00-3:30pm 3 Lanes Lap 3 Lanes Rec Swim	12:15-3:15pm REC SWIM	
	5:30-7:00pm Great Bay Masters	4:00-6:00pm Executive Swim Team	5:30-7:00pm Great Bay Masters	4:00-5:30pm Executive Swim Team		

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.