



CITY OF DOVER

PARKS AND RECREATION

Winter 2025

ACTIVITY & PROGRAM GUIDE

City of Dover Parks & Recreation

PO Box 475

Dover, DE 19903

Service Desk

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

Roger Ridgeway

Director



FITNESS FOR ADULTS

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 #: SLA01

Day: Thursdays

Dates: January 2 - 23

Time: 6:30 – 7:30 PM

Activity #: SLA02

Day: Thursdays

Dates: Jan. 30 – Feb. 20

Time: 6:30 – 7:30 PM

Activity #: SLA03

Day: Thursdays

Dates: Feb. 27 – March 20

Time: 6:30 – 7:30 PM

Intermediate Class - \$35

Activity #: SLI01

Day: Thursdays

Dates: January 2 - 23

Time: 7:30 – 8:30 PM

Activity #: SLI02

Day: Thursdays

Dates: Jan. 30 – Feb. 20

Time: 7:30 – 8:30 PM

Activity #: SLI03

Day: Thursdays

Dates: Feb. 27 – March 20

Time: 7:30 – 8:30 PM

Just try it –
you know
you want
too!!

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 #: DE01

Day: Tuesdays

Dates: Jan. 11 – Feb. 18

Time: 6:30 - 8 PM

Activity #: DE02

Day: Tuesdays

Dates: Feb. 25 – March 25

Time: 6:30 - 8 PM

Activity #: DE03

Day: Tuesdays

Dates: April 8 – May 13

Time: 6:30 - 8 PM

Activity #: DE04

Day: Tuesdays

Dates: May 20 – June 24

Time: 6:30 - 8 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>

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ADULT LEAGUES

2025 SPRING COED ADULT VOLLEYBALL

- ❖ Team Registration Only / Team Registration Fee of \$300.
- ❖ Register your team ONLINE by March 21
- ❖ All players will register online directly to their team roster. In order for players to begin registration, team names must be submitted by March 21.
- ❖ Season consists of an 8 match regular season schedule plus playoffs.
- ❖ Games held on Thursday evenings.
- ❖ League matches begin April 3.
- ❖ All matches held at the John W. Pitts Recreation Center (Schutte Park).
- ❖ Game times: 6:00, 6:55 or 7:50 pm.



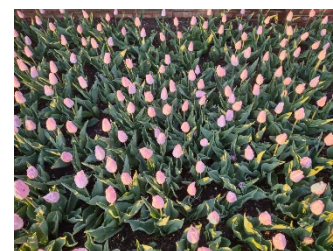
ONLINE REGISTRATION: [HTTPS://CITYOFDOVER.RECDESK.COM/COMMUNITY/HOME](https://cityofdover.recdesk.com/community/home)

To pay by check or cash, please call (302) 674-7541 before March 21 so that we can be sure your team is included in the league!

DAY TRIPS

PHILADELPHIA FLOWER SHOW – "Flowers of Tomorrow"

The PHS Philadelphia Flower Show exhibits will take you into a new world of imaginative designs and boundless inspiration. The theme, Gardens of Tomorrow, invites you to explore the future through the eyes of visionary designers, expert gardeners, and passionate green enthusiasts as they merge nature's brilliance with human ingenuity. Departing from Dover promptly **at 8 am** and departing from Philly **at 3 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: \$72**



ONLINE REGISTRATION ENCOURAGED!

Activity #: PHL

Date: Wednesday, March 5

Activity Fee: \$72

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

Indoor pick-up games are played every **Tuesday and Thursday 10:15 am to 12:15 pm** starting **January 21 through March 13**. The games are open to all **men & women ages 55 and up** and all skill levels are welcomed. There are no try-outs, residency requirements or fees required. Show up, complete the paperwork & play! Activity goals:

- Everyone plays and bats.
 - The emphasis is on fun safe play,
 - demonstrating sportsmanship,
 - getting some exercise,
 - having some laughs,
 - enjoying camaraderie,
 - and winning,
-in that order of importance.



SENIOR BOCCE BALL

Indoor Bocce Ball is a variation of the popular bocce sport. The benefits of bocce include healthy social interaction, light activity, strategic planning, and friendly competition. Bocce can be played by two people or by two teams of two to four people. The rules of the game are relatively simple. In essence, one player (or team) begins by rolling a smaller ball, known as the "jack," onto the court. Turns are then taken as each player (or team) attempts to bowl his or her balls closest to the jack. As with many similar activities, the gameplay is easy to learn, but developing strategies and skillful throwing takes time and practice. Participants will be divided into "teams" and will try to be the first to reach a fixed number of points. "Teams" will be drawn each session day to keep the games exciting and create new teams. We will have 2 courts set-up for play. Taking place on Mondays at the **John W. Pitts Recreation Center**. **Activity Fee: \$24**

Activity #: Boc

Day: Mondays

Dates: Jan. 6 – Feb. 24*

Time: 11:00 am - 1:00 pm

***No Session: January 20 or February 17**



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. (NOT MANDATORY: 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 – 6 yrs)

Days: Tuesdays and Fridays

Dates: Jan. 7 – Feb. 28

Time: 5 – 6 PM

Activity #: TKA (Ages 4 – 6 yrs)

Days: Tuesdays and Fridays

Dates: March 11 – May 2

Time: 5 – 6 PM

Activity #: TKB (Ages 7 and up)

Days: Tuesdays and Fridays

Dates: Jan. 7 – Feb. 28

Time: 6 – 7:30 PM

Activity #: TKB (Ages 7 and up)

Days: Tuesdays and Fridays

Dates: March 11 – May 2

Time: 6 – 7:30 PM

ZUMBINI®

Age 0 – 4 yrs

Created by Zumba® and BabyFirst™, Zumbini® is an early childhood education program that uses original music and movement to promote cognitive, social, fine/gross motor skill, and emotional development for children ages 0 - 4, all while creating the ultimate bonding experience for you and your child. Participants will receive the Zumbini® Bundle! The Music, Songbook and access to the TV show! This is a great way for moms & dads to begin those bonding moments right from the beginning. This class is taught by Miss Monique and will be held at the John W. Pitts Recreation Center. Registration fee includes Zumbini® Bundle, a book, music and tools to keep the learning fun at home too! **Activity Fee: \$150**

Activity #: Zum1

Days: Saturdays

Dates: Jan. 11 – March 15

Time: 10 – 10:45 AM

FOR HER BASKETBALL

Girls 3rd – 8th Grade

For Her Basketball is a girls only program taught by knowledgeable instructors/coaches that know the game. This is a great way for girls to learn fundamentals and skill development in a safe and supervised environment. Take place at the John W. Pitts Recreation Center **Activity Fee: \$30**

Activity #: BB – For Her Basketball

Days: Wednesdays

Dates: April 9 – May 14

Time: 6 – 7:30 PM

HOOPING IT UP

Eligible Birth Years: 2011 – 2017 (co-ed)

Basketball fundamentals taught in a fun & safe environment. Kids will use junior size balls (provided).

Taking place at the John W. Pitts Recreation Center **Activity Fee: \$25**

Group 1 – 2014, 2015, 2016 & 2017

Days: Fridays

Dates: May 2 - 30

Time: 5 - 6:30 PM

Group 2 – 2011, 2012 & 2013

Days: Fridays

Dates: May 2 - 30

Time: 6:45 - 8:15 PM

SPRING SOCCER LEAGUE

Birth Years: 2012 - 2020

Parent Volunteer Coaches are the key to a successful program. Coaches are needed! Interested? Call Connie Johnson at (302) 736-7095 or email her cjohnson@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**

<u>GAME INFO</u>	<u>PRACTICE INFO</u>
Game Days: Saturdays*	Practice Days: 1 Weeknight Per Week Practices
Game Times: 9:00 am - 2:00 pm	Start: week of April 14
Games Start: April 26	Practice Times: 5:45 pm Weeknights
Location: Schutte Park	Location: Schutte Park

Division by Birth Year

Mini-Mites	Birth Year: 2020
Mites	Birth Year: 2018 & 2019
Pee Wee	Birth Year: 2015, 2016 & 2017
Bantam	Birth Year: 2012, 2013 & 2014

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

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 5

For complete details and registration, please visit this link:

<https://www.trisignup.com/Race/DE/Dover/DELAWARESPRINTDUATHLON>

Annual Egg Hunt – April 12

Schutte Park, 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!

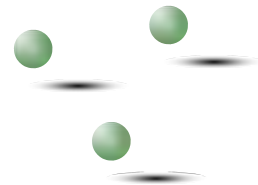
<https://cityofdover.recdesk.com/community/home>

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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For Her Basketball is a girls only program taught by knowledgeable instructors/coaches. This is a great way for girls 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 9 - May 14

Activity Fee: \$30

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

Register on-line: <https://cityofdover.recdesk.com/Community/Home>
or in-person: John W. Pitts Recreation Center (Schutte Park)

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





2025 Spring Co-Ed Volleyball League

2025 SPRING LEAGUE INFORMATION

- Team Registration Only / Team Registration Fee of \$300
- Register your team ONLINE by March 21
- All players will register online directly to their team roster. In order for players to begin registration, team names must be submitted by March 21.
- Season consists of an 8 match regular season schedule plus playoffs
- Games held on Thursday evenings
- League matches begin April 3
- All matches held at the John W. Pitts Recreation Center (Schutte Park)
- 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





Spring 2025

Eligible Birth Years: 2012 - 2020

Parent Volunteer Coaches are the key to a successful program. Coaches are needed! Interested? Call Connie Johnson at (302) 736-7095 or email her at: cjohnson@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 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 26
Location: Schutte Park

PRACTICE INFO

Practice Days: 1 Night Per Week
Practices Start: April 14
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: 2020
Mites	Birth Year: 2018 & 2019
Pee Wee	Birth Year: 2015, 2016 & 2017
Bantam	Birth Year: 2012, 2013 & 2014

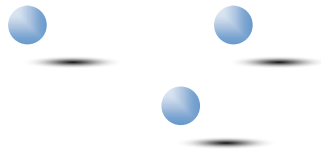
**Mini-Mites may be transferred to Mites depending on registration.*

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

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.



Hoopling It Up



Eligible Birth Years: **2011 - 2017 (co-ed)**

Group 1: 2014, 2015, 2016 & 2017

Group 2: 2011, 2012 & 2013

What: **Basketball fundamentals taught in a fun and safe environment. Kids will use junior size basketballs (provided).**

Dates: **May 2 - 30**

Day: **Fridays**

Time: **Group 1, 5 - 6:30 PM**

Time: **Group 2, 6:45 - 8:15 PM**

Activity Fee: **\$25**

Where: **John W. Pitts Recreation Center**

Online Registration: **<https://cityofdover.recdesk.com/Community/Home>**

Brought to you by:

City of Dover Parks & Recreation

John W. Pitts Recreation Center
10 Electric Avenue
Dover DE 19904
302-674-7541
www.cityofdover.com/parks-recs-home



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 online, 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				<i>Please print and fill out completely</i>	
First Name	MI	Last Name	Date of Birth	Dover Resident ☐	Non-Resident ☐
				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
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 <i>Please circle</i>

Submit your registration by:

Mail: City of Dover Recreation, PO Box 475, Dover, DE 19903

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.