

# DOVER POOLS SUMMER PROGRAM GUIDE 2026

**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 at the Dover Indoor Pool. We offer infant/toddler classes for children ages 6 months through 3 years, Preschool classes for children 3-4, Level 1-4 class for children ages 5-12.

**Swim Team Prep**- takes the place of our American Red Cross Level 5/6 class. It is designed to gear swimmers towards a swim team environment working on stroke refinement, flip turns, and starts. Swim Team Prep runs in 1 hour increments. Participants should be able to swim 25 yds independently without equipment.

All youth programming will run Tuesday through Thursday mornings. Session 1 & 2 will both be 3 weeks long, a total of 9 classes and Session 3 will be a 2 week session, a total of 6 classes. All levels will be offered at this time.

All lessons are at the Dover Indoor Pool. Parking is metered and not included.

9 Henry Law Avenue  
Dover, NH

**REGISTRATION**

**REGISTRATION OPENS FOR ALL SESSIONS-**  
Residents: May 6<sup>th</sup> at 9:00am  
Non-Residents :May 13<sup>th</sup> at 9:00am

**Note**

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



# 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](http://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”



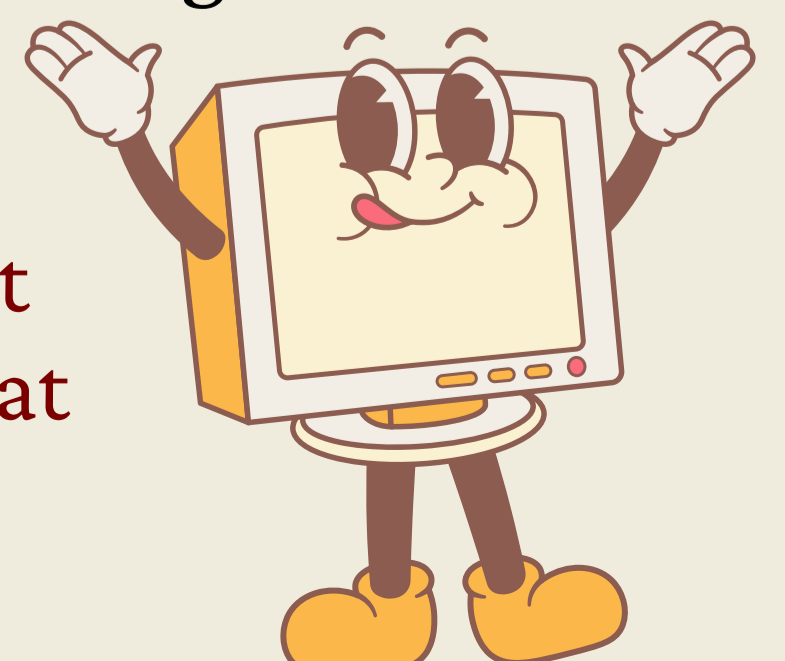
**Note:** Sometimes it will kick you out before you have entered all information. Start with the adult as an adult has to be assigned to head of household. Once it closes out wait 24 hours and then try your login.

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

- Go to [getactive.dover.nh.gov](http://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](mailto:e.holton@dover.nh.gov) or [\(603\) 516-6428](tel:6035166428).



# Youth Summer Swim Lessons

## Session 1

June 23<sup>rd</sup>- July 9<sup>th</sup>

Tuesday, Wednesday, Thursdays

**8:00am-8:30am**

Preschool Level 1  
Preschool Level 2  
Preschool Level 3  
Infant/Toddler

**8:35am-9:05am**

Preschool 1  
Preschool 2  
Level 1  
Level 2

**9:10am-9:40am**

Preschool 3  
Level 1  
Level 3  
Level 4

Resident- \$67.50

Non-Resident- \$90.00

## Session 2

July 14<sup>th</sup>- July 30<sup>th</sup>

Tuesday, Wednesday, Thursdays

**8:00am-8:30am**

Preschool Level 1  
Preschool Level 2  
Preschool Level 3  
Infant/Toddler

**8:35am-9:05am**

Preschool 1  
Preschool 2  
Level 1  
Level 2

**9:10am-9:40am**

Preschool 3  
Level 1  
Level 3  
Level 4

Resident- \$67.50

Non-Resident- \$90.00

## Session 3

August 4<sup>th</sup>-August 13<sup>th</sup>

Tuesdays, Wednesdays, Thursdays

**8:00am-8:30am**

Preschool Level 1  
Preschool Level 2  
Preschool Level 3  
Infant/Toddler

**8:35am-9:05am**

Preschool 1  
Preschool 2  
Level 1  
Level 2

**9:10am-9:40am**

Preschool 3  
Level 1  
Level 3  
Level 4

Resident- \$45.00

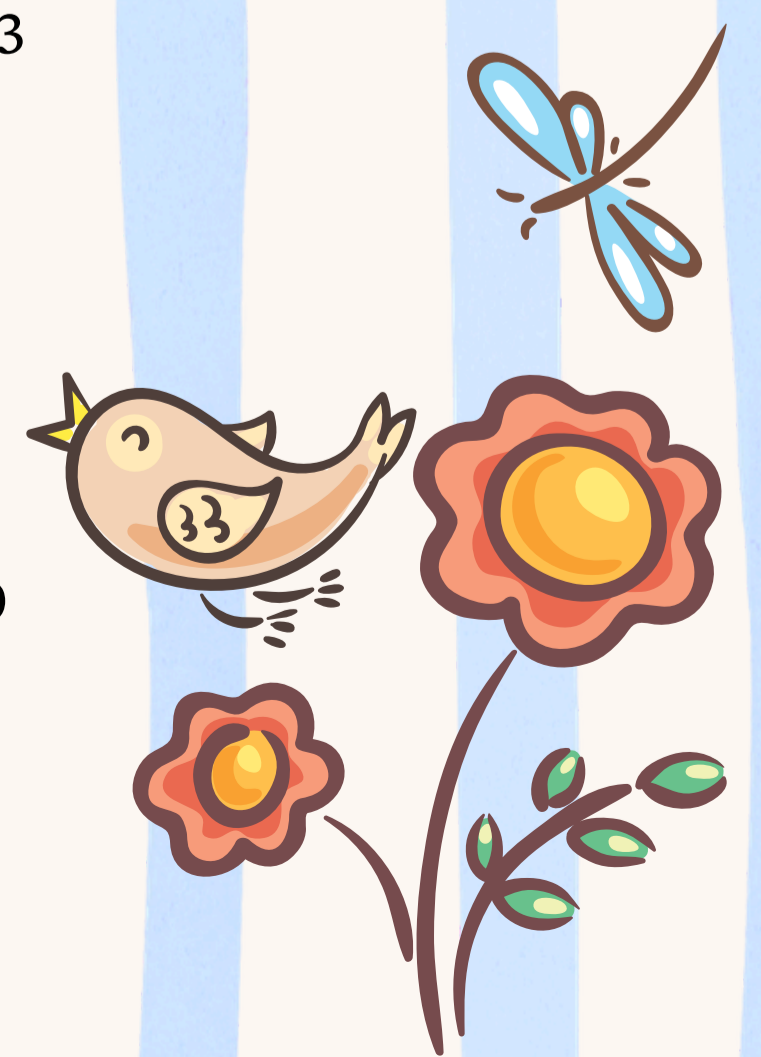
Non-Resident- \$60.00

**REGISTRATION OPENS-**

**Residents: May 6<sup>th</sup> at 9:00am**

**Non-Residents :May 13<sup>th</sup> at 9:00am**

**Registration Closes:  
May 27<sup>th</sup> at 12:00pm**



# Program Descriptions:

**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.

**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.

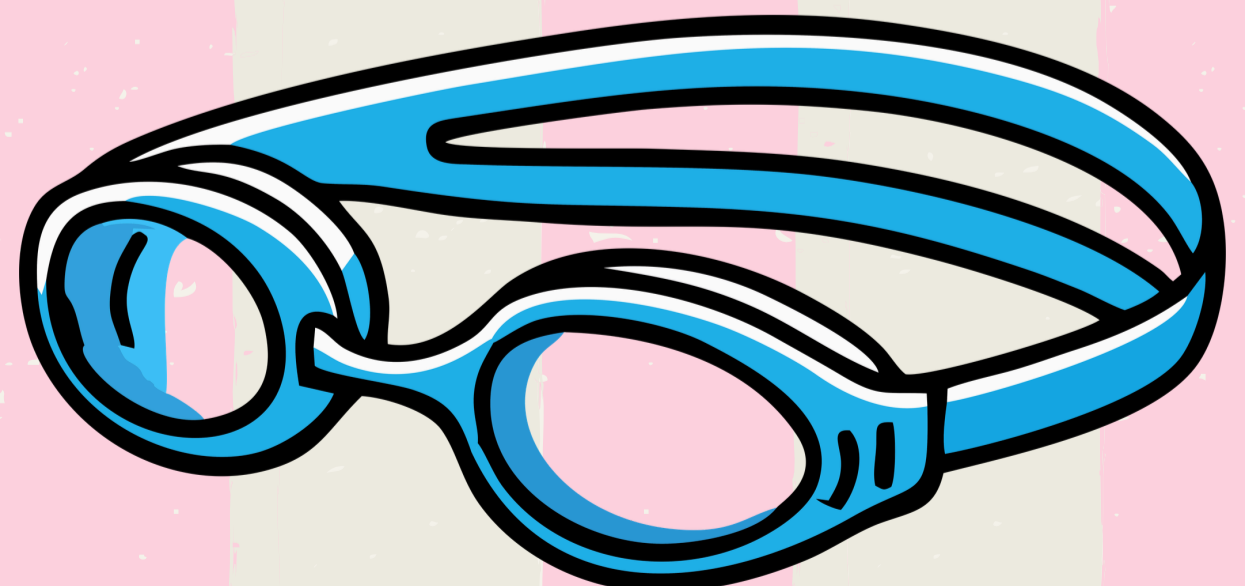
**Level 1-** Fully submerge face, front and back floats, swim on front and back for 5 yards unassisted. Swimmers must be 5 for level 1.

**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.

**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.



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**

# Miscellaneous Information

Classes will be filled on a first come-first serve basis. If you are on a waitlist you will hear about availability after registration closes. 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](mailto:e.holton@dover.nh.gov)

