

Dover Recreation

Fall 2023 Swim Program Guide

Youth, Adult, & Swim Team Prep Classes

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. It will run from September 14th to December 8th and not meet Thanksgiving week.

We will be running our Fall sessions for varying weeks. 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 run for 10 consecutive weeks. We are offering a beginner class Monday evenings and a Stroke Clinic Wednesday evenings

Friday Homeschool Swim Lessons will run for 12 consecutive weeks. It will run on Friday mornings from 9-9:30am

- **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.**

Registration:

Registration will open to Dover Residents Wednesday August 30th at 8:00am

Registration will open to Non-Residents Wednesday September 6th at 8:00am

***Registration closes: September 11th at 12pm!**

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

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
- 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
- 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 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 Fall Session

Saturday Morning Lessons– September 16th-December 16th (No meeting on Oct 7th or weekend of Thanksgiving.) (12 weeks, 12classes)

9:00am-9:30am

Preschool Level 1
Preschool level 2
Preschool Level 3
Level 1

9:35am-10:05am

Level 1
Level 2
Preschool Level 1
Preschool Level 2

10:10am-10:40am

Level 3
Level 4
Infant/Toddler
Preschool Level 3

Fees: Dover Residents \$90 Non-Residents \$120

Tuesday/Thursday Morning Lessons–

Session 1: September 12th—October 5th (4 weeks, 8 Classes)

8:30am-9:00am

Preschool level 1

9:00am-9:30am

Preschool Level 2&3

Session 2: October 10th to November 2nd (4 weeks, 8 Classes)

8:30am-9:00am

Preschool level 1

9:00am-9:30am

Preschool Level 2&3

Session 3: November 7th to December 7th (No meeting week of Thanksgiving) (4 weeks, 8 classes)

8:30am-9:00am

Preschool level 1

9:00am-9:30am

Preschool Level 2&3

Fees: Dover Residents \$60 Non-Residents \$80

Tuesday Evening Lessons– September 12th to December 5th (No meeting week of Thanksgiving)(12 weeks, 12 classes)

5:00pm-5:30pm

Preschool Level 1
Preschool Level 2
Preschool Level 3

5:30pm-6:00pm

Level 1
Level 2
Preschool 2

6:00pm-6:30pm

Level 3
Level 4
Level 2

Fees: Dover Residents \$90 Non-Residents \$120




Friday Morning Lessons– September 15th to December 8th (No meeting week of Thanksgiving.)

8:30am-9:00am

Infant/Toddler

Fees: Dover Residents \$90 Non-Residents \$120

Swim Lesson Selection Guide

		
6 Months–3 Years	3–5 Years	6–12 years
Infant/Toddler	Preschool 1-3	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:

September 14th to December 8th (No week of Thanksgiving)

(12 weeks, 24 classes)

Days & Times

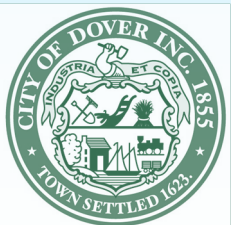
Thursday 5:30-6:30pm

Cost

Dover Residents : \$192

Friday 5:30-6:30pm

Non-Residents: \$240



Contact: Erika Holton

Register: getactive.dover.nh.gov

Phone: 603-516-6428

Group Homeschool Swimming Lessons

Homeschool Swim Lessons

Group swim lessons for kids currently home-schooled, ages 5 and up. Each class will work on increasing skill, technique and confidence in the water. The instructor will be balancing the classes based on participant ability with a 1:10 ratio.



Class will meet **Fridays** 9:00am-9:30 (ages 5+)

September 15, 22, 29 **October** 6, 13, 20, 27 **November** 3, 10, 17 **December** 1, 8

For 12 weeks, 12 classes.

COST

\$90.00 Dover Residents; \$120.00 Non-Residents

Contact: Erika Holton

Register: getactive.dover.nh.gov

Phone: 603-516-6428

Dover Recreation

Adult Group Lessons

Fall 2023

This is a **10 week program** for adults 16 and older. Classes are small to ensure individual attention. We focus on all skills with relation to water safety.

Adult Beginner Swim Class

Do you have water insecurities? Have you always wanted to learn to swim? Do you not know where to start? This beginner class will focus on the basic safety and water skills to keep you safe in and around the water.

Mondays 7:00pm – 7:45pm

Dates: September 11, 18, 25 October 2, 9, 16, 23, 30 November 6, 13

Adult Stroke Clinic

Stroke Clinic: This class will focus on stroke development, movement analysis and strength. Participants will work on all 4 strokes including flip turns, starts and finishes.

Participants must be able to swim 25 yards of freestyle to participate in the stroke clinic.

Wednesdays 7:00pm – 7:45pm

Dates: September 13, 20, 27 October 4, 11, 18, 25 November 1, 8, 15

Dover Resident Registration begins Wednesday August 30 at 8:00am

Non-Resident Registration begins Wednesday September 6 at 8:00am

Registration Closes: September 11th at 12pm!

Cost: \$75.00 Residents; \$100.00 Non-Residents

*No Refunds will be given once class has started!

*No make-up classes will be held unless the instructor cancels class

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 **Adult Classes** are split into beginner and intermediate classes. Our beginner class is for those with water insecurities while our intermediate class focuses on stroke refinement.

Our **Homeschool Group swim lessons** for kids currently home-schooled, ages 5 and up. Each class will work on increasing skill, technique and confidence in the water. The instructor will be balancing the classes based on participant ability with a 1:10 ratio.

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.

Health Warning (COVID-19)

The City of Dover's top priority is the health and safety of our patrons, so please keep in mind the following:

- Risk of exposure to COVID-19 is still present
- For the safety of our staff and other patrons, please stay home if you are feeling ill, or experiencing any symptoms of COVID-19 (cough, fever, severe fatigue) and use our facility when you are feeling better.
 - Patrons must take responsibility for their own protection (masks, hand washing, etc.)
- Please maintain social distancing practices and remain 6 feet away from patrons that are not in your household

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.