

Dover Recreation

Adult Group Lessons

FALL 2021

Classes are small to ensure plenty of individual attention and practice time. The objective is to teach adults to swim and to be safe in and around the water. All levels will include basic water skills and stroke technique as well as introducing a wide range of personal safety skills.

Adult Beginner Swim Class

Mondays 7:00pm – 7:45pm

Dates: September 13, 20, 27; October 4

Cost: \$40.00 Residents; \$56.00 Non-Residents

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

Adult Stroke Clinic

Wednesdays 7:00pm – 7:45pm

Dates: September 15, 22, 29; October 6

Cost: \$40.00 Residents; \$56.00 Non-Residents

This class will focus on stroke development, movement analysis and strength and conditioning. Participants must be comfortable in the water to participate in this class. Starts, flip turns and all strokes will be taught

Registration will open to Dover Residents Tuesday August 31st at 11:30am

Registration will open to Non-Residents Tuesday September 7th at 11:30am

*No Refunds will be given once class has started!

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

REGISTRATION PROCESS:

All registrations will be completed on our GetActive.dover.nh.gov website. This website is linked to the information you have provided Dover Recreation in the past if you have had a membership or have registered for any other programs (youth programs, senior center memberships, etc.)

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"

If you are trying to login to your account for the first time 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 k.boese@dover.nh.gov or call (603) 516-6428 and our Program Supervisor Kelsey can add an email address to your account.

If you have NOT 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"
- Click "Brand new patron"
- On the next screen complete all required fields, and click "Finish"

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 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.

Contact: Erika Friedman
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