DAAC December 2026

For **ALL** Dover Community Swimming needs: www.swimdover.weebly.com

Sun	Mon	Tues	Wed	Thur	Fri	Sat
Practice Groupings: 11-12 and older: 515-615PM practice 9-10 and 8&under: 615-700PM practice 5&6 year olds: 615-645PM practice		1 5:15-6:15 11&Older 6:15-7:15 7-10 years 6:15-7:00 5-6 years Stroke: Breaststroke	2 5:15-6:15 11&Older 6:15-7:15 7-10 years 6:15-7:00 5-6 years Stroke: Backstroke	3 5:15-6:15 11&Older 6:15-7:15 7-10 years 6:15-7:00 5-6 years Stroke: Butterfly	4 **NO PRACTICE** **DOVER HS EAGLE INVITATIONAL - COME CHEER ON OUR HS DIVERS!**	5 **DOVER HS EAGLE INVITATIONAL - COME CHEER ON OUR HS SWIMMERS!**
6	7 5:15-6:15 11&Older 6:15-7:15 7-10 years 6:15-7:00 5-6 years Stroke: IM	8 **NO PRACTICE** **DOVER HS EAGLE HOME MEET** **COME CHEER ON THE TEAM!**	9 5:15-6:15 11&Older 6:15-7:15 7-10 years 6:15-7:00 5-6 years Stroke: Starts and Turns	10 5:15-6:15 11&Older 6:15-7:15 7-10 years 6:15-7:00 5-6 years Stroke: Freestyle	11 5:15-6:15 All Practice Groups Stroke: Meet Warmup	12 **HOME MEET VS. BOBCAT SWIM CLUB** **WU: 7:15AM** **Meet Start: 8:30AM**
13 **JINGLE BELL SPLASH @ BOBCAT**	14 5:15-6:15 11&Older 6:15-7:15 7-10 years 6:15-7:00 5-6 years Stroke: Breaststroke	15 5:15-6:15 11&Older 6:15-7:15 7-10 years 6:15-7:00 5-6 years Stroke: Backstroke	16 **5:30-6:30PM** **Holiday Rock N' Float**	17 5:15-6:15 11&Older 6:15-7:15 7-10 years 6:15-7:00 5-6 years Stroke: Butterfly	18 5:15-6:15 All Practice Groups Stroke: Meet Warmup	19 **HOME MEET VS. TAC AND RLAC** **WU: 7:00AM** **Meet Start: 8:30AM**
20	21 5:15-6:15 11&Older 6:15-7:15 7-10 years 6:15-7:00 5-6 years Stroke: IM	22 5:15-6:15 11&Older 6:15-7:15 7-10 years 6:15-7:00 5-6 years Stroke: Freestyle	23 NO PRACTICE 	24 NO PRACTICE 	25 NO PRACTICE 	26
27 	28 NO PRACTICE - DASD BUILDINGS CLOSED	29 10:00-11:00AM 11&Older 11:00-12:00PM 7-10 year 11:00-11:45 5-6 years	30 10:00-11:00AM 11&Older 11:00-12:00PM 7-10 year 11:00-11:45 5-6 years	31 NO PRACTICE - DASD BUILDINGS CLOSED		