

Dover Recreation

Dover Resident Spring 2021 Swim Lessons

Weekday Pre-School & Infant/Toddler

Please read this packet fully, as it contains important information. It has been quite some time since we have been able to offer swimming lessons to our community, but we are so excited to be able to offer a smaller program for only **Dover Residents**, to start the return of swim lessons! In order to comply with state and local guidelines we had to make some changes to our traditional lesson program. This session will run for 6 weeks and will only meet once per week on Tuesday or Thursday mornings.

- **Parents must accompany their children in the pool.**
- Lesson instructors will remain on the pool deck to maintain social distancing.
- There will be a maximum of 3 parent/child groups per pre-school class and 4 per infant/toddler class.
- Only parent/child groups will be allowed into the facility, no spectators.
- Each parent/child group will be spaced a minimum of 6 feet apart.
- Equipment, such as kick boards, bar bells, noodles, and rings, will not be shared between participants/ parent groups.

Other COVID-19 Policies:

- Patrons must maintain 6 feet distance from others at all times.
- Masks or cloth face coverings must be worn when entering and exiting the facility, in the lobby, locker rooms, and the pool deck until you are ready enter the pool.
- We ask that children over the age of 2 wear a mask.
- Locker rooms are available for use, however we strongly recommend coming ready to swim to limit locker room use.
- After using showers or lockers please leave door/curtain open for staff to clean.
- Patrons that cannot follow these guidelines will not be allowed to use the facility.



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.

We HIGHLY recommend setting up your account before the registration window opens!

Registration will open to Dover Residents Tuesday March 23rd at 10am

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.

If you have NOT previously registered for a recreation program or membership—make sure you do this at least 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”

When registration opens: Log into your account, click on the “Aquatic Programs” box. On the following screen, you will see all of our Spring 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.

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

Fees: Dover Residents \$40

Tuesday Morning Lessons- 4/6/21– 5/11/21

9:30am-10:00am

10:30am-11:00am

Beginner Preschool 424110C*

Infant/Toddler 424100B*

Classes will be broken down into two groups

Thursday Morning Lessons- 4/8/21– 5/13/21

9:30am-10:00am

10:30am-11:00am

Advanced Preschool 424120C*

Infant/Toddler 424100D*

Classes will be broken down into two groups

*6 spots available in each Preschool class, 8 spots available for each Infant/Toddler class

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.

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 must be worn at all times 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.

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.