

Dover Recreation Winter 2019

Swim Lessons

Registration for Dover Residents will begin **Saturday, February 2nd at 1:00 p.m.** at the Dover Indoor Pool. Open registration will begin **Sunday, February 3rd at 1:00 p.m.** 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 of their family. All swim lessons take place at the Dover Indoor Pool.

PLEASE NOTE THE CHANGE IN REGISTRATION PRICES FROM OUR USUAL PRACTICE!

Fees: Dover Residents \$60
Non-Resident \$120



Weekend lessons (both Saturday and Sunday)- 2/16/19– 3/17/19

1:15pm-1:55pm

Beginner Preschool 324110B*
Level 2 324140B
Level 3 324150B

2:00pm-2:40pm

Advanced Preschool 324120B*
Level 1 324130B
Level 4 324160B

2:45pm-3:25pm

Infant/Toddler 324100B
Level 5 324170B
Level 6 324200B

Weekday Morning Lessons (both Tuesday and Thursday)- 2/12/19– 3/14/19

8:30am-9:00am

Beginner Preschool 324110C*

9:00am-9:30am

Advanced Preschool 324120C*

9:30am-10:00am

Infant/Toddler 324100C

Weekday Afternoon Lessons (both Tuesday and Thursday)- 2/12/19-3/14/19

1:00pm-1:30pm

Beginner Preschool 324110D*

1:30pm-2:00pm

Advanced Preschool 324120D*

2:00pm-2:40pm

Level 1 324130D

***PS lessons are 30 minutes long, Levels 1-6 are 40 minutes long.**

Program Descriptions

Please see the required skills section below to determine what level your child may be in. Please check with one of the instructors if you have questions regarding which level to sign up for. 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. Please note that the preschool classes are 30 minutes long instead of 40 minutes. Swimmers older than 4 are not allowed in the preschool classes.

Skills Required to Pass

This will help you decide what level to sign up for

Level 1- Fully submerge face, front and back floats, swim on front and back for 5 yards unassisted.

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.

Level 5- Breaststroke 25 yards, front crawl 50 yards, shallow dive, pike and tuck surface dives and sidestroke.

Level 6- Swim 50 yards of each of the 6 strokes, flip turns, survival swimming, 500 yard continuous swim using all of the 6 strokes.

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

Please do not enter the locker rooms until 15 minutes prior to the start of your lesson.

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.