

# CITY OF DOVER PARKS AND RECREATION

# **WINTER 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 Fax: (302) 678-2674 Email: parks@dover.de.us

Web: cityofdover.com/parks-recs-home

Robin L. Eaton Director











# FITNESS FOR ADULTS

# **HITT BOOT CAMP**

This high intensity, full body, 45 minute workout that will sculpt and tone your body and burn the maximum amount of calories. All you need is your body weight, a bottle of water, mat, and a towel. 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 new class. **Activity Fee:** \$25 (unless otherwise noted.)

Activity #: HB01 Activity #: HB02 Activity #: HB03 Activity #: HB04 Days: Mon & Wed Days: Mon & Wed Days: Mon & Wed Days: Mon & Wed **Dates**: Jan. 4 – 30\* **Dates**: Feb. 1 – 27\* Dates: March 1 - 27 Dates: April 3 - 26 Time: 5:15 - 6 PM **Time:** 5:15 – 6 PM **Time:** 5:15 – 6 PM **Time:** 5:15 – 6 PM Activity Fee: \$20 Activity Fee: \$20 Activity Fee: \$25 Activity Fee: \$25 No Class: Jan. 16 No Class: Feb. 20

# **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 per class session. *Class dates are subject to change based on instructor availability of C & K Soul.* 

Advanced Class - \$35	Intermediate Class - \$35
Activity #: SLA01 Day: Thursdays Dates: Jan. 5 – Feb. 2 Time: 6:30 – 7:30 PM	Activity #: SLI01 Day: Thursdays Dates: Jan. 5 – Feb. 2 Time: 7:30 – 8:30 PM
Activity #: SLA02 Day: Thursdays Dates: Feb. 9 – March 9 Time: 6:30 – 7:30 PM	Activity #: SLI02 Day: Thursdays Dates: Feb. 9 – March 9 Time: 7:30 – 8:30 PM
Activity #: SLA03 Day: Thursdays Dates: March 16 – April 13 Time: 6:30 – 7:30 PM	Activity #: SLI03 Day: Thursdays Dates: March 16 – April 13 Time: 7:30 – 8:30 PM

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 #: DE5Activity #: DE6Activity #: DE7Day: TuesdaysDay: TuesdaysDay: Tuesdays

 Dates: Jan. 10 – Feb 14
 Dates: Feb. 21 – March 28
 Dates: April 4 – May 9

 Time: 6:30 - 8 PM
 Time: 6:30 - 8 PM
 Time: 6:30 - 8 PM

# **LEISURE TIME ACTIVITIES**

# **DOVER WALKS**



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 1/13<sup>th</sup> 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.



# INDOOR SENIOR SOFTBALL

Fun indoor pick-up softball games for the 55+ crowd! **Tuesdays & Thursdays** beginning **January 24** thru **March 14** from **10 am - Noon**. This open gym activity is open to all seniors (men & women) ages 55 and up and all skill levels are welcomed. There are **no residency requirements or fees required**. Show up, complete the open gym paperwork & play! We don't worry about dropping or misjudging fly balls, striking out, missing ground balls, bad throws, or having back-to-back senior moments, as we have all done that, and will likely do it again. We are thankful we can still play at all, sometimes. So what do you need to play: Fielders Glove, Bat (or use someone else's), and a desire to have fun. Call 674-7541 to find out more!



# **DAY TRIPS**

## PHILADELPHIA FLOWER SHOW

"The Garden Electric"

### **ONLINE REGISTRATION ENCOURAGED!**

That spark of joy that comes while giving or receiving flowers — this is the moment captured by The Garden Electric. From the dazzling array of colors, unique shapes and textures, and rich fragrances of gorgeous floral displays and gardens come feelings of excitement and celebration. This year's theme brings the electrifying presence of today's most dynamic designers of floral arrangements, lush gardens, and landscapes to visitors from around the world. The motorcoach will depart from Schutte Park at 8 AM and depart from Philly at 3 PM. Activity fee includes round trip bus transportation and admission ticket to the flower show. Register online at: www.cityofdover.recdesk.com/community/home or call (302) 674-7541 with your credit card payment. In person registration is accepted at the John W. Pitts Recreation Center (Schutte Park).

Activity #: PHL

Date: Wednesday, March 8

Activity Fee: \$68

# YOUTH ACTIVITIES, LEAGUES & SPORTS

TAE KWON DO

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. (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

Ages: 4 – 5 years Ages: 6 – 18
Activity #: TKDA Activity #: TKDB

**Days:** Tuesdays and Fridays **Days:** Tuesdays and Fridays **Dates:** March 7 – April 25\* **Dates:** March 7 – April 25\*

**Time:** 5 - 6 PM **Time:** 6 - 7:30 PM

\*No Class: Friday, April 7 \*No Class: Friday, April 7

Ages: 4 –5 years Ages: 6 – 18
Activity #: TKDA Activity #: TKDB

Days: Tuesdays and Fridays
Dates: May 2 – June 21
Dates: May 2 – June 21
Time: 5 - 6 PM
Days: Tuesdays and Fridays
Dates: May 2 – June 21
Time: 6 – 7:30 PM

### FOR HER BASKETBALL

Grades 3 - 8

Ages 4 - 18 years

For Her Basketball is a **girls only** program taught by all female instructors that know the game. This is a great way to learn fundamentals and skill development in a safe and supervised environment. Taking place at the **John W. Pitts Recreation Center**. **Activity Fee:** \$20

Activity #: BB
Day: Wednesdays
Dates: April 5 – May 24
Time: 6 – 7:30 AM

# **YOUTH BASKETBALL CLINICS**

Ages 6 - 12 Years

These clinics will be focused on fundamentals and skill development for the young player. Taking place at the **John W. Pitts Recreation Center.** Activity Fee: \$20

Clinic Night: Tuesdays Dates: April 4 – May 9

Clinic 1	Clinic 2	Clinic 3
Ages 6 & 7	Ages 8 & 9	Ages 10 - 12
5:45 – 6:45 PM	5:45 – 6:45 PM	6:45 – 7:45 PM

## SPRING BREAK CAMP

6 - 12 YEARS

We have your child's spring break covered with a fun & affordable week of camp. Campers will play both inside and out (weather permitting). Games, sports, craft activities and more! Campers will need to pack their lunch each day. Held at the **John W. Pitts Recreation Center** (Schutte Park). (We do not offer before or after care.) **Activity Fee:** \$100

Activity #: SC

Days: Monday - Friday Dates: April 10 – 14 Time: 7:30 AM – 5 PM



## **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 INDOOR SOCCER

Parent Volunteer Coaches are the key to a successful program. Coaches are needed! Interested? Call Steve Pickering at (302) 736-7095 or email him at: spickering@dover.de.us.

Our league offers participants an inexpensive entry level soccer program! This spring recreational soccer league will provide an environment which emphasizes fun, safety, participation, skills development and the proper attitude toward competition. All divisions of play are determined by year of birth. All age groups are co-ed. Registration fee includes a team t-shirt. Players are responsible for providing their own shin guards & socks. Individual registration only. All practices & games will be held at Schutte Park. Practice and game schedules will be posted on the City of Dover website once team assignments have been completed. Activity Fee: \$40

**GAME INFO** 

Game Days: Saturdays\*

**Game Times:** 9:00 am - 2:00 pm

Games Start: April 29

**Location:** Schutte Park

**PRACTICE INFO** 

**Practice Days:** 1 Weeknight Per Week

Practices Start: April 17

Eligible Birth Years: 2010 - 2018

**Practice Times:** 5:45 pm Weeknights

**Location**: Schutte Park

\*Due to scheduling issues, some games may be scheduled on weeknights.

# **Division by Birth Year**

Mini-Mites Birth Year: 2018

 Mites
 Birth Year: 2016 & 2017

 Pee Wee
 Birth Year: 2013, 2014 & 2015

 Bantam
 Birth Year: 2010, 2011 & 2012

# ANNUAL EGG HUNT

Kids 10 and under

Kids bring your baskets and be ready to gather eggs left by the Schutte Park bunnies. This FREE annual event is a hopping good time for all kids 10 and under, registration is not necessary. The hunt starts promptly at NOON on the City of Dover softball fields in Schutte Park.

Don't be late, the hunt only lasts a few minutes!!

Date: Saturday, April 1

# **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.

Be sure to create an online account with us for easy registration! ONLINE REGISTRATION LINK: https://cityofdover.recdesk.com/Community/Home

# May is National Bicycle Month!

# BIKE TO WORK DAY - DOVER THURSDAY, MAY 18

Join us as we celebrate bicycling by stopping by our Bike To Work Day social on Thursday, May 18th.

Together with our friends from RideShare Delaware, KCMPO and DelDOT we will be handing out free t-shirts and other fun give-a-ways to those who ride their bikes to work! Peddle on over to the **Dover Public Library** between **7:30** am – **8:30** AM to be a part of the fun.

Looking for a place to park and join in an organized ride for the day? Park at Schutte Park for the day and peddle with us! We will lead a group from Schutte Park to the Dover Public Library for this event. **Ride leaves Schutte at 7:30 AM.** 



# RIDE OF SILENCE WEDNESDAY, MAY 17

Join the City of Dover's **Ride of Silence** as we participate in the 21<sup>st</sup> annual worldwide event to memorialize those who lost their life while bicycling. The ride will **start and end at Silver Lake Park** (Washington Street) entrance. The ride route will be escorted by the Dover Police Department, taking cyclists from Silver Lake Park across Park Drive on the Capital City Trail looping around Legislative Mall over to State Street and returning to the Silver Lake Park area. Families are welcome, all participants must wear a helmet. Following a brief event blessing, the **ride starts promptly at 7 PM**.

Other Fun Dates to mark on the calendar:

April 22 - Dover Duathlon with a new partners and a new starting point! Check it out at: <a href="https://runsignup.com/Race/DE/Dover/DELAWARESPRINTDUATHLON">https://runsignup.com/Race/DE/Dover/DELAWARESPRINTDUATHLON</a>

# Monday, June 19 - FREE - Youth Fishing Derby Silver Lake Park, Dover

June 2023 - Super Summer Playground and Camp Small Wonder

June 2023 - Lots of Sports Camps will be coming your way - volleyball, soccer, field hockey & more!!

# June 2023 - Spring & Summer Performing Arts on the Green Program Sponsors Needed!!

# 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.

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.

Should you have any questions, please call us at (302) 674-7541 or visit us on the web at: <a href="https://www.cityofdover.com/parks-recs-home">www.cityofdover.com/parks-recs-home</a> 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'



# With The Delaware Division of Fish and Wildlife's Aquatic Resources Education Center

This is a free opportunity for kids age 6 to 15 to learn about the relaxing sport of fishing. We feature activity stations, prizes, plus the opportunity for your child to fish. Kids can learn about getting started, fishing tips, where to fish and the gear you need to fish on your own. Come spend some quality time with your family at one of Delaware's beautiful ponds! All equipment is provided.

The program is free, but pre-registration is required. You can register by sending an email with your name and the number in your group to: mary.rivera@delaware.gov.

Participants age 16 and older are required to have a Delaware fishing license.

# Take A Kid Fishing Event at Silver Lake in Dover:

9:30 a.m.-12:30 p.m., Wednesday, April 12, Silver Lake Park

Additional Take a Kid Fishing! dates for 2023 will be posted at de.gov/takf











**For Her Basketball** is a girls only program taught by all female instructors that know the game. This is a great way to learn fundamentals and skill development in a safe and supervised environment.

Who: Girls in 3rd thru 8th grade

When: Wednesdays Time: 6 - 7:30 PM

Dates: April 5 - May 24 Activity Fee: \$20

Where: John W. Pitts Recreation Center (Schutte Park)

Register on! line: https://cityofdover.recdesk.com/Community/Home cf']b! dYfgcb. \*\*\b'K "'D]hg'FYWYUh]cb'7YbhYf'fGWli hhY'DUf\_k

Have questions? Please call (302) 674-7541

### Brought to you by:

City of Dover Parks & Recreation

John W. Pitts Recreation Center 10 Electric Avenue Dover DE 19904

Phone: 302-674-7541 Email: parks@dover.de.us

Web: www.cityofdover.com/parks-recs-home



# City of Dover Parks & Recreation Youth Soccer League

Spring 2023

Eligible Birth Years: 2010 - 2018

Parent Volunteer Coaches are the key to a successful program. Coaches are needed! Interested? Call Steve Pickering at (302) 736-7095 or email him at: spickering@dover.de.us.

Registration Opens: Feb. 10, 2023

Our league offers participants an inexpensive entry level soccer program! This spring recreational soccer league will provide an environment which emphasizes fun, safety, participation, skills development and the proper attitude toward competition. All divisions of play are determined by year of birth. All age groups are co-ed. Registration fee includes a team t-shirt. Players are responsible for providing their own shin guards and socks. Individual registration only. All practices & games will be held at Schutte Park.

Activity Fee: \$40

Team assignments, practice and game schedules will be emailed and posted on the City of Dover website once completed..

**GAME INFO** 

Game Days: Saturdays\*
Game Times: 9 am - 2 pm
Games Start: April 29

**Location:** Schutte Park

**PRACTICE INFO** 

Practice Days: 1 Night Per Week

Practices Start: April 17

Practice Times: 5:45 pm Weeknights

**Location**: Schutte Park

\*Due to scheduling issues, some games may be scheduled on weeknights.

### **Division by Birth Year**

Mini-Mites

Birth Year: 2018

Mites

Birth Year: 2016 & 2017

Pee Wee

Birth Year: 2013, 2014 & 2015

Bantam

Birth Year: 2010, 2011 & 2012

\*Mini-Mites may be transferred to Mites depending on registration.

Online Registration Recommended: <a href="https://cityofdover.recdesk.com/Community/Home">https://cityofdover.recdesk.com/Community/Home</a>

You may also register in person at the John W. Pitts Recreation Center, 10 Electric Avenue, Dover (Schutte Park). For additional information, please call (302) 674-7541.







# 2023 Spring Co-Ed Volleyball League

# **2023 Spring League Information**

- Team Registration Only / Team Entry Fee of \$300
- Register your team ONLINE by March 20
- All players will register online directly to their team roster. In order for players to begin registration team names must be submitted by March 20
- Season consists of an 8 match regular season plus playoffs
- Games held on Thursday evenings
- League matches begin March 30
- All matches held at the John W. Pitts Recreation Center
- Game times: 6:00, 6:55 or 7:50 pm

# **ONLINE REGISTRATION:**

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

To pay by check or cash, please call 302-674-7541.

Your players will still need to register online.







# Dover Duathlon

# Saturday April 22, 2023

8:00 AM at Schutte Park

10 Electric Ave, Dover, DE

1.5 Mile Run, 12.5 Mile Bike, 1.5 Mile Run







Register using this link or QR Code:

https://runsignup.com/Race/DE/Dover/ DELAWARESPRINTDUATHLON



Cost: \$50.00 through March 22 \$58.00 from March 23—April 20 \$65.00 on April 21—22

Delaware State University's
Women's Triathlon team will host
a special clinic with course
review, transition tips, and a race
briefing at packet pick-up on
Friday, April 21st at Schutte Park at
5:00PM.

Contact Race Director/DSU Coach Hannah Paoli Loftus at hloftus@desu.edu with questions.

- Awards to the top three finishers in five-year age groups
- Participant t-shirts
- Raffle for a cruiser bike
- Pride and bragging rights if you beat a member of the DSU Triathlon team

# Presented by:







# 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 minimun requirement is not met.

# Registration Process

Registrations are accepted at the John W. Pitts Recreation Center, over the phone, 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 <u>unless</u> 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 302-736-7155 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 mimimum 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 Recreation Division 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 minimun 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 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 nofity participants in this case.)
- ⇒Trips are subject to cancellation if the minium umparticipant requirement is not met.
- ⇒ Registrations accepted on a firstpaid first-served basis.
- ⇒Travel times are approximate.
- ⇒ThebuswillNOTwaitforyou.
- ⇒Those under 18 years must be accompanied by an adult.
- ⇒ No stops will be made for individual needs.
- ⇒Norefunds if you cancel your trip or fail to show.

# Disability Related Accomodations

If you would like to participate in these activities & require disability related accomodations, 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		Please print and fill out completely
First Name	MI Last Name	Date of E	Birh Dover Resident  Non-Resident
Mailing Address		I	Yes, send me email updates to:
City, State Zip		Parent/Guardian Date of Birth	How did you hear about us:  Friend Website Program Guide Other
Primary Phone Numbe	r Seco	ondary Phone Number	**YOUR EMAIL ADDRESS** IMPORTANT
Participant #1			
First Name	MI Last Name		Sex Birth Date (mm-dd-yy) Age Grade
Activity #	ACTIVITY NAME	ACTIVITY FEE	
PARTICIPANT #2 First Name	MI Last Name		Sex Birth Date (mm-dd-yy) Age Grade
ACTIVITY #	ACTIVITY NAME	ACTIVITY FEE	Payment Amount & Type
			Total Due: Checks to: City of Dover  Payment Amount & Type  Cash Check MC/Visa/Disc Other Please circle
Mail: City of Dover F Fax: w/0 Phone: w	Permit your registration by: Recreation, 10 Electric Ave., Dover, DE 19904 Credit Card Info.: 302-678-2674 Credit Card Info.: 302-674-7541	all bills which may be incurred as a resul the City of Dover and all other parties in photographs taken during the event shal	RELEASE STATEMENT:  ides no medical coverage for participants unless specified, and that t of an activity-related injury are my responsibility. I hold harmless volved in the conduction of these activities. I agree that any I become and remain the property of the City of Dover, and that the such photographs and/or films whenever so desired free of any
	GISTRATION RECOMMENDED  ver.recdesk.com/Community/Home	If you would like to participate in t	t /If under 18, parent/legal guardian Date  These activities and need disability related accommodations,  You may reach TTY/TDD operator services by dialing  1-800-855-1155.