

# Dover Recreation

## Fall 2024 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. Class is twice per week on Thursdays and Fridays.

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 Friday/Saturdays 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 beginner class Monday evenings and a Stroke Clinic Wednesday evenings

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.***

***Please note you will have to make an account 24 hours prior to wanting to register if you do not already have one, please see page 2 for directions.***

***All swim lesson inquiries go through the Aquatic Program Supervisor- Erika Holton***

***E.holton@dover.nh.gov | 603-516-6428***

**Registration will open to Dover Residents Wednesday August 28th at 8:00am**

**Registration will open to Non-Residents Wednesday September 4th 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](http://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](http://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](mailto: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 14th to November 23rd (No Class on October 5th) (10 Classes)

9:00am-9:30am

Preschool Level 1

Preschool level 2

Preschool Level 3

9:35am-10:05am

Level 1

Level 2

10:10am-10:40am

Level 3

Level 4

Infant/Toddler

**Fees: Dover Residents \$75; Non-Residents \$100**

## Tuesday/Thursday Morning Lessons–

### Session 1– September 17th– October 10th (8 Classes)

8:30am-9:00am

Preschool level 1

9:00am-9:30am

Preschool Level 2&3

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

### Session 2– October 15th –November 21st (12 classes)

8:30am-9:00am

Preschool level 1

9:00am-9:30am

Preschool Level 2&3

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

## Tuesday Evening Lessons– September 17th –November 19th (10 Classes)

5:00pm-5:30pm

Preschool Level 1

Preschool Level 2

Preschool Level 3

5:30pm-6:00pm

Level 1

Level 2

6:00pm-6:30pm

Level 3

Level 4

## Friday Morning Lessons– September 20th– November 22nd (10)

8:30am-9am

Infant/Toddler

9am-9:30am

Homeschool Age group

**Fees: Dover Residents \$75; Non-Residents \$100**

# Swim Lesson Selection Guide



**6 Months–3 Years**

Infant/Toddler



**3–5 Years**

Preschool 1-3



**6–12 years**

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 19–  
November 22

(9weeks, 18 classes

No practice 10/31 &  
11/1 )

**Days & Times**

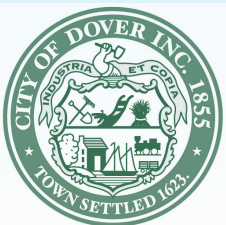
Thursday 5:30-  
6:30pm

**Cost**

Dover Residents : \$135

Friday 5:30-6:30pm

Non-Residents: \$180



**Contact:** Erika Holton

**Register:** [getactive.dover.nh.gov](http://getactive.dover.nh.gov)

**Phone:** 603-516-6428

# Dover Recreation

## Adult Group Lessons

### FALL 2023

This is a 8 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 16th to November 18th (*8 classes– No class on 10/14 and 11/5 due to federal holidays*)

**Cost: \$60 Residents; \$80 Non-Residents**

#### **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 18th– November 20th (10 Classes)

**Cost: \$75 Residents; \$100.00 Non-Residents**

**Dover Resident Registration begins Wednesday August 21 at 8:00am**

**Non-Resident Registration begins Wednesday August 28 at 8:00am**

**Registration Closes: September 7th at 12pm**

# 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.

# 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.

## *Health and Safety*

*For the health and safety for instructors and participants, if you are feeling ill please stay home until participant is feeling better.*

**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.