



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOVER FOUNDATION YMCA POOL SCHEDULE

Monday

- 5:30am: Open Swim
- 8:15am– 9:15am: Deep Water Aerobics
- 9:15am – 10:15 Shallow Water Aerobics
- 10:15am: Open swim
- 6:00pm – 7:00pm: Splash Dance
- 7:00pm – 9:00pm: Open Swim

Tuesday and Thursday

- 5:30am: Open Swim
- 8:15am– 9:15am: Deep Water Aerobics
- 9:15am – 10:15 Shallow Water Aerobics
- 10:15am: Open swim
- 4:00pm – 5:00pm: Deep Water Aerobics
- 4:30pm – 5:30pm: Hydra Swim Practice
- 5:45pm – 6:30pm: Group Swim Lessons
- 6:30pm – 9:00pm: Open Swim

Wednesday

- 5:30am: Open Swim
- 8:15am– 9:15am: Deep Water Aerobics
- 9:15am – 10:15 Shallow Water Aerobics
- 10:30am – 12:30pm: Gym and Swim
- 12:30pm – 9:00pm: Open Swim

Friday

- 5:30am: Open Swim
- 8:15am– 9:15am: Deep Water Aerobics
- 9:15am – 10:15 Shallow Water Aerobics
- 10:15am – 8:30pm: Open Swim **** Kayak class will be held every other week 7pm–8pm****

Saturday

- 8:30am – 5:30pm: Open Swim

Sunday

- 1:30pm – 5:30pm: Open swim

****Our Second Grade swim program will be taking place February 6th– May 26th, please check with the welcome center on those times for each week!**



During swim team practices, water aerobics and other class at least one lap lane will remain open for member use.

**For more information please contact
the Dover YMCA Welcome Center:
(704) 484-9622**