

# Dover Recreation

## Summer 2024 Swim Program Guide

Please read this packet fully, as it contains important information for all ages and abilities. All lessons will take place at the Dover Indoor Pool.

We offer American Red Cross swim lessons from children ages 6 months up to 12 years old. We offer infant/toddler classes for children ages 6 months through 3 years, Preschool classes for children 3 and 4, Level 1-4 class for children ages 5-12.

Our group Lessons will run in 2 weeks sessions. Students come three days a week, Tuesdays, Wednesdays, & Thursdays, during their session. Pre-school classes will have 4 students/ class, levels 1&2 will have 6 students/ class, levels 3&4 will have 8 students/ class, and infant toddler will have 12 students/ class

Swim Team Prep specialty class takes the place of our American Red Cross Level 5/6 class. Class meets one day per week on Monday mornings in the summer.

*Adult Classes do not run during the summer time and will resume in the fall.*

***For the safety of the participants and our lifeguard team, parents must be seated on the bleachers during all lesson times. This is to ensure that the lifeguard team has adequate coverage of the pool without any obstructions.***

***We will hold one registration block for all summer sessions. If you have placed your child on a waitlist, we will reach out to you to let you know if you were able to get a spot AFTER registration has closed.***

**Registration will open to Dover Residents Wednesday May 22nd at 8am**

**Registration will open to Non-Residents Wednesday May 29th at 8am**

**Registration Closes– Wednesday June 12th at 12pm**

**\*NO REFUNDS ONCE CLASSES BEGIN, NO COVID RELATED REFUNDS, NO MAKEUP CLASSES\***

**Contact: Erika Holton**

**Register: [getactive.dover.nh.gov](https://getactive.dover.nh.gov)**

**Phone: 603-516-6428**

# Registration Process

**All registrations are done online!** The website we are using is linked with the information you have given to the Dover Recreation Department for previous recreation activities or memberships at any facility.

**You MUST set up your account 24 hours before the registration window opens or we cannot guarantee your account will be active by the time registration opens!**

**If you have NOT previously registered for a recreation program or membership—YOU MUST DO THIS 24 hours before the registration window opens so we can accept the household;**

- Go to [getactive.dover.nh.gov](http://getactive.dover.nh.gov)
- At the top of the screen, on the right hand side, click “Login”
- Click “Brand new patron”
- On the next screen complete all required fields, and click “Finish”

**If you have previously registered for a recreation program or membership;**

- Go to [getactive.dover.nh.gov](http://getactive.dover.nh.gov)
- At the top of the screen, on the right hand side, click “Login”
- **For first time users** you can click the “Forgot Password” option and if we have an email address linked to your account you will receive an email with steps to complete your login. If you have not previously given us your email address you can email [e.holton@dover.nh.gov](mailto:e.holton@dover.nh.gov) or call (603) 516-6428 and our

Once you have logged into your account, click on the “Aquatic Programs” box. On the following screen, you will see all of our lessons listed. To register for the class you want, click the cart with the green plus sign (Add to Cart) to the left of the listed program. When you have added your desired program to your cart click “Enroll Now” at the bottom of the screen. Follow the prompts on the next screens to complete the registration process. You will need a credit card to complete your registration.

# Youth Summer Sessions

## Session 1 June 25th– July 3rd (Tuesdays, Wednesdays, Thursdays)

**No Lessons July 4th**

### **8:00am-8:30am**

Preschool 1  
Preschool 2  
Preschool 3  
Infant/Toddler

### **8:30am-9:00am**

Preschool 1  
Preschool 2  
Level 1  
Level 2

### **9:00am– 9:30am**

Preschool 3  
Level 2  
Level 3  
Level 4

## Session 2 July 9th– July 18th (Tuesdays, Wednesdays, Thursdays)

### **8:00am-8:30am**

Preschool 1  
Preschool 2  
Preschool 3  
Infant/Toddler

### **8:30am-9:00am**

Preschool 1  
Preschool 2  
Level 1  
Level 2

### **9:00am– 9:30am**

Preschool 3  
Level 2  
Level 3  
Level 4

## Session 3 July 23rd– August 1st (Tuesdays, Wednesdays, Thursdays)

### **8:00am-8:30am**

Preschool 1  
Preschool 2  
Preschool 3  
Infant/Toddler

### **8:30am-9:00am**

Preschool 1  
Preschool 2  
Level 1  
Level 2

### **9:00am– 9:30am**

Preschool 3  
Level 2  
Level 3  
Level 4

## Session 4 August 6th– August 15th (Tuesdays, Wednesdays, Thursdays)

### **8:00am-8:30am**

Preschool 1  
Preschool 2  
Preschool 3  
Infant/Toddler

### **8:30am-9:00am**

Preschool 1  
Preschool 2  
Level 1  
Level 2

### **9:00am– 9:30am**

Preschool 3  
Level 2  
Level 3  
Level 4

**Fees: Dover Residents \$45**

**Non-Residents \$60**

***See Page 1 for Registration Dates.  
See Page 4 for Swim Lesson Selection Guide***

# Swim Lesson Selection Guide



6 Months–3 Years

Infant/Toddler



3–5 Years

Preschool 1-3



6–12 years

Levels 1-3, Swim Team Prep

## Which Level should I enroll my child?

**Child Age 6 Months– 3 Years**

**Infant/Toddler**

**Child Age 3-4 Years**

Can they put their face in the water and blow bubbles?

Not Yet?

**Preschool 1**

Can they float on their back for 15 seconds and recover to their front?

Not Yet?

**Preschool 2**

Can they swim independently to the instructor and turn over onto their back?

Not Yet?

**Preschool 3**

**Child Age 5-12 Years**

Can they enter the water and exit the water and swim 5 yards independently with their face in the water?

Not Yet?

**Level 1**

Can they swim using combined arm and leg motion and recover to a back float independently?

Not Yet?

**Level 2**

Can they swim 15 yards on their front and back with side breathing?

Not Yet?

**Level 3**

Can they swim 25 yards front and back crawl and 15 yards breaststroke?

Not Yet?

**Level 4**

Do they know all four competitive strokes effectively?

Not Yet?

**Swim Team Prep**



# Start fast, finish faster in our Swim Team Prep



This class is for participants who are considering joining a swim team. This class focuses on all four competitive strokes, starts, and turns. In this practice, emphasis is placed on building endurance, goal setting, and continued stroke development through reinforced repetition and drills.

**Dates:**

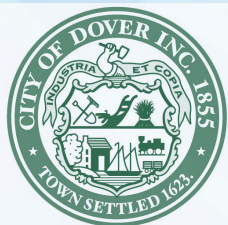
June 24th to August  
12th  
(8 Classes)

**Days & Times**

Mondays  
8-9:00am

**Cost**

**Residents– \$64.00**  
**Non Residents– \$80.00**



**Contact: Erika Holton**

**Register: [getactive.dover.nh.gov](http://getactive.dover.nh.gov)**

**Phone: 603-516-6428**

# Program Descriptions

Our **Infant/ Toddler** class ages 6 months up to 3 years. This is a wonderful course that may help your child to become more comfortable around the water. Parents and children go in to the water together and under the direction of an instructor learn simple exercises and skills.

Our **Preschool** program is for children ages 3 and 4 years old. It is broken down into Preschool Levels 1,2, & 3. . **Swimmers older than 4 are not allowed in the preschool classes. Swimmers must be 5 for level 1.**

**Preschool 1-** This is a great start where water comfort, safety, and beginning arm and leg actions are taught.

**Preschool 2-** Participants should be able to put their face in the water, and float comfortably with instructor assistance. In preschool 2 instructors work on floating on their own, submerging mouth, eyes, and nose.

**Preschool 3-** Should be able to float on their own and fully submerge while blowing bubbles. Preschool 3 works on front and back glides, and beginning to have participants swim short distances on their own.

Our **Level 1-4 classes** are for children ages 5-12. The requirements listed will help determine which level to sign up for.

**Level 1-** Fully submerge face, front and back floats, swim on front and back for 5 yards unassisted. **Swimmers must be 5 for level 1.**

**Level 2-** Back and front floats for 5 seconds independently, swim using a combined arm and leg action for 5 yards.

**Level 3-** Swim 15 yards with rotary breathing, kneeling and sitting dives, butterfly kick and body motion, HELP and huddle positions.

**Level 4-** Front crawl 25 yards, entire butterfly stroke, treading water.

Our **Swim Team Prep program** is for participants who are considering joining a swim team. This class focuses on all four competitive strokes, starts, and turns. In this practice, emphasis is placed on building endurance, goal setting, and continued stroke development through reinforced repetition and drills.

Our **NEW DIVING CLINIC:** will teach the basics and beginnings of competitive diving. This instructor led course will teach the fundamentals of diving and develop new skills in a fun environment

# Miscellaneous Information

Classes will be filled on a first come-first serve basis. Feel free to call with any questions regarding the availability of a class or registration procedure.

**Please note:**

Children ages 3 and under are required to wear a swim diaper while swimming in the Dover Indoor Pool. Swim diapers are available at the pool for \$2 each.

Please remove all street shoes before entering the pool area. Failure to remove street shoes presents a cleanliness and sanitary issue. You are more than welcome to bring an alternate pair of shoes, flip-flops or clean deck shoes. Thank you for your cooperation!

## Changing Facilities

Masks are recommended in the locker rooms. **Children age 4 and over are required to use same-sex locker rooms.** There is a changing stall located in the lobby as well as a family changing/showering area. See the desk attendant for further assistance.

**No refund is given after activities begin.** No refunds are given due to weather cancellations, all attempts will be made to make up the lesson if this occurs but it cannot be guaranteed. All persons participating in Dover Recreations programs do so at their own risk and without recourse to the City of Dover, its agents, officers or employees. A \$10 non-refundable administration charge is included in all fees.

### Make Water Safety a Priority

- 1 | Know how to prevent drowning.
- 2 | Become water competent.
- 3 | Know how to respond to a water emergency.

