

Dover Recreation

Winter 2022 Swim Lessons

Weekend & Weekday Classes

Please read this packet fully, as it contains important information. In order to comply with state and local guidelines we have made some changes to our traditional lesson program.

- Class sizes have been reduced; Preschool- 4 kids/class, Level 1-4 5 kids/class, Level 5-6 6 kids/class, Infant/ Toddler 12 kids/class.
- Only 1 spectator per child.
- Equipment, such as kick boards, bar bells, noodles, and rings, will not be shared between participants/ parent groups.

Other COVID-19 Policies:

- Patrons are asked maintain 6 feet distance from others at all times.
- Locker rooms are available for use, however **we strongly recommend coming ready to swim to limit locker room use.**

**Policies are subject to change with state and local guidelines.*

Registration will open to Dover Residents Monday December 20th at 11:30am

Registration will open to Non-Residents Monday December 27th at 11:30am

Fees: Dover Residents \$40

Non-Residents \$60

We will only be having 1 winter session that will run for 5 weeks.

Each class will only be meeting once per week.



Registration Process

We are now doing all of our registrations online! This process will eliminate in person registration days as we have done in the past. 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 k.boese@dover.nh.gov or call (603) 516-6428 and our Program Supervisor Kelsey can assist you with setting up your account.

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.

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Registration will open to Non-Residents Monday December 27th at 11:30am

Winter Session

Saturday Morning Lessons- 1/8/22- 2/5/22

9:30am-10:00am

Beginner Preschool 324110A*

Advanced Preschool 324120A*

10:05am-10:45am

Level 1 34130B

Level 3 324150B

10:45am-11:25am

Level 2 324140C

Level 4 324160C

Tuesday Morning Lessons- 1/11/22- 2/8/22

8:30am-9:00am

Beginner Preschool 324110D*

9:00am-9:30am

Advanced Preschool 324120D*

9:30am-10:00am

Infant/Toddler 324100D*

Thursday Morning Lessons- 1/13/22- 2/10/22

8:30am-9:00am

Beginner Preschool 324110E*

9:00am-9:30am

Advanced Preschool 324120E*

9:30am-10:00am

Infant/Toddler 324100E*



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 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. 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

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.