

Dover Foundation YMCA Aquatics Schedule Nov.28th- Dec. 16th,2022

Monday -Thursday Hours: 5:00 am – 8:45 pm Friday Hours: 5:00 am – 6:45 pm	DESCRIPTION Lifeguards will manage capacity and follow required guidelines.
5:00 am - 6:00 am	Open Swim & Lap Swim (3 lanes available)
6:00 am - 6:45 am	Open Swim & Lap Swim (3 lanes available)
6:45 am - 7:00 am	Swimmers Break
7:00 am - 8:00 am	Deep Water Aqua-Fitness Class (Monday, Wednesday, Friday)
8:00 am - 9:00 am	Deep Water Aqua-Fitness Class (Monday thru Friday)
9:00 am - 10:00 am	Shallow Water Aqua-Fitness Class (Monday thru Friday)
10:00 am - 11:00 am	Lap Swim (3 lanes available) 2nd grade swim from 10:30-1:45 for 12/5-12-16
11:00 am - 12:00 pm	Open Swim & Lap Swim (3 lanes available)
12:00 pm - 1:00 pm	Lap Swim (3 lanes available) 2nd Grade Swim 12:30-1:45 for 11/28-12/2
1:00 pm - 1:45 pm	Lap Swim (3 lanes available)
1:45 pm - 2:00pm	Swimmers Break
2:00 pm – 3:00 pm	Lap Swim (3 lanes available)
3:00 pm - 4:00 pm	Open Swim & Lap Swim (3 lanes available)
4:00 pm - 5:00 pm	Open Swim & Lap Swim (1 lane available) Burns High School Swim Team 4pm-530pm M-F
5:00 pm - 5:45 pm	Open Swim & Lap Swim (3 lanes available)
5:45 pm – 6:00 pm	Swimmers Break
6:00 pm - 6:45 pm (Fridays)	Open Swim & Lap Swim (1 lane available) Pinnacle Classical Academy Swim Team 6pm-730pm Monday, Tuesday, Thursday, and Friday
7:00pm - 8:00pm	Open Swim & Lap Swim (3 lanes available)
8:00 pm - 8:45 pm (M-TR)	Open Swim & Lap Swim (3 lanes available)
SATURDAY Hours: 8:00 am – 3:45 pm	DESCRIPTION
8:00 am – 9:00 am	Open Swim & Lap Swim (3 lanes available)
9:00 am – 10:00 am	Open Swim & Lap Swim (3 lanes available)
10:00 am – 11:00 am	Open Swim & Lap Swim (3 lanes available)
11:00 am – 12:00 pm	Open Swim & Lap Swim (3 lanes available)
12:00 pm – 1:00 pm	Open Swim & Lap Swim (3 lanes available)
1:00 pm – 2:00pm	Open Swim & Lap Swim (3 lanes available)
2:00pm – 3:00pm	Open Swim & Lap Swim (3 lanes available)
3:00pm- 3:45pm	Open Swim & Lap Swim (3 lanes available)
SUNDAY Hours: 1:00 pm – 4:45 pm	DESCRIPTION
1:00 pm – 2:00 pm	Open Swim & Lap Swim (3 lanes available)
2:00 pm – 3:00 pm	Open Swim & Lap Swim (3 lanes available)
3:00 pm – 4:00 pm	Open Swim & Lap Swim (3 lanes available)
4:00 pm – 4:45 pm	Open Swim & Lap Swim (3 lanes available)