



POOL SCHEDULE

Effective April 13, 2026

MAIN POOL & Steam Room

Lap Swimming, 14+
The number of lap lanes available for lap swim will vary.

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
5:45 AM-3:30 PM	7 AM-3:30 PM	5:45 AM-3:30 PM	7 AM-3:30 PM	5:45 AM-3:30 PM	10:30 AM-3:30 PM	7:30 AM-12:00 PM
4:00-7:30 PM	5:30-8:30 PM	4-5:00 PM	5:30-8:30 PM	4:00-6:00 PM		

WARM WATER POOL

Adult Open Fitness, 16+

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
9-9:45 AM	9-9:45 AM	9-9:45 AM	9:00-9:55 AM	9-10:15 AM	1:35-3:30 PM	1:05-3:30 PM
10:30 AM-1 PM	10:30-11 AM	10:30-11:30 AM	2:00-3:30 PM	11:20 AM-3:30 PM		
2:05-3:30 PM	11:45 AM-3:30 PM	12:15-1:20 PM	6:50-8:30 PM*			
	6:30-8:30 PM*	2:30-3:30 PM				
		7:00-8:30 PM				

FAMILY SWIM

30 people max, first come, first served.

MONDAY	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:30 PM	4:00-5:00 PM	6:15-7:00 PM	12:30-1:30 PM	Little Y'S 9-9:45 AM
WWP	6:00-7:00 PM	MAIN POOL	MAIN POOL	WWP
	WWP			Big Y's 9:45-10:30 AM
				WWP
				Family/Open Swim
				11 AM-12 PM MP

AQUA FITNESS CLASSES 16+

MON.	9:45-10:30 am	Yoga Fit	Joyce	Warm Water Pool
MON.	10:00-10:45 am	Deeply Fit	Colleen	Main Pool
TUES.	9:00-10:00 am	Hydro Spin	Brenda	Main Pool
TUES.	9:45-10:30 am	Oodles of Noodles	Martina	Warm Water Pool
TUES.	10:00-10:45 am	Aqua Tabata	Colleen	Main Pool
TUES.	11:00-11:45 am	BackHab	Ann Marie	Warm Water Pool
WED.	9:45-10:30 am	Colleen's Choice	Colleen	Warm Water Pool
WED.	10:00-10:45 am	Aqua Combat	Joyce	Main Pool
WED.	7:15-8:30 pm	Aqua Volleyball	-	Warm Water Pool
THURS.	10:00-10:45 am	Calm Waters	Colleen	Warm Water Pool
THURS.	10:15-11:00 am	Total Aqua Mobility	Martina	Main Pool
THURS.	12:00-12:45 pm	AFA-Arthritis Class	Ann Marie	Warm Water Pool
FRI.	9:00-10:00 am	Aqua Volleyball	-	Warm Water Pool
FRI.	10:00-10:45 am	Joyce's Choice	Joyce	Main Pool

*Private Swim Lessons may be held simultaneously

Updated 4/6/26

SWIM TEAM

Sunday	MP	12:00–3:30 pm
Monday	MP	4:15–9:30 pm
Tuesday	MP	5:30–8:45 pm
Wednesday	MP	4:15–9:30 pm
Wednesday	WWP	5:00–5:45 pm
Thursday	MP	5:30–9:30 pm
Friday	MP	4:15–5:45 pm
Friday	MP	7:00–8:30 pm
Saturday	MP	7:00–9:00 am
Saturday	MP	1:30–2:30 pm

Rental Groups thru May 9

Monday	1:00–2:00 pm	WWP
Tuesday	1:00–2:00 pm	MP
Wednesday	1:30–2:30 pm	WWP
Thursday	1:00–2:00 pm	WWP
Friday	10:15–11:15 am	WWP

Birthday Parties

Saturday	Warm Water Pool	12:30–1:30 pm
Sunday	Water Water Pool	12:00–1:00 pm

MASTERS SWIM

Monday, Wednesday & Friday MP 5:45–6:45 am

WARRIOR UH20

Wednesday WWP 11:30 am–12:15 pm

RSB Fight Back UH20

Thursday WWP 11:00–11:45 am

ASAP Adaptive Swimming Aquatic Program

Friday WWP 6:20–7:20 pm
Sunday WWP 10:40–11:40 am

Dover PreK (4/15 & 4/22)

Wednesday WWP 10:30–11:30 am

LIFEGUARD CERTIFICATION COURSES

May 2 & 3
May 16 & 17
May 30 & 31
June 6 & 7
June 13 & 14
June 20 & 21
July 11 & 12

Schedules are subject to change.

SWIM LESSONS

Monday	WWP	4:00–7:00 pm
Tuesday	MP	4:00–5:30 pm
Tuesday	WWP	4:00–6:50 pm
Thursday	MP	4:00–5:30 pm
Thursday	WWP	4:00–7:20 pm
Friday	WWP	4:00–6:15 pm
Friday	MP	5:45–7:00 pm
Saturday	WWP	7:30 am–12:30 pm
Saturday	MP	9:00–11:30 am
Saturday	MP	12:25–1:00 pm

EVERYTHING LISTED ON THIS PAGE IS A PAID AQUATIC PROGRAM & REQUIRES REGISTRATION (With the exception of Warrior UH20–Free Program but requires registration) You can sign up online or at the Welcome Center.