DOVER POOLS

WINTER/SPRING PROGRAM GUIDE 2027

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 Winter and Spring sessions from January- March and March-May. 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 Winter until March on Wednesday nights.

There will be no group swim lessons for the month of May as we prepare for summer.

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 Eaton
E.eaton@dover.nh.gov |
603-516-6428

Thank you,

Dover Recreation



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:

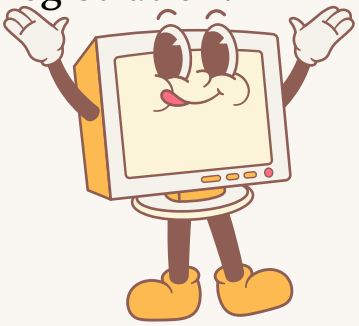


· Go to getactive.dover.nh.gov
· At the top of the screen, on the right hand side, click "Login"
· Click "Don't have an account? Sign up now. "
· On the next screen complete all required fields, and click "Finish"

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 Eaton at e.eaton@dover.nh.gov or (603) 516-6428.

Youth Winter Swim Lessons

Tuesday Evening

January 5th to February 23rd (8 Classes)

5:00pm-5:30pm	5:35pm-6:05pm	6:10pm-6:40pm
Preschool Level 1	Level 1	Level 3
Preschool Level 2	Level 2	Level 4
Preschool Level 3		

Resident- $80.00 Non-Resident- $100.00

Swim Team Prep

Thursdays & Fridays
January 7th - February 26th (16 Classes) 5:30pm-6:30pm

Residents-$160.00 Non-Residents- $200.00

Friday Mornings!

January 8th to February 26th (8 classes)

Infant/Toddler
8:30am-9:00am

Homeschool Group Lessons
9:00am-9:30am

Resident- $80.00 Non-Resident- $100.00

Saturdays

January 9th to February 27th (8 classes)

9:00am-9:30am	**9:35am-10:05am**	**10:10am-10:40am**
Preschool Level 1	Level 1	Level 3
Preschool level 2	Level 2	Level 4
Preschool Level 3	Preschool Level 1	Infant/Toddler

Resident- $80.00 Non-Resident- $100.00

REGISTRATION OPENS-
Residents: December 15th at 9:00am
Non-Residents :December 22nd at 9:00am

Registration Closes:
December 30th at 12:00pm

Youth Spring Swim Lessons

Tuesday Evening

March 9th to April 27th (8 Classes)

5:00pm-5:30pm	5:35pm-6:05pm	6:10pm-6:40pm
Preschool Level 1	Level 1	Level 3
Preschool Level 2	Level 2	Level 4
Preschool Level 3		

Resident- $80.00 Non-Resident- $100.00

Swim Team Prep

Thursdays & Fridays
March 11th to April 30th (16 Classes) 5:30pm-6:30pm

Residents-$160.00 Non-Residents- $200.00

Friday Mornings

March 12th to April 30th (8 classes)

Infant/Toddler	Homeschool Group Lessons
8:30am-9:00am	9:00am-9:30am

Resident- $80.00 Non-Resident- $100.00

Saturdays

March 13th to May 1st (8 classes)

9:00am-9:30am	9:35am-10:05am	10:10am-10:40am
Preschool Level 1	Level 1	Level 3
Preschool level 2	Level 2	Level 4
Preschool Level 3	Preschool Level 1	Infant/Toddler

Resident- $80.00 Non-Resident- $100.00

REGISTRATION OPENS-
Residents: February 9th at 9:00am
Non-Residents :February 16th at 9:00am

Registration Closes:
February 24th at 12:00pm

Adult Swim Lessons

This 8 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–
Winter Session:
Wednesdays- 7-7:45pm
January 6th - February 24th

Registration: Residents December 16th at 9am
Non-Residents: December 23rd at 9am
Closes December 30th at 12pm

Adult Swim Lessons–
Spring Session:
Wednesdays- 7:00-7:45pm
March 10th - April 28th

Registration: Residents February 9th at 9am
Non-Residents: February 16th at 9am
Closes: February 24th at 12pm

DOVER INDOOR POOLS

UPCOMING FAMILY FLOAT NIGHTS

JANUARY 22ND	Polar Express Plunge!
FEBRUARY 19TH	Under the Sea!
MARCH 26TH	Underwater Egg Hunt!
APRIL 23RD	Earth Day BASH!
MAY 21ST	MAY the force be with you!

All Float Nights run 6:30pm-8:30pm on Friday Nights!

e.eaton@dover.nh.gov for more information on events!

CASH OR CHECK ONLY

ALL OF OUR FLOAT NIGHTS HAVE A THEME SOME NEW, SOME OLD! JOIN US FOR THE FUN AND GAMES!

MEMBERSHIPS NOT VALID.

PRICING:

RESIDENT:
ADULT- $5.00
YOUTH- $3.00

NON-RESIDENT:
ADULT- $10.00
YOUTH- $5.00

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 blended classes that focus on those learning to swim or working on stroke development.

For any additional information or questions regarding our programs please reach out to our Aquatic Program Supervisor.

Erika Eaton | e.eaton@dover.nh.gov |603-516-6428

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 Eaton
603.516.6428
e.eaton@dover.nh.gov