



# **CITY OF DOVER**

## **PARKS AND RECREATION**

### **WINTER 2022**

## **ACTIVITIES, PROGRAMS & TRIPS**



ROBIN EATON, DIRECTOR

(302) 736-7050 ADMINISTRATIVE OFFICE

(302) 674-7541 JOHN W. PITTS REC. CENTER

10 ELECTRIC AVENUE

DOVER, DE 19904



# FITNESS FOR ADULTS

## 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 \$5 per class

**Activity #:** DE1

**Days:** Tuesdays

**Dates:** February 8 – March 15

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

## Soul Line Dance

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 Uptown Funk, Spanish Fly, 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

**Activity #:** SL1

**Day:** Thursdays

**Dates:** Jan 30 - Feb 3

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

**Activity #:** SL2

**Day:** Thursdays

**Dates:** Feb 10 - March 10

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

**Activity #:** SL3

**Day:** Thursdays

**Dates:** March 17 – April 14

**Time:** 6:30 – 7:30 PM

**Activity #:** SL4

**Day:** Thursdays

**Dates:** April 21 – May 19

**Time:** 6:30 – 7:30 PM

**Activity #:** SL5

**Day:** Thursdays

**Dates:** May 26 – June 23

**Time:** 6:30 – 7:30 PM

## Online Registration

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

# 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 1/13<sup>th</sup> mile indoor walking track. So get your sneakers and meet us for a walk. Typical hours are Monday – Friday, 7 am – 10 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

This popular indoor softball activity is back! Starting on **January 25, 2022** at the **John W. Pitts Recreation Center**! Get your glove ready and come on out for fun pick-up games played on **Tuesday's and Thursday's 10 am to 12 noon**. We welcome all skill levels of both men and women. There are no try-outs, residency requirements, or fees required, participants just have to be 55 or older. A registration agreement must be signed **prior to participating**. Show up, complete the paperwork & play! Come out and give it a try! Facial coverings are required at the time of this printing. (Dates & times are subject to change.) **For complete details give us a call at 302-674-7541 or come on over and sign up!**



## DAY TRIPS

### PHILADELPHIA FLOWER SHOW

2022 Flower Show's "In Full Bloom" Chosen to showcase how the beauty in nature restores all of us, "In Full Bloom" welcomes all on a journey to explore the restorative and healing power of nature and plants. This year's theme promotes good health, positive well-being, and a passion for life that culminates in a gorgeous and colorful spectacle. The motorcoach will depart from Schutte Park at 8 am and depart from Philly at 3 PM.

COMPLETE DETAILS COMING SOON. **Activity Fee: TBD**

**Activity #:** PHL

**Date:** Wednesday, June 15

**Activity Fee:** TBD



### ***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.

## **YOUTH ACTIVITIES, CLINICS & SPORTS**

### **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**

**Activity #:** TKD

**Time:** 6 – 7:30 PM

**Days:** Tuesdays and Fridays

**Dates:** January 11 – March 4

### **YOUTH INDOOR SOCCER**

**Eligible Birth Years: 2011 - 2017**

Soccer fun on Friday nights at the **John W. Pitts Recreation Center**. This is not a league, no assigned teams just soccer fun. Space is limited to just 32 participants per age division. Online registration encouraged! <https://cityofdover.recdesk.com/Community/Member/Login>

**Activity Fee: 30**

#### **Division Information**

Mites (birth years: 2015, 2016 & 2017) 5:30 - 6:20 PM

PeeWee (birth years: 2013 & 2014) 6:30 - 7:20 PM

Bantam (birth years: 2011 & 2012) 7:30 - 8:20 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! Online registration is encouraged.

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

Facial coverings are required at the time of this printing.

# Friday Night Soccer

## Youth Indoor Soccer

Eligible Birth Years: 2011 - 2017



Friday nights

January 14 - February 18, 2022

John W. Pitts Recreation Center



Activity Fee: \$30

Each division is limited to 32 participants.

This is not a league, there are no practices or assigned teams.

ONLINE Registration strongly encouraged!!

<https://cityofdover.recdesk.com/Community/Member/Login>

## Division Information

City of Dover Parks & Recreation  
John W. Pitts Recreation Center

10 Electric Avenue  
Dover DE 19904  
(302) 674-7541

Mites (birth years: 2015, 2016 & 2017) 5:30 - 6:20 PM

PeeWee (birth years: 2013 & 2014) 6:30 - 7:20 PM

Bantam (birth years: 2011 & 2012) 7:30 - 8:20 PM



Lots Of Fun



# TAE KWON DO

## City of Dover Parks & Recreation

Pitts Recreation Center - Schutte Park

10 Electric Ave.

Dover, DE 19904

(302) 674-7541

Online Registration:

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



Tuesday & Friday Nights  
January 11 - March 4  
6 - 7:30 PM  
\$50

TEACHING & LEARNING  
CONFIDENCE SELF DEFENSE RESPECT  
AN INDOMITABLE SPIRIT



Master John Cloyd

*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](http://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'

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.