



# DAAC MAY 2026



For **ALL** Dover Community Swimming needs: [www.swimdoover.org](http://www.swimdoover.org)

Sun	Mon	Tues	Wed	Thur	Fri	Sat
<p>*First year swimmers that are Middle School or High School age should attend 515-615pm practices until a coach advises them to attend 315 practice.</p> <p>It is recommended for 5 and 6 year olds to attend the "mini" practices (45 minutes long). Other new 8 and unders that prefer shorter practices may also attend the "mini practice).</p>	<p><b>4</b></p> <p>Trial practice - New Swimmers Only 530-600PM</p>	<p><b>5</b></p> <p>Trial practice - New Swimmers Only 530-600PM</p>	<p><b>6 1st day of practice!!</b> *315-430PM: MS/HS 515-615PM: 11 &amp; older 615-715PM: 10 &amp; under 615-700PM (mini 5&amp;6) Stroke - General/Basics</p>	<p><b>7</b></p> <p>*315-430PM: MS/HS 515-615PM: 11 &amp; older 615-715PM: 10 &amp; under 615-700PM (mini 5&amp;6) Stroke - General/Basics</p>	<p><b>8</b></p> <p>515-615PM: all practice groups  Stroke - General/Basics</p>	<p><b>9</b></p> <p>NO MEET</p>
	<p><b>11</b></p> <p>*315-430PM: MS/HS 515-615PM: 11 &amp; older 615-715PM: 10 &amp; under 615-700PM (mini 5&amp;6) Stroke - General/Basics</p>	<p><b>12</b></p> <p>*315-430PM: MS/HS 515-615PM: 11 &amp; older 615-715PM: 10 &amp; under 615-700PM (mini 5&amp;6) Stroke - General/Basics</p>	<p><b>13</b></p> <p>*315-430PM: MS/HS 515-615PM: 11 &amp; older 615-715PM: 10 &amp; under 615-700PM (mini 5&amp;6) Stroke - Freestyle</p>	<p><b>14</b></p> <p>*315-430PM: MS/HS 515-615PM: 11 &amp; older 615-715PM: 10 &amp; under 615-700PM (mini 5&amp;6) Stroke - Breaststroke</p>	<p><b>15</b></p> <p>515-615PM: all practice groups Stroke - Starts/Turns</p>	<p><b>16</b></p> <p>NO MEET</p>
	<p><b>18</b></p> <p>*315-430PM: MS/HS 515-615PM: 11 &amp; older 615-715PM: 10 &amp; under 615-700PM (mini 5&amp;6) Stroke - Backstroke</p>	<p><b>19</b></p> <p>*315-430PM: MS/HS 515-615PM: 11 &amp; older 615-715PM: 10 &amp; under 615-700PM (mini 5&amp;6) Stroke - Butterfly</p>	<p><b>20</b></p> <p>*315-430PM: MS/HS 515-615PM: 11 &amp; older 615-715PM: 10 &amp; under 615-700PM (mini 5&amp;6) Stroke - IM</p>	<p><b>21</b></p> <p><b>NO 3:15 PRACTICE</b> 515-615PM: 11 &amp; older 615-715PM: 10 &amp; under 615-700PM (mini 5&amp;6) Stroke - Freestyle</p>	<p><b>22</b></p> <p>515-615PM: all practice groups Stroke - Starts &amp; Turns</p>	<p><b>23</b></p> <p>NO MEET</p>
	<p><b>25</b></p> <p>Memorial Day - NO PRACTICE</p>	<p><b>26</b></p> <p>*315-430PM: MS/HS 515-615PM: 11 &amp; older 615-715PM: 10 &amp; under 615-700PM (mini 5&amp;6) Stroke - Breaststroke</p>	<p><b>27</b></p> <p>*315-430PM: MS/HS 515-615PM: 11 &amp; older 615-715PM: 10 &amp; under 615-700PM (mini 5&amp;6) Stroke - Backstroke</p>	<p><b>28</b></p> <p><b>RED AND WHITE Practice Meet</b> <b>5:00 WARMUP</b> <b>5:30 MEET START</b></p>	<p><b>29</b></p> <p><b>Last Student Day</b> <b>NO PRACTICE</b></p>	<p><b>30</b></p> <p>NO MEET</p>



# DAAC JUNE 2026



For **ALL** Dover Community Swimming needs: [www.swimdover.org](http://www.swimdover.org)

Sun	Mon	Tues	Wed	Thur	Fri	Sat
**AM PRACTICES START 6/2	<b>1</b> <b>NO PRACTICE</b>	<b>2**</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - Butterfly	<b>3</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - IM	<b>4</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - Starts/Turns	<b>5</b> NO PRACTICE	<b>6</b> <b>Seahorse @ DAAC HOME MEET</b>
<b>7</b> <b>Spring Grove "Splash in the Grove" Invite</b>	<b>8</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - Freestyle	<b>9</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - Breaststroke	<b>10</b> <b>FUN DAY!</b> All groups: <b>FREE SWIM from 8:00-9:00 AM</b>	<b>11</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - Backstroke	<b>12</b> NO PRACTICE	<b>13</b> <b>Indian Creek @ DAAC HOME MEET</b>
<b>14</b>	<b>15</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - Butterfly	<b>16</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - IM	<b>17</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - Starts/Turns	<b>18</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - Freestyle	<b>19</b> NO PRACTICE	<b>20</b> <b>DAAC @ Mechanicsburg AWAY MEET</b>
<b>21</b>	<b>22</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - Breaststroke	<b>23</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - Backstroke	<b>24</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - Butterfly	<b>25</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - IM	<b>26</b> NO PRACTICE	<b>27</b> <b>DAAC @ Gettysburg AWAY MEET</b>
<b>28</b>	<b>29</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - Freestyle	<b>30</b> <b>GARY SHANK INVITE - CARLISLE</b>  <b>NO PRACTICE</b>				



# DAAC JULY 2026



For **ALL** Dover Community Swimming needs: [www.swimdoover.org](http://www.swimdoover.org)

Sun	Mon	Tues	Wed	Thur	Fri	Sat
			<b>1 FUN DAY!</b> All groups 8:00-9:30AM Bring your own raft! 8:00-8:20AM Free Swim 8:20-9:30AM Movie in the pool "flick and float"	<b>2</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - Starts and Turns	<b>3 HAPPY 4th of July!</b> <b>NO PRACTICE</b>	<b>4 HAPPY 4th of July!</b> <b>NO MEET</b>
5	<b>6 NO PRACTICE - DISTRICT BUILDINGS CLOSED</b>	<b>7</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - Breaststroke	<b>8</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - Backstroke	<b>9</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - Butterfly	10 NO PRACTICE	11 Cumberland Valley @ DAAC HOME MEET
12	<b>13</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - Champs stroke	<b>14</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - Champs stroke	<b>15</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - Champs stroke	<b>16</b> 7:15-8:45 (HS/MS) 8:45-9:45 (11 and UP) 9:45-10:45 (10 and Under) 9:45-10:30 (mini - 5&6) Stroke - Champs stroke	17 NO PRACTICE	18 AAA Divisional Championship Meet @ Mechanicsburg
19 All Star Championship Meet @ Cumberland Valley	<b>20</b> Mid Cap Qualifiers Only 8-9AM  Stroke - Champs strokes	<b>21</b> Mid Cap Qualifiers Only 8-9AM  Stroke -Champs strokes  <b>BANQUET @ 6:00PM</b>	<b>22</b> Mid Cap Qualifiers Only 8-9AM  Stroke - Champs strokes	<b>23</b> Mid Cap Qualifiers Only 8-9AM  Stroke - Champs strokes	24 NO PRACTICE	25 Mid-Cap Championship Meet @ Palmyra

\*\*\*ICE CREAM SOCIAL / AWARDS BANQUET ON JULY 21st @ 6:00PM Brookside Park