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# Fall/Winter/Spring Swim Lessons

## More Swim Lessons!

The Dover Recreation Department has changed their yearly format on when Swim Lessons will be offered. This change will double the amount of lessons that we will be offering in each season. In years past we have always offered just one session of lessons during each of the Fall/Winter/Spring seasons. With the new format, we will be offering two sessions in each season. We believe by doing this we will see a much greater degree of skill retention and

greater success as children will be more consistently swimming and receiving instruction. Our prices will remain the same as we continue to offer the same high quality lessons that you have come to expect with a lot of the same instructors that you have come to be comfortable with through the years.



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### Lesson Fees:

Dover Resident: \$50  
Non-Resident: \$70

## Registration Change!

We are also changing our registration process slightly as well! Beginning in the Fall of 2015 we will be opening our registration for Dover residents on a certain Saturday as we always have. However we will not wait until a week

passes before opening registration up for folks from out of town, we will open it the very next day! We have found that most residents who are going to sign up for our program will do so on the very first day to

be sure they get the level they want, by opening up all registrations on the same weekend it enables us to spend less time registering and more time swimming!

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# Fall Swim Lessons 2015

Registration Dates:

**Dover Residents: 1pm Saturday August 15th**

**Open Registration: 1pm Sunday August 16th**

You may only sign up for Fall lessons during this time!



All registrations take place at the Dover Indoor Pool!

## Fall Session 1

**Weekend lessons (both Saturday and Sunday)- 9/12/15-10/17/15 No Swim Lessons on 10/3/15**

**1:15pm-1:55pm**

Beginner Preschool 224110A\*  
Level 2 224140A  
Level 3 224150A  
Level 5 224170A

**2:00pm-2:40pm**

Advanced Preschool 224120B\*  
Level 1 224130B  
Level 4 224160B  
Level 6 224200B

**2:45pm-3:15pm**

Infant/Toddler 224100A

**Weekday Lessons (both Tuesday and Thursday)- 9/15/15-10/15/15**

**8:45am-9:15am**

Beginner Preschool 224110C\*

**1:15pm-1:45pm**

Beginner Preschool 224110D\*

**9:15am-9:45am**

Advanced Preschool 224120C\*

**1:45pm-2:15pm**

Advanced Preschool 224120D\*

**9:45am-10:15am**

Infant/Toddler 224100B

## Fall Session 2

**Weekend lessons (both Saturday and Sunday)- 10/24/15-11/22/15**

**1:15pm-1:55pm**

Beginner Preschool 224110G\*  
Level 2 224140G  
Level 3 224150G  
Level 5 224170G

**2:00pm-2:40pm**

Advanced Preschool 224120H\*  
Level 1 224130H  
Level 4 224160H  
Level 6 224200H

**2:45pm-3:15pm**

Infant/Toddler 224100C

**Weekday Lessons (both Tuesday and Thursday)- 10/20/15-11/19/15**

**8:45am-9:15am**

Beginner Preschool 224110I\*

**1:15pm-1:45pm**

Beginner Preschool 224110J\*

**9:15am-9:45am**

Advanced Preschool 224120I\*

**1:45pm-2:15pm**

Advanced Preschool 224120J\*

**9:45am-10:15am**

Infant/Toddler 224100D

# Winter Swim Lessons 2016

Registration Dates:

**Dover Residents: 1pm Saturday January 9th**

**Open Registration: 1pm Sunday January 10th**

You may only sign up for Winter lessons during this time!



All registrations take place at the Dover Indoor Pool!

## Winter Session 1

**Weekend lessons (both Saturday and Sunday)- 1/16/16-2/14/16**

**1:15pm-1:55pm**

Beginner Preschool 324110A\*  
Level 2 324140A  
Level 3 324150A  
Level 5 324170A

**2:00pm-2:40pm**

Advanced Preschool 324120B\*  
Level 1 324130B  
Level 4 324160B  
Level 6 324200B

**2:45pm-3:15pm**

Infant/Toddler 324100A

**Weekday Lessons (both Tuesday and Thursday)- 1/19/16-2/18/16**

**8:45am-9:15am**

Beginner Preschool 324110C\*

**9:15am-9:45am**

Advanced Preschool 324120C\*

**9:45am-10:15am**

Infant/Toddler 324100B

**Our Apologies, there are no afternoon swim lesson on the weekdays during High School Swim Season!**

## Winter Session 2

**Weekend lessons (both Saturday and Sunday)- 2/20/16-3/20/16**

**1:15pm-1:55pm**

Beginner Preschool 324110G\*  
Level 2 324140G  
Level 3 324150G  
Level 5 324170G

**2:00pm-2:40pm**

Advanced Preschool 324120H\*  
Level 1 324130H  
Level 4 324160H  
Level 6 324200H

**2:45pm-3:15pm**

Infant/Toddler 324100C

**Weekday Lessons (both Tuesday and Thursday)- 2/23/16-3/24/16**

**8:45am-9:15am**

Beginner Preschool 324110I\*

**9:15am-9:45am**

Advanced Preschool 324120I\*

**9:45am-10:15am**

Infant/Toddler 324100D

**1:15pm-1:45pm**

Beginner Preschool 324110J\*

**1:45pm-2:15pm**

Advanced Preschool 324120J\*

# Spring Swim Lessons 2016

Registration Dates: **NEW DATES & TIMES!!!**

**Dover Residents: 10am Saturday March 19th**

**Open Registration: 10am Sunday March 20th**

You may only sign up for Spring lessons during this time!



All registrations take place at the Dover Indoor Pool!

## Spring Session 1

**Weekend lessons (both Saturday and Sunday)- 3/26/16-4/24/16 (No class Easter Sunday)**

### 1:15pm-1:55pm

Beginner Preschool 424110A\*  
Level 2 424140A  
Level 3 424150A  
Level 5 424170A

### 2:00pm-2:40pm

Advanced Preschool 424120B\*  
Level 1 424130B  
Level 4 424160B  
Level 6 424200B

### 2:45pm-3:15pm

Infant/Toddler 424100A

**Weekday Lessons (both Tuesday and Thursday)- 3/29/16-4/28/16**

### 8:45am-9:15am

Beginner Preschool 424110C\*

### 9:15am-9:45am

Advanced Preschool 424120C\*

### 9:45am-10:15am

Infant/Toddler 424100B

## Spring Session 2

**Weekend lessons (both Saturday and Sunday)- 4/30/16-5/29/16**

### 1:15pm-1:55pm

Beginner Preschool 424110G\*  
Level 2 424140G  
Level 3 424150G  
Level 5 424170G

### 2:00pm-2:40pm

Advanced Preschool 424120H\*  
Level 1 424130H  
Level 4 424160H  
Level 6 424200H

### 2:45pm-3:15pm

Infant/Toddler 424100C

**Weekday Lessons (both Tuesday and Thursday)- 5/3/16-6/2/16**

### 8:45am-9:15am

Beginner Preschool 424110I\*

### 9:15am-9:45am

Advanced Preschool 424120I\*

### 9:45am-10:15am

Infant/Toddler 424100D

# Program Descriptions

Please see the required skills section below to determine what level your child may be in. Please check with one of the instructors if you have questions regarding which level to sign up for. 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 up to 5 years old. It is broken down into Beginner Preschool and Advanced Preschool. The main difference between the two levels is that in the beginner class the children work on skills with support (noodle, barbell, instructor, etc.). The advanced preschool class is for children who are performing those skills independently. Please note that the preschool classes are 30 minutes long instead of 40 minutes. Swimmers older than 4 are not allowed in the preschool classes.

## Skills Required to Pass

This will help you decide what level to sign up for

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

**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.

**Level 5-** Breaststroke 25 yards, front crawl 50 yards, shallow dive, pike and tuck surface dives and sidestroke.

**Level 6-** Swim 50 yards of each of the 6 strokes, flip turns, survival swimming, 500 yard continuous swim using all of the 6 strokes.

# 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

**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 Receptions 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.

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