

# DOVER RECREATION

## FALL PROGRAM GUIDE 2025



**Please read this packet fully, as it contains important information for all ages and abilities:**

We offer American Red Cross swim lessons for 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.

**Swim Team Prep-** takes the place of our American Red Cross Level 5/6 class. Class is twice per week on Thursdays and Fridays.

We will be running our Fall session from September up until Thanksgiving. Midweek morning classes will meet twice per week on Tuesdays and Thursdays. Infant/Toddler classes will be Friday/Saturdays mornings once per week. Tuesday night lessons are just one night a week.

Adult Classes will also run through the fall up until the week of Thanksgiving. We are offering a multi skill level class Wednesdays.

*There will be no swim lessons for the month of December and our Winter Programs will begin in January!*



For the safety of the participants and our lifeguard team, parents must be seated on the bleachers during all lesson times.

All swim lesson inquiries go through the Aquatic Program Supervisor-  
Erika Holton  
E.holton@dover.nh.gov |  
603-516-6428

**T h a n k   y o u ,**

*Dover Recreation*

Once you have  
logged into your

# Registration

*Notice: A new account must be set up at least 24 hours prior to registration opening. New accounts can take up to 24 hours to be approved.*

All registration is done online!

**If you have not previously registered for a recreation program or membership you will need to make an account prior to registration:**

- Go to [getactive.dover.nh](http://getactive.dover.nh)
- At the top of the screen, on the right hand side, click “Login”
- Click “Don’t have an account? Sign up now.”
- On the next screen complete all required fields, and click “Finish”



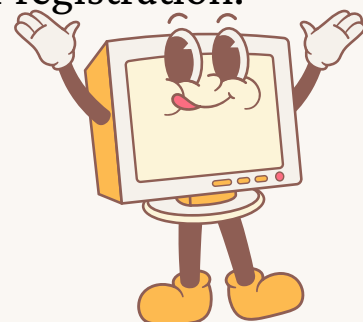
**Note:** Sometimes it will kick you out before you have entered all information. Start with the adult as an adult has to be assigned to head of household. Once it closes out wait 24 hours and then try your login.

**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”

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.

If you have any trouble with registration or making an account please reach out to Aquatic Program Supervisor Erika Holton at [e.holton@dover.nh.gov](mailto:e.holton@dover.nh.gov) or (603) 516-6428.



# Swim Lessons



## Tuesday Evening

**September 9<sup>th</sup> - November 18<sup>th</sup> (10 Classes) No class November 11<sup>th</sup>**

5:00pm-5:30pm

Preschool Level 1

Preschool Level 2

Preschool Level 3

Resident- \$75

5:30pm-6:00pm

Level 1

Level 2

6:00pm-6:30pm

Level 3

Level 4

Non-Resident- \$100.00

## Tuesday & Thursday AM

### Session One-

**September 9<sup>th</sup> - October 9<sup>th</sup> (10 Classes)**

8:30am-9:00am

Preschool level 1

9:00am-9:30am

Preschool Level 2&3

Resident- \$75

### Session Two-

**October 14<sup>th</sup> - November 20<sup>th</sup> (10 Classes) No Class Nov 11 & Nov 13**

8:30am-9:00am

Preschool level 1

9:00am-9:30am

Preschool Level 2&3

Non-Resident- \$100.00

## Swim Team Prep

### Friday & Thursdays

**September 11<sup>th</sup> - November 14<sup>th</sup> (20 Classes)**

Residents-\$150.00

Non-Residents- \$200.00

## Friday Mornings!

**September 12<sup>th</sup> -November 19<sup>th</sup> (10 classes)**

Infant/Toddler

8:30am-9:00am

Resident- \$75.00

Homeschool Group Lessons

9:00am-9:30am

Non-Resident- \$100.00

## Saturdays

**September 13<sup>th</sup> - November 22<sup>nd</sup> (10 Classes) No class October 4<sup>th</sup> Apple Harvest Day**

Resident- \$75.00

Non-Resident- \$100.00

**REGISTRATION OPENS-**

**Residents: August 20<sup>th</sup> at 9:00am**

**Non-Residents: August 27<sup>th</sup> at 9:00am**

**Registration Closes:  
September 3<sup>rd</sup> at 12:00pm**







# Adult Swim Lessons

These 10 week programs are for adults 16 and older. We focus on all skills with relation to water safety.

Adult swim lessons are designed to work with all adult skill levels. Whether you want to learn basic swimming skills or are looking for stroke development!

Adult Swim Lessons- Fall Session

**Winter Session: September 11<sup>th</sup> to November 14<sup>th</sup>**

**Wednesdays 7:00-7:45pm**



Registration:

Resident-

August 20<sup>th</sup>

Non-Resident-

August 27<sup>th</sup>

Closes September 3<sup>rd</sup> at  
12pm

# 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 programs** are 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 Adult Classes** are designed to assist those with water insecurities moving into stroke development. .

For any additional information or questions regarding our programs please reach out to our Aquatic Program Supervisor.

**Erika Holton | [e.holton@dover.nh.gov](mailto:e.holton@dover.nh.gov) |603-516-6428**



# *Dover Indoor Pool*

## **FAMILY FLOAT NIGHT SCHEDULE**

**SEPTEMBER  
19TH**

Back to School Pool!

**OCTOBER  
24TH**

Monster Mash Splash!

**NOVEMBER  
21ST**

The Turkey Dunk n Dive!

**DECEMBER  
19TH**

Winter WonderSPLASH!

**All Float Nights run from 6:30-8:00pm**

Pricing;

Resident:

Adult: \$5.00

Youth & Senior: \$3.00

Non-Resident:

Adult: \$10.00

Youth & Senior: \$5.00

Cash or Check only. Memberships not valid



E.HOLTON@DOVER.NH.GOV



603-516-6428



# 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.

Parking at Henry Law is metered.

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

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, and no make-up classes will be held. 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.

## Contact Information:

For questions, placement, or registration help please contact the Aquatics

Program Supervisor:

Erika Holton

603.16.6428

[e.holton@dover.nh.gov](mailto:e.holton@dover.nh.gov)

