

Indoor Field Hockey Clinics

(grades K-5)

These indoor instruction sessions are for girls that are looking for overall skill improvement or those that are new to the game.

We are partnering with Dover High Field Hockey staff and players to offer this instruction.

Participants must provide a stick, goggles, shin guards and a mouth guard. Limited gear is available for use during the clinic, please let us know if you need equipment when registering.

Activity #FHC01
Days: Mondays
Dates: Jan 14-Feb 25*
Time: 5:30-6:30 pm
Location: Pitts Center Gym
Activity Fee: \$25
No Class: Jan 21 or Feb 18



Girls 3 v 3 Basketball League

(grades 5-8)

Our 3 v 3 league will help to develop fundamental basketball specific skills. 40% of the time is spent on individual training and drills and 60% of the time on actual game competition.

Activity #BASKETBALL
Days: Mondays
Dates: Jan 7-Mar 4
Time: 7:30 pm-8:30 pm
Location: JWP Gym
Activity Fee: \$25
No Class: Jan 21 or Feb 18



Girls Lacrosse Clinics

(grades 1-8)

The City of Dover Parks and Recreation Department is offering these indoor sessions to introduce the basic skills of lacrosse. No lacrosse experience required.

Participants must provide a stick, lacrosse goggles and a mouth guard. Limited gear is available for use during the clinic, please let us know if you need equipment when registering.

Activity #LAX01
Days: Tuesdays
Dates: Jan 8-Feb 26
Time: 5:20-6:30 pm
Location: Pitts Center Gym
Activity Fee: \$40

Little Sluggers

(ages 4 & 5)

Great class for your T-Baller to learn or reinforce the basic skills of baseball. Class will cover hitting off a tee, proper fielding techniques, throwing techniques and base running skills. Participants should bring a glove and may bring their own bat if they have one.

Please Note: This is an instructional class, not a league.

Activity #TBALL03
Days: Wednesdays
Dates: Mar 6-Mar 27
Times: 6:00-6:45 pm
Location: JWP Gym
Activity Fee: \$20

All classes require a paid activity fee prior to participation. All classes have minimum and maximum enrollment requirements.

Register early to avoid a class having to be cancelled due to low registrations.



2019 Winter

SPORTS

CLASSES

Check Out Our Various Sports Leagues

Youth Spring Soccer League
Adult Spring Co-Ed Volleyball
Youth Summer Basketball League
Adult Co-Ed Summer Softball
Adult Men's Summer Softball
KCCL Summer Softball
State League Summer Softball
Adult Summer Co-Ed Volleyball
Women's Outdoor Field Hockey
Adult Co-Ed Outdoor Field Hockey
Girls High School Outdoor Field Hockey
Middle School Outdoor Field Hockey
Girl's Summer Lacrosse
Girl's Summer Basketball
Women's Summer Basketball
Youth Fall Soccer
Youth Winter Basketball
Adult Co-Ed Fall Softball
Adult Men's Fall Softball
Adult Fall Co-Ed Volleyball
Women's Indoor Field Hockey
Adult Co-Ed Indoor Field Hockey
Girls High School Indoor Field Hockey
Middle School Indoor Field Hockey
Youth Indoor Soccer
Girls 3 v 3 Basketball



John W. Pitts Recreation Center

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www.cityofdover.com/Parks-Recs-Home/

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City of Dover Recreation