



CITY OF DOVER

PARKS AND RECREATION

WINTER & Spring 2024

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

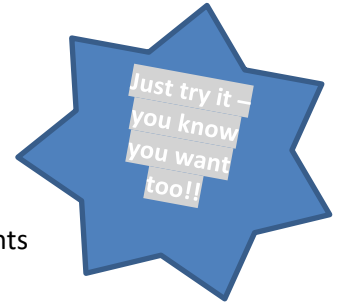
Director



FITNESS FOR ADULTS

HIIT Boot Camp

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**



Activity #: HB01
Days: Mon & Wed
Dates: January 3 - 31
Time: 5 – 5:45 PM

Activity #: HB02
Days: Mon & Wed
Dates: February 5 - 28
Time: 5 – 5:45 PM

Activity #: HB03
Days: Mon & Wed
Dates: March 4 - 27
Time: 5 – 5:45 PM

Activity #: HB04
Days: Mon & Wed
Dates: April 8 - 29
Time: 5 – 5:45 PM

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. 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 #: SLA01
Day: Thursdays
Dates: Jan. 11 – Feb. 1
Time: 6:30 – 7:30 PM

Activity #: SLA02
Day: Thursdays
Dates: February 8 - 29
Time: 6:30 – 7:30 PM

Activity #: SLA03
Day: Thursdays
Dates: March 7 - 28
Time: 6:30 – 7:30 PM

Intermediate Class - \$35

Activity #: SLI01
Day: Thursdays
Dates: Jan. 11 – Feb. 1
Time: 7:30 – 8:30 PM

Activity #: SLI02
Day: Thursdays
Dates: February 8 – 29
Time: 7:30 – 8:30 PM

Activity #: SLI03
Day: Thursdays
Dates: March 7 - 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://cityofdoover.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 #: DE5

Day: Tuesdays

Dates: Jan. 2 – Feb. 6

Time: 6:30 - 8 PM

Activity #: DE6

Day: Tuesdays

Dates: Feb. 13 – March 29

Time: 6:30 - 8 PM

Activity #: DE7

Day: Tuesdays

Dates: March 26 – April 30*

Time: 6:30 - 8 PM

*No Class: April 2

LEISURE TIME ACTIVITIES

DOVER WALKS



DoverWALKS

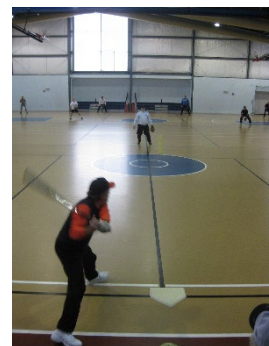
Promoting healthy lifestyles to our residents, including mom's with strollers and walkers of all ages. Our goal walking while increasing your physical activity, remove weather & cost, promote walking as a family activity and build pride. This FREE* program for City residents and seniors is a great healthy,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



mature adults, is to promote barriers of community way to get **The John W.** So get your 7 am – 9:45 **complete** *Open Gym Fee

SENIOR SOFTBALL

Fun indoor pick-up softball games for the 55+ crowd! **Tuesdays & Thursdays** beginning **now** thru **March 12** from **10:15 am – 12:15 pm**. 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!



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!



2024 Spring Co-Ed Volleyball League

2024 SPRING LEAGUE INFORMATION

- Team Registration Only / Team Registration Fee of \$300
- Register your team ONLINE by March 25
- All players will register online directly to their team roster. In order for players to begin registration, team names must be submitted by March 25.
- Season consists of an 8 match regular season schedule plus playoffs
- Games held on Thursday evenings
- League matches begin April 4
- All matches held at the Pitts Center
- Game times: 6:00, 6:55 or 7:50 pm

ONLINE REGISTRATION:

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

To pay by check or cash, please call (302)736-7095

Your players will still need to register online.



DAY TRIPS

PHILADELPHIA FLOWER SHOW – *United by Flowers*

A celebration of the community that blooms each Spring at the annual PHS Philadelphia Flower Show – a moment when hundreds of thousands from the region, East Coast, and the world share in a week-long magnification of the transformative power of gardening. In this fragmented works of consistently changing landscapes, everyone who participates – from the exhibitors and the competitors to artisans and guests – brings their passion and enthusiasm to the Pennsylvania Convention Center to co-create this unique event that proudly puts this vibrant and colorful collective on display. The motorcoach will leave from the John W. Pitts Recreation Center. Sorry, we do not offer refunds if you miss the bus. Activity Fee: \$70

Activity #: PHL

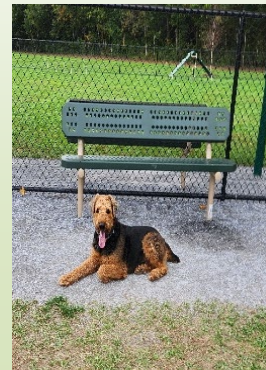
Date: Wednesday, March 6

Activity Fee: \$70

ONLINE REGISTRATION ENCOURAGED!

DID YOU KNOW, WE HAVE A...

DOG PARK AT SCHUTTE PARK! Officially the Dog Park offers separate large & small dog areas and a ball throw area. Fun agility obstacles make it more fun your furry pups to play on, too! Hours are dawn to dusk daily, with the exception of Tuesday mornings for maintenance.



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

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.

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. (Optional: 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. **Activity Fee: \$50**

Activity #: TKA (Ages 4 – 5 yrs)

Days: Wednesdays & Fridays

Dates: Feb. 21 – April 15*

Time: 5:50 – 6:50 PM

***No Class:** March 29

Activity #: TKB (Ages 6 and up)

Days: Wednesdays & Fridays

Dates: Feb. 21 – April 15*

Time: 6:50 – 7:50 PM

***No Class:** March 29

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! Get started here:

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

YOUTH SPRING SOCCER LEAGUE

Eligible Birth Years: 2011 - 2019

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@doher.de.us.

Our league offers participants an inexpensive entry level recreational youth soccer program. The league will provide an environment which emphasizes fun, safety, participation, skill development and the proper attitude toward competition. All divisions of play are determined by year of birth. All divisions 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**

GAME INFO

Game Days: Saturdays*

Game Times: 9 am - 2 pm

Games Start: April 27

Location: Schutte Park

PRACTICE INFO

Practice Days: 1 Night Per Week

Practices Start: April 15

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: 2019
Mites	Birth Year: 2017 & 2018
Pee Wee	Birth Year: 2014, 2015 & 2016
Bantam	Birth Year: 2011, 2012 & 2013

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

Online Registration Recommended: <https://cityofdoher.recdesk.com/Community/Home>

FOR HER BASKETBALL

Grades 3 – 8

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 10 – May 15

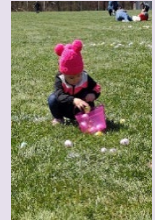
Time: 6 – 7:30 PM

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, March 23 at Noon



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 #: SBC

Days: Monday - Friday

Dates: April 1 - 5

Time: 7:30 AM – 5 PM

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! Get started here: <https://cityofdover.recdesk.com/Community/Home>

COMMUNITY EVENTS

Dover Duathlon **April 20th at Schutte Park, Dover**

Description

The 2024 course distances will be: Run 1.5 miles, bike 13.5 miles, and then run 1.5 miles again. The Dover Duathlon will be timed by [Lin-Mark Sports](#) of Cape Coral Florida.

Delaware State University's Women's Triathlon team will host a special clinic with course review, transition tips, and a race briefing with packet pick-up on Friday, April 19th at Schutte Park at 5:00pm

Registration is available at this link: <https://www.trisignup.com/Race/Register/?raceld=142216>

ENTRY OPENS ON JAN 5, 2024 AT 12:01 AM New for 2024 - Relay Division!

Brought to you by: City of Dover Parks & Recreation, Delaware State University Triathlon and Dave's Road Bikes

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, 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.

Credit Cards/Checks - NSF

Credit card transactions and/or checks that are returned for non-payment will result in a \$40 Charge Back/NSF fee.

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 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 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
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 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				Please print and fill out completely	
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"/>	<input type="text"/>	<input type="text"/>		
Primary Phone Number		Secondary Phone Number			
<input type="text"/>		<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: <input type="text"/>	Checks to: City of Dover
Payment Amount & Type	
Cash	Check MC/Visa/Disc Other <small>Please circle</small>

Submit your registration by:

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

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

If you would like to participate in these activities and need disability related accommodations, please call 302-674-7541. You may reach TTY/TDD operator services by dialing 1-800-855-1155.