

DOVER INDOOR POOL

FALL PROGRAM GUIDE 2026

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

We offer American Red Cross Learn to 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. Swimmers must be able to swim a full length independently on their front and kick a full length.

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 offered on Friday and Saturday 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

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.gov
- 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”



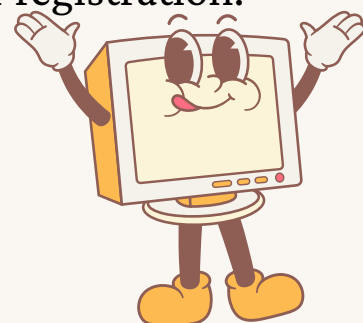
Note: Sometimes it will kick you out before you have entered all information. Start with the adult as an adult has to be assigned to head of household. Once it closes out wait 24 hours and then try your login.

If you have previously registered for a recreation program or membership;

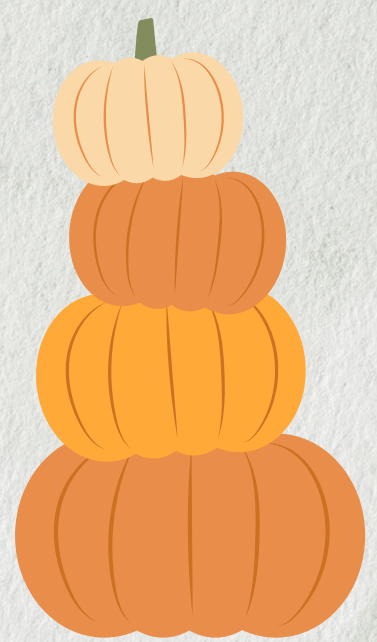
- Go to getactive.dover.nh.gov
- At the top of the screen, on the right hand side, click “Login”

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 or (603) 516-6428.



Youth Swim Lessons



Tuesday Evening

September 15th - November 17th (10 Classes)

5:00pm-5:30pm

Preschool Level 1

Preschool Level 2

Preschool Level 3

Resident- \$100.00

5:35pm-6:05pm

Level 1

Level 2

6:10pm-6:40pm

Level 3

Level 4

Non-Resident- \$125.00

Tuesday & Thursday AM

Session One-

September 15th- October 15th (10 Classes)

8:30am-9:00am

Preschool level 1

9:00am-9:30am

Preschool Level 2&3

Resident- \$100.00

Session Two-

October 20th - November 19th (10 Classes)

8:30am-9:00am

Preschool level 1

9:00am-9:30am

Preschool Level 2&3

Non-Resident- \$125.00

Swim Team Prep

Thursday and Fridays!

September 17th- November 20th (20 Classes)

Residents- \$200.00

Non-Residents- \$250.00

Friday Mornings

September 18th -November 20th (10 classes)

Infant/Toddler

8:30am-9:00am

Resident- \$100

Homeschool Group Lessons

9:00am-9:30am

Non-Resident- \$125.00

Saturdays

September 19th - November 21st (8 Classes) No class October 3rd Apple Harvest Day No class October 31st

9:00am-9:30am

Preschool Level 1

Preschool level 2

Preschool Level 3

9:35am-10:05am

Level 1

Level 2

Preschool Level 1

10:10am-10:40am

Level 3

Level 4

Infant/Toddler

Resident- \$80

Non-Resident- \$100.00

REGISTRATION OPENS-

Residents: August 23rd at 9:00am

Non-Residents: August 30th at 9:00am

Registration Closes:

September 3rd 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
September 16th to November 18th
Wednesdays 7:00-7:45pm

REGISTRATION OPENS-

Residents: August 23rd at 9:00am

Non-Residents: August 30th at 9:00am

Registration Closes:
September 3rd at 12:00pm



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 insecurity 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 |603-516-6428



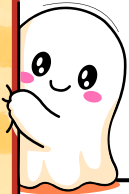
FAMILY FLOAT NIGHTS

Join us for an unforgettable themed night at the pool! Dive into an evening of fun and laughter as you bring your own floats and make a splash with your family. Whether you're drifting on a donut float, lounging on a unicorn, or gliding on a giant pizza slice, this evening promises to be filled with excitement for everyone. Enjoy music, and games, designed to make the night special for all ages.



September 25th- Back to School

Jump in the Pool!



October 23rd- Monster Mash Splash!



November 20th- Turkey Dunk n Dive!



December 18th - Winter WonderSplash!

Resident:
Adult- \$5
Child & Senior- \$3

Non-Resident:
Adult- \$5
Child & Senior- \$3

Cash or check only. Memberships are not valid for special events.





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

