

CITY OF DOVER

PARKS AND RECREATION

FALL & WINTER 2022 - 2023

ACTIVITIES, PROGRAMS & TRIPS



ROBIN EATON, DIRECTOR

(302) 674-7541 JOHN W. PITTS REC. CENTER
10 ELECTRIC AVENUE
DOVER, DE 19904



FITNESS FOR ADULTS



HITT Boot Camp

This high intensity, full body, 45 minute workout that will sculpt and tone your body and burn the maximum amount of calories. All you need is your body weight, a bottle of water, mat, and a towel. 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 new class. **Activity Fee:** \$25 (unless otherwise noted.)

Activity #: HB01
Days: Mon & Wed
Dates: Sept. 7 - 28
Time: 5:15 – 6 PM
Activity Fee: \$20

Activity #: HB02
Days: Mon & Wed
Dates: Oct. 3 - 26
Time: 5:15 – 6 PM
Activity Fee: \$25

Activity #: HB03
Days: Mon & Wed
Dates: Nov. 2 – 30*
Time: 5:15 – 6 PM
Activity Fee: \$25
***No Class: Nov. 23**

Activity #: HB04
Days: Mon & Wed
Dates: Dec. 5 - 21
Time: 5:15 – 6 PM
Activity Fee: \$20

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 and \$70 day class sessions. *Class dates are subject to change based on instructor availability of C & K Soul.*

Advanced Class - \$35

Activity #: SLA10
Day: Thursdays
Dates: Oct. 13 – Nov. 10
Time: 6:30 – 7:30 PM

Activity #: SLA12
Day: Thursdays
Dates: December 1 - 29
Time: 6:30 – 7:30 PM

Intermediate Class - \$35

Activity #: SLI10
Day: Thursdays
Dates: Oct. 13 – Nov. 10
Time: 7:30 – 8:30 PM

Activity #: SLI12
Day: Thursdays
Dates: December 1 - 29
Time: 7:30 – 8:30 PM

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 #: DE2

Day: Tuesdays

Dates: Sept. 6 – Oct. 11

Time: 6:30 - 8 PM

Activity #: DE3

Day: Tuesdays

Dates: Oct. 18 – Nov. 22

Time: 6:30 - 8 PM

See you in
2023!

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 1/13th 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.



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 not offer refunds if you miss the bus. **Activity Fee: \$60**

ONLINE REGISTRATION ENCOURAGED!

Activity #: NYC01

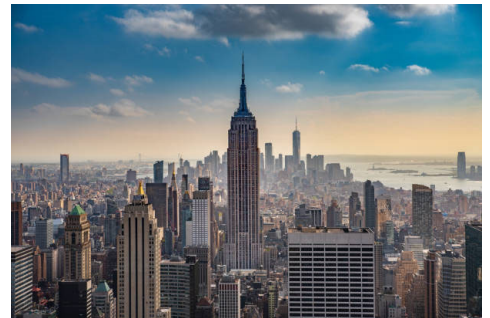
Date: Saturday, December 3

Activity Fee: \$60

Activity #: NYC02

Date: Saturday, December 17

Activity Fee: \$60



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**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. 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. New “bring a buddy” program, check with the instructor for details! **Activity Fee:** \$50

Activity #: TKD2**Days:** Tuesdays and Fridays**Dates:** Oct. 11 – Dec. 16***Time:** 6 – 7:30 PM***No Class:** November 8, 11, or 25**Activity #:** TKD3**Days:** Tuesdays and Fridays**Dates:** Jan. 3 – Feb. 24**Time:** 6 – 7:30 PM**WINTER YOUTH BASKETBALL LEAGUE****Birth Years 2009 - 2017**

Our co-ed youth basketball league is geared for fun and an exciting way to learn the fundamentals of basketball. The league fills quickly, so sign up fast! One weeknight practice and games scheduled for Saturdays, all taking place at the John W. Pitts Recreation Center. **Practices will start the week of December 12 and games will begin January 7. (Schedule is subject for change!)** **Activity Fee:** \$50

Division	Eligibility	Practice Day
Pee Wee	youth born in 2016 & 2017	Mondays
Bantam	youth born in 2014 & 2015	Tuesdays
Intermediate	youth born in 2012 & 2013	Wednesdays
Junior	youth born in 2009, 2010, 2011	Thursdays

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

Online Registration

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

CANDY CANE HUNT

Family

Enjoy an evening of family fun hunting **candy canes**! Join us for a slice of pizza and then it's off to hunt for all types of candy canes. Bring a flashlight & something to gather your candy canes in. Pre-registration is mandatory. All participating members of the family must register and pay the activity fee. Space is limited! Make this even more fun, get a friend to sign up, too! Taking place at the **John W. Pitts Recreation Center** from **6:30 – 8 PM**. **Activity Fee: \$10**



Activity #: HA1

Day: Friday

Time: 6:30 – 8 PM

Date: December 9

BREAKFAST WITH SANTA

4 – 10 Years

Start off the holiday season with a delicious breakfast and visit from a very special guest! This fun-filled morning will feature Christmas music & carols, crafts, and a kid friendly breakfast. Most importantly, Santa will be here for Christmas wishes and photos. *(Sorry mom & dad breakfast is for kids only.)* **Pre-Registration is mandatory** as limited seating is available, sign-up, now! Held at the **John W. Pitts Recreation Center** from **9 – 10:30 AM**. **Activity Fee: \$10**



Activity #: HA2

Day: Saturday

Time: 9 – 10:30 AM

Date: December 10

A NIGHT AT THE POLAR EXPRESS

Family

It's family movie night at the **John W. Pitts Recreation Center**! Come out in your comfy clothes & bring your pillows to watch The Polar Express with us on the big screen! Hot chocolate & cookies will be served. Parents are free, however all children must register individually. Make this even more fun, get a friend to sign up, too! **Show time: 6:30 PM** and will run until the movie ends. **Activity Fee: \$10**

Activity #: HA3

Day: Friday

Time: 6:30 PM

Date: December 16

DROP N' SHOP

6 – 12 Years

Do you have holiday parties to attend, company coming to visit, shopping to finish, gift wrapping & need bows? Drop your kids off for a great night of fun while you finish all holiday details! Includes the evening activity of either the Candy Cane Hunt or Night at the Polar Express and a pizza with drink as a snack. Make this even more fun, get a friend to sign up, too! Taking place **John W. Pitts Recreation Center**. **Activity Fee: \$20**



Activity #: HA4

Time: 6 - 9 PM

Day: Friday

Date: December 9

Activity #: HA5

Time: 6 - 9 PM

Day: Friday

Date: December 16

Be sure to create an online account with us for easy registration! Get started here:

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

ELEMENTARY FIELD HOCKEY**Grades K - 5**

This indoor clinic is a great way to get and keep you child excited about learning field hockey, get some great exercise, and meet new friends. The clinic offers a glimpse into field hockey and is geared to develop young players' love for the game. Mouth guard, shin guards and stick are required equipment. Limited gear is available for use during the clinic. Please indicate the need for equipment when registering. **Activity Fee: \$30**

Activity #: FHE**Day:** Sundays**Dates:** January 8 – February 12**Time:** 9 – 9:50 AM**YOUTH INDOOR SOCCER****Eligible Birth Years: 2012 - 2018**

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. Shin guards are required. Online registration encouraged! <https://cityofdover.recdesk.com/Community/Member/Login>

Activity Fee: \$30**Dates:** January 13 – February 17, 2023 **Day:** Fridays**Division Information**

Mites (birth years: 2016, 2017 & 2018) 5:30 - 6:20 PM

PeeWee (birth years: 2014 & 2015) 6:30 - 7:20 PM

Bantam (birth years: 2012 & 2013) 7:30 - 8:20 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

Please donate – donations benefit families in your community! Beginning November 4 thru December 1st, non-perishable food will be collected & distributed to our local food banks. Join us in looking through the pantry or picking up an extra can or two of your favorites to donate. Donation boxes will be available at these City of Dover locations: City Hall, Weyandt Hall, Dover Public Library and the John W. Pitts Recreation Center.

Capital Holiday Festival

December 1st 5 – 8 PM City Hall Plaza

Join us as we kick off the Holiday Season with our tree lighting, special guests & of course, the most popular man of the season – Santa!!

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://cityofdoover.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.cityofdoover.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.

Elementary School Field Hockey

City of Dover Parks & Recreation Department



For Grades K - 5

This indoor clinic is a great way to get and keep you child excited about learning field hockey, get some great exercise, and meet new friends. The clinic offers a glimpse into field hockey and is geared to develop young players' love for the game. Mouth guard, shin guards and stick are required equipment. Limited gear is available for use during the clinic. Please indicate the need for equipment when registering.

Day: Sundays

Dates: January 8 - February 12

Time: 9 - 9:50 AM

Registration Fee: \$30



Ready to register?

1) Online at: <https://cityofdover.recdesk.com/Community/Member/Login>

2) Call (302) 674-7541

**3) In Person at the Pitts Recreation Center
10 Electric Avenue Dover (Schutte Park)**




City of Dover Parks & Recreation

Youth Winter Basketball League

for youth born in 2009 - 2017



Our co-ed youth basketball league is geared for fun and an exciting way to learn the fundamentals of basketball. The league fills quickly, so sign up fast! One weeknight practice and games scheduled for Saturdays. All taking place at the John W. Pitts Recreation Center. (League dates are subject for change.)

-  **Activity Fee: \$50**
-  **Practices will begin the week of December 12, 2022**
-  **Games will begin January 7, 2023**



Age Divisions & Practice Nights

Pee Wee Division	Youth born in 2016 & 2017	Practice Night: Mondays
Bantam Division	Youth born in 2014 & 2015	Practice Night: Tuesdays
Intermediate Division	Youth born in 2012 & 2013	Practice Night: Wednesday
Junior Division	Youth born in 2009, 2010 & 2011	Practice Night: Thursdays

Register Online

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

For additional information, please call 302-674-7541

Registration Opens: September 15, 2022



Volunteer Coaches are needed for our Youth Basketball League.
If interested, please call Steve Pickering, Sports Coordinator, at 302-674-7541.
All coaches are required to go through a background check.

Friday Night Soccer

Youth Indoor Soccer

Eligible Birth Years: 2012 - 2018



Friday nights

January 13 - February 17, 2023

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.

Shin guards are required.

ONLINE Registration strongly encouraged!!

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

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

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

Division Information

Mites (birth years: 2016, 2017 & 2018) 5:30 - 6:20 PM

PeeWee (birth years: 2014 & 2015) 6:30 - 7:20 PM

Bantam (birth years: 2012 & 2013) 7:30 - 8:20 PM

Registration opens: September 30, 2022



Lots Of Fun

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 <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	
				YOUR EMAIL ADDRESS IMPORTANT	

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, 10 Electric Ave., Dover, DE 19904

Fax: w/Credit Card Info.: 302-678-2674

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.