



CITY OF DOVER

PARKS AND RECREATION

Fall 2023

ACTIVITY & PROGRAM GUIDE

City of Dover Parks & Recreation

PO Box 475

Dover, DE 19903

10 Electric Avenue (Schutte Park)

Phone: (302) 674-7541 Open Gym: (302) 736-4443

Email: parks@dover.de.us

Web: cityofdover.com/parks-recs-home

Robin L. Eaton

Director



FITNESS FOR ADULTS

HIIT Boot Camp

This high intensity, interval training is a 45 minute workout that will sculpt and tone your body and burn the maximum amount of calories. All you need is your motivation to get started! Bring a bottle of water, mat, and a towel (if you have them). Hand weights are used for an added upper body & abdomen workout. Mindful movement is emphasized and low impact modifications are given for each exercise, making this class achievable for everyone. Instructor **Susan McCall Albanese** leads this class. **Activity Fee: \$25**

Just try it –
you know
you want
too!!

Activity #: HB09
Days: Mon & Wed
Dates: Sept. 6 - 27
Time: 5 – 5:45 PM
Activity Fee: \$25

Activity #: HB10
Days: Mon & Wed
Dates: Oct. 2 - 25
Time: 5 – 5:45 PM
Activity Fee: \$25

Activity #: HB11
Days: Mon & Wed
Dates: Oct. 30 – Nov. 22
Time: 5 – 5:45 PM
Activity Fee: \$25

Activity #: HB12
Days: Mon & Wed
Dates: Nov. 27 – Dec. 20
Time: 5 – 5:45 PM
Activity Fee: \$25

Soul Line Dance

Looking for a great way to exercise those extra pounds away, enhance your dance moves, and improve your coordination, all while meeting some great people? Well look no further, **C & K Soul Line Dancing** invites you to join us in learning many of the latest old and new school soul line dances. This is a great way to exercise your mind, body and spirit as you dance your way to a healthier, more fit you. Some examples include Uptown Funk, Spanish Fly, Biker's Shuffle and Cupids 2 x 4 Shuffle just to name a few. Dress in comfortable clothing and footwear. Also bring your own towel and water and prepare to have an awesome time. Taking place at the **John W. Pitts Recreation Center**. **Activity Fee: \$35** evening class session *Class dates are subject to change based on instructor availability of C & K Soul.*

Advanced Class - \$35

Activity #: SLA10
Day: Thursdays
Dates: Oct. 19 – Nov. 16
Time: 6:30 – 7:30 PM

Activity #: SLA12
Day: Thursdays
Dates: Nov. 30 – Dec. 28
Time: 6:30 – 7:30 PM

Intermediate Class - \$35

Activity #: SLI10
Day: Thursdays
Dates: Oct. 19 – Nov. 16
Time: 7:30 – 8:30 PM

Activity #: SLI12
Day: Thursdays
Dates: Nov. 30 – Dec. 28
Time: 7:30 – 8:30 PM

PLEASE NOTE: WE DO NOT OFFER REFUNDS OR CREDITS IF YOU REGISTER FOR A TRIP, CLASS OR PROGRAM AND THEN DO NOT ATTEND. IF THE PARKS & RECREATION DEPARTMENT HAS TO CANCEL A TRIP, CLASS, OR PROGRAM WE WILL MAKE ALL EFFORTS POSSIBLE TO NOTIFY PARTICIPANTS AND A REFUND OR PARKS & RECREATION CREDIT WILL BE ISSUED.

Be sure to create an online account with us for easy registration! Get started here:

<https://cityofdover.recdesk.com/Community/Home>

Dance with "E"ase!

Come out for an exciting evening learning the basics of "Ole School" (partner/couple/hand to hand) dancing. You will learn the Philly Bop, Cha Cha, Strand and the 2 step. Get those arms, legs and feet movin' and groovin' again. Taking place at the **John W. Pitts Recreation Center**. **Activity Fee:** \$30 or \$7 per class

Activity #: DE3

Day: Tuesdays

Dates: Oct. 3 – Nov. 7

Time: 6:30 - 8 PM

Activity #: DE4

Day: Tuesdays

Dates: Nov. 14 – Dec. 19

Time: 6:30 - 8 PM

**See you in
2024!**

Online Registration

<https://cityofdover.recdesk.com/community/home>

LEISURE TIME ACTIVITIES

DOVER WALKS



DoverWALKS

Promoting healthy lifestyles to our residents, including mature adults, mom's with strollers and walkers of all ages. Our goal is to promote walking while increasing your physical activity, remove barriers of weather & cost, promote walking as a family activity and build community pride. This FREE* program for City residents and seniors is a great way to get healthy, join friends for a walk and make new ones along the way. The **John W. Pitts Recreation Center** features a 1/13th mile indoor walking track. So get your sneakers and meet us for a walk. Typical hours are Monday – Friday, 7 am – 9:45 AM. (Activities & Special events may impact these hours.) **For complete details give us a call at 302-674-7541 or come on over and sign up!** *Open Gym Fee Schedule applies.



SENIOR SOFTBALL

Returning in January 2024!

BOCCE BALL

Yes, Bocce Ball! For mature adults will be starting soon on **Mondays** at the **John W. Pitts Recreation Center**. *Start date to be announced.* What is Bocce Ball you may ask? Bocce ball (pronounced baa-chee-baal), involves strategies of rolling big bowls (balls) toward a smaller target. The target is also known as a pallino or jack. Though this seems simple, the game involves a healthy measure of skill and precision. It's not the same as lawn bowling, though it is a close cousin. It's captivated people of all ages for centuries and shows no sign of fading into obscurity. If you've never played the game, it's time to get in on the fun. Check back with us for updated information and finalized details!

DAY TRIPS

NEW YORK CITY – Explore and shop the Big Apple on a Saturday. You will be dropped off and picked up in the vicinity of Radio City Music Hall to explore on your own. Departing from Dover promptly **at 7 am** and departing from New York City **at 7 PM**. The motor-coach will leave from the **John W. Pitts Recreation Center**. Sorry, we do not offer refunds if you miss the bus. **Activity Fee: \$65**



ONLINE REGISTRATION ENCOURAGED!

Activity #: NYC01

Date: Saturday, December 2

Activity Fee: \$65

Activity #: NYC02

Date: Saturday, December 16

Activity Fee: \$65

VOLUNTEER COACHES & SMART WHISTLES PROGRAM

Volunteers: We are always in need of volunteer coaches for our leagues. Interested? Contact Steve Pickering, Sports Coordinator, by calling (302) 736-7095.

Smart Whistles: As part of our assurance to quality programming and to keep our children safe, we require all volunteers to undergo a background check (We cover the fees associated with the background check.) Protecting our children is paramount to us and we know to you as well.

YOUTH ACTIVITIES, LEAGUES & SPORTS

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TAE KWON DO

Ages 4 – 18 years

Five Star Tae Kwon Do provides services to improve fitness for self-defense. The program empowers self-esteem, discipline, honor, self-control, respect, courtesy, perseverance and loyalty. The class instills individuals both mentally and physically. The first five students that sign up for class receive 20% off uniform fee. (Uniform fee is not included in activity fee, and will be paid directly to the instructor.) Taking place at the John W. Pitts Recreation Center. New “bring a buddy” program, check with the instructor for details! **Activity Fee: \$50**

Activity #: TKA (Ages 4 – 5 yrs)

Days: Mondays and Fridays

Dates: Nov. 6 – Jan. 12*

Time: 5 – 6 PM

***No Class:** November 10 & 24
December 22 & 25

Activity #: TKB (Ages 6 and up)

Days: Mondays and Fridays

Dates: Nov. 6 – Jan. 12*

Time: 6 – 7:30 PM

***No Class:** November 10 & 24
December 22 & 25

BE AN EARLY BIRD

Please register at least **ONE full week** prior to the start date noted. Waiting until the last minute to register may mean that you miss out on a great class due to the class being full or canceled due to lack of participants. Sign-up Early! Online registration is encouraged.

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WINTER YOUTH BASKETBALL LEAGUE

Birth Years 2010 - 2018

Our co-ed youth basketball league is geared for fun and an exciting way to learn the fundamentals of basketball. The league fills quickly, so sign up fast! One weeknight practice and games scheduled for Saturdays, all taking place at the **John W. Pitts Recreation Center**. Practices will start the week of **December 11th** and games will begin **January 6**. (Schedule is subject for change!) Activity Fee: \$50

Division	Eligibility	Practice Day
Pee Wee	youth born in 2017 & 2018	Mondays
Bantam	youth born in 2015 & 2016	Tuesdays
Intermediate	youth born in 2013 & 2014	Wednesdays
Junior	youth born in 2010, 2011 & 2012	Thursdays

ONLINE REGISTRATION <https://cityofdover.recdesk.com/Community/Home>



TRUNK OR TREAT

Thursday October 26th
 5:30pm-7:30pm
 Schutte Park Parking Lot

Spookily Sponsored By:




CANDY CANE HUNT

Family

Enjoy an evening of family fun hunting **candy canes**! Join us for a slice of pizza and then it's off to hunt for all types of candy canes. Bring a flashlight & something to gather your candy canes in. Pre-registration is mandatory. All participating members of the family must register and pay the activity fee. Space is limited! Make this even more fun, get a friend to sign up, too! Taking place at the **John W. Pitts Recreation Center** from **6:30 – 8 PM**. **Activity Fee: \$10**



Activity #: HA1

Time: 6:30 – 8 PM

Day: Friday

Date: December 8

BREAKFAST WITH SANTA

4 – 10 Years

Start off the holiday season with a delicious breakfast and visit from a very special guest! This fun-filled morning will feature Christmas music & carols, crafts, and a kid friendly breakfast. Most importantly, Santa will be here for Christmas wishes and photos. *(Sorry mom & dad breakfast is for kids only.)* **Pre-Registration is mandatory** as limited seating is available, sign-up, now! Held at the **John W. Pitts Recreation Center** from **9 – 10:30 AM**. **Activity Fee: \$10**



Activity #: HA2

Time: 9 – 10:30 AM

Day: Saturday

Date: December 9

A NIGHT AT THE POLAR EXPRESS

Family

It's family movie night at the **John W. Pitts Recreation Center**! Come out in your comfy clothes & bring your pillows to watch The Polar Express with us on the big screen! Hot chocolate & cookies will be served. Parents are free, however all children must register individually. Make this even more fun, get a friend to sign up, too! **Show time: 6:30 PM** and will run until the movie ends. **Activity Fee: \$10**

Activity #: HA3

Time: 6:30 PM

Day: Friday

Date: December 15

DROP N' SHOP

6 – 12 Years

Do you have holiday parties to attend, company coming to visit, shopping to finish, gift wrapping & need bows? Drop your kids off for a great night of fun while you finish all holiday details! Includes the evening activity of either the Candy Cane Hunt or Night at the Polar Express and a pizza with drink as a snack. Make this even more fun, get a friend to sign up, too! Taking place **John W. Pitts Recreation Center**.

Activity Fee: \$20

Activity #: HA4

Activity #: HA5

Time: 6 - 9 PM

Time: 6 - 9 PM

Day: Friday

Day: Friday

Date: December 8

Date: December 15

Online Registration

<https://cityofdover.recdesk.com/community/home>

YOUTH INDOOR SOCCER

Eligible Birth Years: TBA

Soccer fun on **Friday** nights at the **John W. Pitts Recreation Center**. This is not a league, no assigned teams just soccer fun. Space is limited to just 32 participants per age division. Shin guards are required. Online registration encouraged! <https://cityofdover.com/Community/Member/Login>

Activity Fee: \$30

Dates: January 13 – February 10

Division Information

Mites (birth years: 2010-2011)

PeeWee (birth years: 2012-2013)

Bantam (birth years: 2014-2015)

2024 Details coming soon!

BE AN EARLY BIRD

Please register at least **ONE** full week prior to the start date noted. Waiting until the last minute to register may mean that you miss out on a great class due to the class being full or canceled due to lack of participants.

Sign-up Early! Online registration is encouraged.

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COMMUNITY EVENTS



Please donate – donations benefit families in your community! Beginning **November 1 thru November 30**, non-perishable food will be collected & distributed to our local food banks. Join us in looking through the pantry or picking up an extra can or two of your favorites to donate. Donation boxes will be available at these **City of Dover locations: City Hall, Weyandt Hall, Dover Public Library and the John W. Pitts Recreation Center.**

Capital Holiday Festival

November 30

Bring the family downtown and help us kick off the Holiday Season with our annual tree lighting including special guests & of course, the most popular man of the season – Santa!!

Food Drive donation station will be set up on Lookerman Street. 5 – 8 PM Downtown Dover

Just some notes....

Please note at the time of this printing all information was as accurate as possible, however there are times we have to make changes to ensure the best quality programming for our customers that are practicable for the City of Dover Parks & Recreation Department.

ONLINE Registration is strongly encouraged!

<https://cityofdover.recdesk.com/community/home>

Youth Participation in Fitness Programs: Youth ages 12 to 18 may enroll in any class, unless noted otherwise, as long as a parent is enrolled in the class and in attendance.

Should you have any questions, please call us at (302) 674-7541 or visit us on the web at: www.cityofdover.com/parks-recs-home or stop by the John W. Pitts Recreation Center located at 10 Electric Ave, Dover (Schutte Park).

We're on Facebook – find us at 'City of Dover Recreation'

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Recreation - Registration Information

Registration Highlights

- * **Registrations must include full payment with completed & signed registration form.**
- * **No refunds or credit certificates will be given unless Recreation staff cancel the activity.**
- * **If you miss your activity, we do not offer credits or refunds.**
- * **No credits/discounts on late activity registrations.**

Program Cancellation

Programs are subject to cancellation if the minimum requirement is not met.

Registration Process

Registrations are accepted at the John W. Pitts Recreation Center, online, and by mail. Registration is required & all fees must be paid prior to participation in a program. Many programs fill quickly, so we encourage early registration.

Credits / Refunds

We do NOT issue credits/refunds unless the program is cancelled by the City of Dover Recreation Division. We will contact you in this event.

Cancellation/Relocation Information Line

Weather conditions have you wondering if a City of Dover Recreation Division event is still taking place? Just call 736-7155 for updated program information!



Building & Pavilion Rentals

JWP Recreation Center has rental space available for meetings & special occasions. Also, pavilion rentals are available in Dover Park, Schutte Park, and Silver Lake Park. A minimum of two (2) weeks notice is necessary for these rentals. For a complete list of rules, rate information, and date availability, give the City of Dover Parks & Recreation Dept. a call at (302) 674-7541.

Oops! Oops!! Oops!!!

At the time of print, we deem all information to be correct. We strive to be as accurate as possible; however, programs and program information is subject to change without notice.

Don't miss out!

Nothing cancels a great activity quicker than participants waiting until the last minute to register. If the minimum registration requirement is not met 1 week prior to the start date the program is subject to cancellation. Calling the day before or even showing up the day of the activity to sign-up won't save the program! Register Early!

Open Gym Hot Line
302-736-4443 updated daily, call to get today's open gym times at the Pitts Recreation Center!

Help Take Care of the Parks

Keeping our City of Dover Park areas beautiful, clean, and safe starts with YOU!

- Report graffiti to 302-674-7541
- Pick up after Fido
- Respect park grounds
- Clean up your trash
- Keep music on low volume
- No driving on the grass
- Park Hours: Dawn to Dusk

Following these rules will help keep our parks enjoyable all year long!



BUS TRIP POLICY

- ⇒ Registrations must be received before the deadline.
- ⇒ Trips are subject to cancellation for inclement weather. *(We will attempt to notify participants in this case.)*
- ⇒ Trips are subject to cancellation if the minimum participant requirement is not met.
- ⇒ Registrations accepted on a first-paid first-served basis.
- ⇒ Travel times are approximate.
- ⇒ The bus will NOT wait for you.
- ⇒ Those under 18 years must be accompanied by an adult.
- ⇒ No stops will be made for individual needs.
- ⇒ No refunds if you cancel your trip or fail to show.

Disability Related Accommodations

If you would like to participate in these activities & require disability related accommodations, please call our office at (302) 736-7050. You may reach TTY/TDD operator services by dialing 1-800-855-1155.

ACTIVITY REGISTRATION FORM

Please read the Registration Highlights on the Information Page before registering.

ADULT PARTICIPANT/CHILD (UNDER 18) GUARDIAN INFORMATION				<i>Please print and fill out completely</i>	
First Name	MI	Last Name	Date of Birth		
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>		
Mailing Address					
<input type="text"/>					
City,	State	Zip	Parent/Guardian Date of Birth		
<input type="text"/>			<input type="text"/>		
Primary Phone Number		Secondary Phone Number			
<input type="text"/>		<input type="text"/>			
Does your child have any allergies?					
<input type="text"/>					

PARTICIPANT #1

First Name	MI	Last Name	Sex	Birth Date (mm-dd-yy)	Age	Grade
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
ACTIVITY #	ACTIVITY NAME		ACTIVITY FEE			
<input type="text"/>	<input type="text"/>		<input type="text"/>			
<input type="text"/>	<input type="text"/>		<input type="text"/>			

PARTICIPANT #2

First Name	MI	Last Name	Sex	Birth Date (mm-dd-yy)	Age	Grade
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
ACTIVITY #	ACTIVITY NAME		ACTIVITY FEE			
<input type="text"/>	<input type="text"/>		<input type="text"/>			
<input type="text"/>	<input type="text"/>		<input type="text"/>			

Payment Amount & Type	
Total Due: _____	Checks to: City of Dover
Payment Amount & Type	
Cash	Check MC/Visa/Disc Other <i>Please circle</i>

Submit your registration by:

Mail: City of Dover Recreation, 10 Electric Ave., Dover, DE 19904

Fax: w/Credit Card Info.: 302-678-2674

Phone: w/Credit Card Info.: 302-674-7541

ONLINE REGISTRATION RECOMMENDED

<https://cityofdover.recdesk.com/Community/Home>

RELEASE STATEMENT:

I understand that the City of Dover provides no medical coverage for participants unless specified, and that all bills which may be incurred as a result of an activity-related injury are my responsibility. I hold harmless the City of Dover and all other parties involved in the conduction of these activities. I agree that any photographs taken during the event shall become and remain the property of the City of Dover, and that the City of Dover shall have the right to use such photographs and/or films whenever so desired free of any claims on my behalf.

Signature of adult participant /If under 18, parent/legal guardian Date

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