



Dover Swims

Dover Recreation

Dover Swims
February/March 2014

Climbing the Ladder and Lending a Hand



Patrons at the pools can enter and exit the water at the pool wall, with a wall ladder, or built-in stairs; however, for folks who have disabilities, entering and exiting the pool in the traditional ways can be stressful or impossible. The staff is happy to announce that the pool can now accommodate just about everyone, regardless of ability or disability. Both the indoor and outdoor pools now have a Patriot-AT Portable chair lift that patrons can use to gain safe access to the water. These chairs can be set up anywhere along the pool wall, so that they can help handicapped patrons use either the main pool or the diving well.



The new chair lift helps a patron enter the pool safely and comfortably.

The lifts came highly recommended and are rated to lift approximately 450 pounds. Although the lifts are easily set up by one person, they require a bit of set-up time. To maximize your pool time, please let the desk clerk know that you need the chair and to alert the life guard on duty.

If you know anyone who would like to use the pool but who formerly was unable to gain access, please spread the word. Dover's pools are for every body!

Inside this issue:

<i>Spring Swim Lessons</i>	2
<i>Pool Profiles: Rosalie and Jack Veinott</i>	3
<i>Things are looking up!</i>	3
<i>Dover Swims Week</i>	4
<i>Dover Indoor Pool Schedule</i>	5

**Dover Recreation's Spring 2014 American Red Cross Swimming Lessons**

Registration for Dover Residents will begin Saturday, March 8th at 1:00pm at the Dover Indoor Pool. Open registration will begin Saturday, March 15th at 1:00pm at the Dover Indoor Pool. Dover residents **MUST** bring proof of residency. The following are the only acceptable forms: valid driver's license, car registration, current utility bill or apartment lease. All registration must be in person and each person may only register members from their own family.

Fees:	Dover Residents	\$50	Age Requirements for classes:
	Non-Residents	\$70	Infant/Toddler: 6 months-2 years
			Preschool (Beginner & Advanced) 3-4 years
			Levels 1-6: 5 years & over
			*Preschool classes are 30 minutes long

Saturday/Sunday Lessons: March 22-April 26 (No class 4/20)

1:00-1:30 PM		1:30-2:00 PM		2:00-2:30 PM	
Beg. Preschool	424110A*	Adv. Preschool	424120B*	Beg. Preschool	424110B*
1:00-1:40 PM	(Course code)	1:45-2:25 PM			
Level 1	424130A	Level 1	424130B		
Level 3	424150A	Level 2	424140B		
Level 4	424160A	Level 5/6	424200B		
2:30-3:00 PM	Infant/Toddler 424100C				

Monday/Wednesday/Friday Afternoon Lessons: March 17-April 7

4:00-4:40 PM		4:45-5:25 PM		5:30-6:10 PM	
Beg. Preschool	424110G*	Adv. Preschool	424120H*	Beg. Preschool	424110i*
Level 1	424130G	Level 3	424150H	Level 5	424170i
Level 2	424140G	Level 4	424160H	Level 6	424200i

Tuesday/Thursday Morning Lessons: March 18-April 17

8:30-9:00 AM		9:00-9:30 AM	
Beg. Preschool	424110j *	Adv. Preschool	424120K *
9:30-10:00 AM	Infant/Toddler 424100B		

Tuesday/Thursday Afternoon Lessons: March 18 – April 17

1:00-1:30 PM		1:35-2:15 PM	
Beg. Preschool	424110E*	Level 1	424130F
Adv. Preschool	424120E*	Level 2	424140F



Dover Pool Profiles: Rosalie and Jack Veinott

Warm sunshine, plenty of greenery, happy birds: wonderful! But wait, it's winter and we're not in New Hampshire anymore. Just this once, Pool Profiles has gone on the road to catch up with two regulars from the Dover Indoor Pool.

Jack and Rosalie Veinott are familiar faces in Dover and to those who swim at therapy swim and the 11-1 adult lap swim. Now they are developing ties to a Florida retirement community and its many public pools. They have joined the flock of "snowbirds."

Rosalie learned to swim as an adult at the Dover Indoor Pool in the 1980s. She didn't learn to swim as a child; her mother was afraid of the ocean and her town didn't have a public pool. Rosalie wanted her

own kids to be safe and confident around water. After they had finished with their lessons, she pushed hard to have the pool staff offer some classes for adults, as well.

She really enjoyed the pool and the company of other patrons and tried to convince her husband, Jack, to give the pool a try. "The pool is a home away from home: it's full of familiar faces and it's great for body, mind, and spirit!" Jack was not a swimmer and successfully tuned out Rosalie's suggestions for a while, but he had a much harder time ignoring a stress-induced heart attack. He took his doctor's advice and found a way to get some much needed stress relief and low-impact exercise by walking in the pool. There have been no other heart attacks.

In addition to what Rosalie and Jack get from the pool, their daughter enjoyed taking lessons from age 6 to 17 and their son had a much easier time as a US Marine because he could swim. The son was also recognized a few years ago for saving a fisherman from the Piscataqua River. The pool has connected all of them to a community of good people, including a caring pool staff, two 90 year olds who stay young at the pool, plenty of young people who are learning important skills, and a genuine mix of everyone in between. Rosalie is especially grateful and has written several letters to *Foster's* to express why she values the pools and has kindly volunteered to help staff Dover Swims booth at Apple Harvest Day.

Jack and Rosalie landed in Florida following a road trip

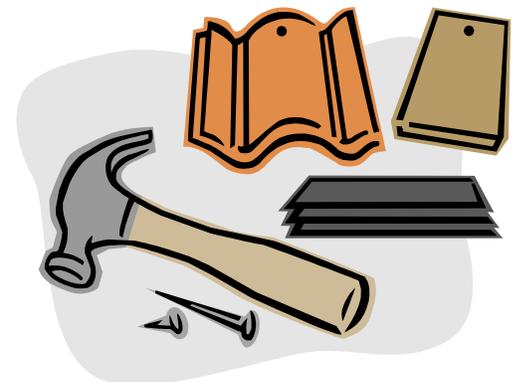
with no particular destination. A big part of their decision to buy a home where they did was the presence of a nice community pool nearby. Although we don't get to see Rosalie and Jack during the winter months anymore, they send their warmest wishes to everyone back in Dover.



Things Are Looking Up!

Most people spend their time at the pool focused on the water. What they might not notice is the massive roof over their heads. It is not a fancy roof, but it has a key role in making the pool safe and comfortable for its users. The roof is tired, leaky, and needs some help. Repairs and renovations were scheduled to begin in the fall of 2013, but some issues were encountered in the bidding process.

A new round of bidding is taking place so that work will begin in late May or early June. If construction causes the indoor pool to be closed, all efforts will be made to open the outdoor pool a bit earlier in the season than normal so that patrons will be able to swim. Stay tuned and keep looking up!





Dover Swims Week

March 3rd-March 7th

Free Swim Lesson Testing!
Do you want to sign your child up for swim lessons but aren't quite sure of their ability? Sign up for a free test and you'll know the appropriate level in about 5-10 minutes!

Please call the indoor pool to reserve a spot, we can only offer this at various times and need to plan appropriately.
616-6441

Special Rec Swim Rates from 2:30-4pm all week, A child will swim free with a paying adult!

Come join us for a week of swimming at the Dover Indoor Pool and celebrate over 80 years of public swimming in the Garrison City. Our aquatics staff will have activities occurring daily ranging from stroke technique work, water based aerobic exercise and recreational swimming with fun contests with prizes!



Hydrofitness
is our famous Water Aerobics class and its FREE all week!!
Come join us in the pool Monday, Wednesday and Friday from 8:30 a.m.-9:30 a.m.

Stroke technique work will be offered by the Dover Aquatics staff during the daily 11 a.m.-1 p.m. adult lap swim time. Stop in for a swim and learn how to become more efficient in the water!!



DOVER INDOOR POOL SCHEDULE

Effective February 18, 2014
516-6441



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Lap 5:30-8:30 am	Early Bird Lap* 6:30-8:30 am	Early Bird Lap 5:30-8:30 am	Early Bird Lap* 6:30-8:30 am	Early Bird Lap 5:30-8:30 am	Program/Rental 7:00-10:00 am	Masters Swim 9:00-11:00 am
Hydrofitness 8:30-9:30 am	Lessons/Rental 8:30-9:30 am	Hydrofitness 8:30-9:30 am	Lessons/Rental 8:30-9:30 am	Hydrofitness 8:30-9:30 am		
Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am	Program/Rental 10:00-11:00 am	
Adult Lap Swim 11:00 - 1:00 pm						
Lessons/Rental 1:00-2:30 pm					Lessons/Rental 1:00-2:30 pm	
Rec Swim 2:30-4pm**						
Program/Rental 4:00- 7:00 pm	Program/Rental 4:00- 6:30 pm	Program/Rental 4:00- 7:00 pm	Program/Rental 4:00- 6:30 pm	Program/Rental 4:00- 7:00 pm	Program/Rental 4:00- 6:00 pm	Mighty Seals 4:00-5:30 pm
Adult/Rec^# 7:00-9:00pm	Masters 6:30-7:45 pm. Adult /Rec^ 7:45-9:00 pm	Adult/Rec^# 7:00-9:00pm	Masters 6:30-7:45 pm Adult /Rec^# 7:45-9:00 pm	Rec. Swim 7:00-9:00 pm	Rentals 6:00-11:00 pm	

^ The Dive well may be closed during certain class times



*- 3 lanes from 630-645am



**-3 lanes from 230-4pm on M/W/Th

REC SWIM: At this time children **under 45 inches must have an adult in the water with them.** No lane lines will be in. No equipment is allowed in the pool, except for our life jackets. Children wearing a life jacket must have a parent in the water with them within arms reach. Children are not allowed off of the diving board wearing life jackets.

FEES (yearly membership excludes Hydrofitness and Masters)



	Daily	Punch Ticket(12)	*Yearly Indoor	6 Month Indoor
RESIDENT				
Adult	\$5.00	\$50.00	\$160.00	\$95.00
Senior	\$3.00	\$30.00	\$75.00	\$40.00
Youth	\$3.00	\$30.00	\$75.00	\$40.00
NON-RESIDENT				
Adult	\$7.00	\$70.00	\$320.00	\$186.00
Senior	\$4.00	\$40.00	\$150.00	\$84.00
Youth	\$4.00	\$40.00	\$150.00	\$84.00

Children age 3 and Under are required to wear a swim diaper while swimming. These swim diapers are available for \$2 each.

Yearly memberships are good for one year from the date of purchase.