



CITY OF DOVER PARKS AND RECREATION

WINTER 2020



ACTIVITY & PROGRAM GUIDE

City of Dover Parks & Recreation

PO Box 475

Dover, DE 19903

Office Location: 10 Electric Avenue (Schutte Park)

Phone: (302) 674-7541 or 736-7050

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

Web: cityofdover.com/parks-recs-home

Robin Eaton,

Director



FITNESS FOR ADULTS



ZUMBA® with Jen

Dance your way to a more fit you! Exciting & unique Latin moves & rhythms. Zumba® is a high energy Latin dance in a fitness class setting. Made for all levels of fitness & you don't even have to know how to dance. Participants should bring water. **Instructor Jennifer Tunis.** Taking place in the **John W. Pitts Recreation Center.** **Activity Fee: \$7**

Activity #: ZM01	Activity #: ZM02	Activity #: ZM03	Activity #: ZM04
Day: Monday	Day: Monday	Day: Monday	Day: Monday
Dates: January 6	Dates: February 3	Dates: March 2	Dates: April 6
Time: 5:25 - 6:15 PM	Time: 5:25 - 6:15 PM	Time: 5:25 - 6:15 PM	Time: 5:25 - 6:15 PM

POWER YOGA 30

A powerful, dynamic & sweaty all levels class designed to challenge, awaken, detoxify & purify every system, muscle and tissue of the body. This energetic flow style class guides students towards greater awareness of self, personal transformation and empowerment. It will sculpt, tone and condition both your body and mind. This class is appropriate for all levels. Modifications & variations are encouraged to support each person's fitness level. Certified Power Yoga instructor **Susan McCall Albanese** will lead this class at the **John. W. Pitts Recreation Center.** **Activity Fee: \$25**

Activity #: PY01	Activity #: PY02	Activity #: PY03	Activity #: PY04
Day: Tues. & Thur.	Day: Tues. & Thur.	Day: Tues. & Thur.	Day: Tues. & Thur.
Dates: January 7 - 30	Dates: February 4 - 27	Dates: March 3 - 26	Dates: March 31 – April 23
Time: 5:30 – 6:00 PM	Time: 5:30 – 6:00 PM	Time: 5:30 – 6:00 PM	Time: 5:30 – 6:00 PM

STEP AND TONE 30

Do you want to lose weight and trim inches while building muscle? Then this class is for you. A dynamic workout with timed cardio drills and interval weight training, using your body weight to rev up your metabolism and burn fat FAST. Let's step to it!! Certified personal trainer and fitness specialist **Susan Albanese from Healthy Bodies For Today.** Held at the **John W. Pitts Recreation Center.** **Activity Fee: \$25**

Activity #: ST01	Activity #: ST02	Activity #: ST03	Activity #: ST04
Day: Tues. & Thur.	Day: Tues. & Thur.	Day: Tues. & Thur.	Day: Tues. & Thur.
Dates: January 7 - 30	Dates: February 4 - 27	Dates: March 3 - 26	Dates: March 31 – April 23
Time: 5 – 5:30 PM	Time: 5 – 5:30 PM	Time: 5 – 5:30 PM	Time: 5 – 5:30 PM

BE AN EARLY BIRD! Program size is purposefully managed. Be advised that our activities & classes have minimum & maximum enrollment criteria. 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!

SOUL LINE DANCING

Looking for a great way to exercise those holiday 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 The Wobble, The Git Up, Biker’s Shuffle, and Cupids 2 x 4 Shuffle just to name a few. No previous line dance experience is necessary. 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 (or \$7 per class)

Activity #: SL01	Activity #: SL02	Activity #: SL03	Activity #: SL04
Day: Thursdays	Day: Thursdays	Day: Thursdays	Day: Thursdays
Dates: Jan. 9 – Feb. 6	Dates: Feb. 13 – Mar. 12	Dates: Mar. 19 – Apr. 16	Dates: Apr. 23 – May 21
Time: 6:30 – 7:30 PM	Time: 6:30 – 7:30 PM	Time: 6:30 – 7:30 PM	Time: 6:30 – 7:30 PM

SOULFUL STEP AEROBICS

Step Aerobics class is an awesome way to get participants up and moving. Lead by Chuck and Kelly Cooper, this new intermediate class is definitely a fun way to burn those extra calories while combining dance movements with step aerobics. No prior experience is necessary and all are invited to participate. Some step equipment is available for use on a first come, first serve basis. However, participants are encouraged to bring their own. Great for beginners and those with a little experience, too! Wear comfortable clothing and footwear and bring water and a towel. Taking place at the **John W. Pitts Recreation Center**. **Activity Fee: \$40 (or \$8 per class)**

Activity #: HH02	Activity #: HH03	Activity #: HH04
Day: Mondays	Day: Mondays	Day: Mondays
Dates: Feb. 10 – Mar. 16*	Dates: Mar. 23 – Apr. 20	Dates: Apr. 27 – June 1*
Time: 6:30 – 7:30 PM	Time: 6:30 – 7:30 PM	Time: 6:30 – 7:30 PM
*No Class: Feb. 17		*No Class: May 25

Multipack Fitness Pass

Can’t commit to attending all of the scheduled class sessions? Try the flexibility of our “Multipack Fitness Pass.” Each pack includes 8 passes to attend the class sessions of your choice*. The Multipack Fitness Pass is valid for one year from date of purchase. *Some classes may require 2 passes to attend while some classes may not accept the pass. Please ask our service counter staff or your instructor. **Only \$48.00.**



Get up & Get Moving with Dover Walks: Weekdays at 7 am

LEISURE TIME ACTIVITIES

DOVER WALKS



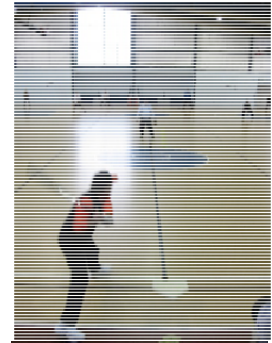
DoverWALKS

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 – Noon. (Indoor Senior Softball or special events may impact these hours.) **For complete details give us a call at 736-7050 or come on over and sign up!** *Open Gym Fee Schedule applies.



INDOOR SENIOR SOFTBALL

Indoor pick-up games are played for FUN on **Tuesday's & Thursday's**, from **10 am to 12 pm**, beginning **January 14, 2020!!** This 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!



CARD MAKING FOR ADULTS

Participants will use an assortment of tools, papers, stamps and embellishments to create greeting cards that will *WOW* your family and friends. You will make up to four (4) cards and/or 3-D paper craft item. Different techniques and fun folds are taught each month. All levels of experience are welcome. Class is self-paced but individualized assistance is available. Pre-registration is mandatory for this class to ensure enough materials are available for your creations. Each class carries a minimum of 5 / maximum of 10 participants. Instructor Kim Courtney leads this class at the **John W. Pitts Recreation Center from 10 AM until Noon.**
Activity Fee: \$15.



Activity #:

Date: To Be Announced

Activity Fee: \$15

Online Registration is available!!

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 offer refunds if you miss the bus. **Activity Fee: \$40**



Activity #: NYC
Date: April 25
Activity Fee: \$40

Philadelphia Flower Show

2020 PHILADELPHIA FLOWER SHOW: Riviera Holiday

Riviera Holiday beckons you to embrace your inner romantic and create a Mediterranean inspired garden of your own. Ornate pottery and patterned tiles, a well-placed pergola and abundant clusters of scented flowers, ornamental fountains and herb parterres provide irresistible appeal along with sustainable lower maintenance, water-wise options that are both responsive to and reflective of temperate conditions. Let us do the driving and worry about parking, sit back and enjoy the day with family & friends. Activity fee includes admission ticket and transportation. The motor-coach will leave from the **John W. Pitts Recreation Center at 8 AM** and will depart from **Philly at 4 PM**. **Activity Fee: \$50**



Activity #: PHL03
Date: Wednesday, March 4
Activity Fee: \$50

ATHLETIC LEAGUES

YOUTH INDOOR SOCCER LEAGUE

Birth Years 2009 - 2015

Our co-ed league offers participants an affordable entry level soccer program. This recreational small court indoor soccer league will provide an environment which emphasizes fun, participation, skills development and sportsmanship. Program takes place on Friday nights in the **John W. Pitts Recreation Center**. Players are responsible for providing shin guards. ***Proof of Date of Birth must be verified.* Games only, no practices. League runs **from January 17 – February 21**. **Activity Fee: \$30**

Age Groups:

Mites (youth born in 2013, 2014 & 2015)
Pee Wee (youth born in 2011 & 2012)
Bantam (youth born in 2009 & 2010)

Time:

5:30 – 6:20 PM
6:30 – 7:20 PM
7:30 – 8:20 PM

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

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) 674-7541.

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.

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YOUTH ACTIVITIES, CLINICS & SPORTS

INDOOR FIELD HOCKEY CLINICS

Grades 1 - 6

These indoor instruction sessions are for girls that are looking for overall skill improvement or those that are new to the game. Girls will need a stick, shin guards, goggles and mouth guards. Limited equipment is available for use during the program, be sure to note when registering if equipment is needed. Taking place on **Mondays** at the **John W. Pitts Recreation Center** from **6 – 7 PM. Activity Fee: \$30**

Activity #: FHC

Time: 5:30 – 6:30 PM

Dates: January 6 – February 24* (*No Hockey: Jan. 20 or Feb. 17)

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. It 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. Activity Fee: \$50**

Tuesdays

Activity #: TKT01

Dates: Jan. 7 – Feb. 25

Time: 6:05 – 7:35 PM

Activity #: TKT03

Dates: March 10 – April 28

Time: 6:05 – 7:35 PM

Activity #: TKT05

Dates: May 12 – June 30

Time: 6:05 – 7:35 PM

Fridays

Activity #: TKF01

Dates: Jan. 10 – Feb. 28

Time: 6 – 7:30 PM

Activity #: TKF03

Dates: March 13 – May 8*

Time: 6 – 7:30 PM

*No Class: Friday, April 25

Activity #: TKF05

Dates: May 15 – July 10*

Time: 6 – 7:30 PM

*No Class: Friday, July 3

GIRLS LACROSSE CLINICS

Grades K – 8

These indoor lacrosse clinics for girls will introduce the basics of lacrosse. Girls will need a stick, goggles and mouth guards Limited equipment is available for use during the program, be sure to note when registering if equipment is needed. The clinics will take place at the **John W. Pitts Recreation Center**. **Activity Fee: \$40**

Grades K - 6

Activity #: GLAX1

Dates: Jan. 7 – Feb. 18

Time: 5:30 – 6:30 PM

Grades 7 & 8

Activity #: GLAX2

Dates: Jan. 7 – Feb. 18

Time: 6:30 – 7:30 PM

Online Registration is available!!

PARENT & TOT TUMBLE TIME

Ages 10 months – 3

Capital Cheer Elite’s tumbling tot program highlights one major skill theme weekly (such as orientation, hand/foot-eye coordination, jumping/landing, rolling and others), while covering all fundamental movement categories including strength, flexibility, agility, rhythm, endurance, balance, physical awareness and more. The equipment set-up changes weekly and features standard stations as well as new activity stations where particular movements are solicited and practiced. No experience necessary. Taking place on **Wednesdays** at the **John W. Pitts Recreation Center**. **Activity Fee: \$40**



Activity #: TPT

Dates: Jan. 29 – Feb. 26

Time: 9:15 – 10 AM

PRESCHOOL TUMBLING

Ages 3 - 5

Moving into a more structured class setting without a parent, your little one will be introduced to basic tumbling skills. Preschool Tumbling Classes are 45 minute co-ed classes for children 3-5 years old. During class, athletes will get a chance to learn the basics of both of tumbling skills, strength and flexibility. Participants also learn how to take turns, listen and follow directions, communicate with friends and adults, share, and play with other children. Participants must be potty trained in order to register for this class. No experience necessary. Taking place on **Wednesdays** at the **John W. Pitts Recreation Center**. **Activity Fee: \$44**



Activity #: TPR

Dates: Jan. 29 – Feb. 26

Time: 2:30 – 3:15 PM

INTRO TO TUMBLING

Ages 6 - 12

No prior experience is necessary for this class. Tumbling has been proven to develop strength, flexibility, agility, control and balance. This beginner level class will focus on proper technique for rolls, bridges, handstands, cartwheels, round-offs & more. This class will learn skills that introduce tumbling basics. Taking place on **Wednesdays** at the **John W. Pitts Recreation Center**. **Activity Fee: \$48**



Activity #: TIN

Dates: Jan. 29 – Feb. 26

Time: 4:30 – 5:30 PM

BABYSITTING COURSE

Ages 12 - 17

This class provides young adults with basic skills training and information necessary for the proper care of infants and children. Topics include emergency action steps, personal safety, fire safety, infant care, basic first aid & basic choking management. *Students will NOT be certified in CPR and First Aid in this course.* Pre-registration is required. Please bring a baby doll or stuffed animal to practice with to class. Students will receive a book to take home. Taking place at the **John W. Pitts Recreation Center. Activity Fee: \$30**



Activity #: BC
Date: Tuesday, April 14
Time: 9 – 11 AM

CPR/FIRST AID/AED

Ages 12 – 17 years

Heart disease is the most common cause of death in the United States. Knowing how and when to respond to a heart emergency is a critical lifesaving skill. Learning the techniques through CPR/First Aid/AED certification will ensure that you are prepared to assess the scene for safety and respond when faced with a heart attack, cardiac arrest, airway obstruction or another emergency waiting for the ambulance and qualified EMS (Emergency Medical Staff) to arrive. Taking place at the **John W. Pitts Recreation Center. Activity Fee: \$30**

Activity #: CPR1	Activity #: CPR2	Activity #: CPR3
Date: Saturday, January 11	Date: Friday, March 13	Date: Monday, April 13
Time: 8 AM - Noon	Time: 8 AM - Noon	Time: 8 AM - Noon

PAINT IN THE PARK

Ages 7 – 12 years

Parents, it's your child's turn at "Paint Night". We're offering kids a special chance to join in the fun of painting with our "Paint in the Park". We'll provide the instructor and all materials. Each participant will paint on an 11" x 14" flat canvas, creating their very own one of a kind painting following along with a local artist. Class is being held at the **John W. Pitts Recreation Center. Activity Fee: \$10**

Activity #: PP1
Date: Wednesday, April 15
Time: Noon – 1 pm

SPRING BREAK CAMP

Ages 6 - 13

We have your child's spring break covered with a fun and affordable week of camp. Games, sports, craft activities and more are planned for our Spring Break Camp being held at the **John W. Pitts Recreation Center.** If weather is good, campers may play outside. Campers will need to bring their lunch and drinks each day. Rain or shine, this camp is sure to please! **Activity Fee: \$85**



Activity #: SBC
Days: Monday – Friday
Dates: April 13 - 17
Time: 8:30 am – 4:30 pm

Online Registration is available!!

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.

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 in Schutte Park.

Refunds: We do not offer refunds if you cancel or chose not to attend a class or program. If the Parks & Recreation Department cancels a class, we will refund your registration fees.

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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 in Schutte Park.

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

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 WILL BE ISSUED.

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.

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 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 736-7050
- 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
<input style="width: 100%;" type="text"/>	<input style="width: 20px;" type="text"/>	<input style="width: 100%;" type="text"/>
Mailing Address		
<input style="width: 100%; height: 20px;" type="text"/>		
City,	State	Zip
<input style="width: 100%; height: 20px;" type="text"/>		
Primary Phone Number	Secondary Phone Number	
<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	
		Dover Resident <input type="checkbox"/> Non-Resident <input type="checkbox"/> Yes, send me email updates to: How did you hear about us: Friend Website Program Guide Other Does your child have any allergies?

PARTICIPANT #1

First Name	MI	Last Name	Sex	Birth Date (mm-dd-yy)	Age	Grade
<input style="width: 100%;" type="text"/>	<input style="width: 20px;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 20px;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 20px;" type="text"/>	<input style="width: 20px;" type="text"/>
ACTIVITY #	ACTIVITY NAME		ACTIVITY FEE			
<input style="width: 20px;" type="text"/>	<input style="width: 100%;" type="text"/>		<input style="width: 100%;" type="text"/>			
<input style="width: 20px;" type="text"/>	<input style="width: 100%;" type="text"/>		<input style="width: 100%;" type="text"/>			

PARTICIPANT #2

First Name	MI	Last Name	Sex	Birth Date (mm-dd-yy)	Age	Grade
<input style="width: 100%;" type="text"/>	<input style="width: 20px;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 20px;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 20px;" type="text"/>	<input style="width: 20px;" type="text"/>
ACTIVITY #	ACTIVITY NAME		ACTIVITY FEE			
<input style="width: 20px;" type="text"/>	<input style="width: 100%;" type="text"/>		<input style="width: 100%;" type="text"/>			
<input style="width: 20px;" type="text"/>	<input style="width: 100%;" type="text"/>		<input style="width: 100%;" 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

Call us at (302) 674-7541 or (302) 736-7050 with your credit card payment.

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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