

# Dover Recreation

## Winter/Spring 2025 Program Guide

*Please read this packet fully, as it contains important information for all ages and abilities.*

### **What we offer-**

We will be running our Winter/Spring youth group sessions for varying weeks see **page 3** for all Youth Group Lesson dates, times, and pricing.

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.

Homeschool Lessons– for children ages 5 up to 14. These classes are evaluated the first day and divided into advanced and beginner groups.

Swim Team Prep - This class is designed prepare your swimmers towards a competitive swim team. Ages 6 up to 14

Adult Swim Lessons- Our adult swim lessons are split based on ability and offered on Thursdays in the Winter and Wednesdays for the spring session.

***For the safety of the participants and our lifeguard team, parents must be seated on the bleachers during all lesson times. This is to ensure that the lifeguard team has***

For Registration help or program questions contact:  
Erika Holton | 603.16.6428 | e.holton@dover.nh.gov

## **Registration:**

**See page 2 for registration instructions.**

### **Winter Session Registration:**

**Resident begins:** December 11th at 8:00am

**Non-Resident begins :** December 18th

**Registration Closes:** January 1st at 12:00pm

### **Spring Session Registration:**

**Resident begins:** February 5th at 8:00am

**Non-Resident begins :** February 12th

**Registration Closes:** February 26th at 12:00pm

***\*NO REFUNDS ONCE CLASSES BEGIN, NO COVID RELATED REFUNDS, NO MAKEUP CLASSES\****

# Registration Process

All registrations are done online! 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.

**You MUST set up your account 24 hours before the registration window opens or we cannot guarantee your account will be active by the time registration opens!**

**If you have NOT previously registered for a recreation program or membership—YOU MUST DO THIS 24 hours before the registration window opens so we can accept the household;**

- 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 “Brand new patron”
- On the next screen complete all required fields, and click “Finish”

**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”
- **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 [e.holton@dover.nh.gov](mailto:e.holton@dover.nh.gov) or call (603) 516-6428 and our Program Supervisor Erika can assist you with setting up your account.

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.

# Youth Winter/Spring 2025

## Tuesday and Thursday Mornings Residents: \$120.00 Non-Residents- \$160.00

**Winter Session: January 7th– February 27th (16 Classes)**

**Spring Session: March 4th—April 24th (16 Classes)**

8:30-9:00am

8:30-9:00am

9:00-9:30am

Preschool 1/2

Preschool 1/2

Infant/Toddler

## Tuesday Evenings Residents: \$60.00 Non-Residents- \$80.00

**Winter Session: January 7th– February 25th (8 Classes)**

**Spring Session: March 4th—April 22nd (8 Classes)**

5:00-5:30pm

5:30-6:00pm

6:00-6:30pm

5:00-5:30pm

5:30-6:00pm

6:00-6:30pm

Preschool 1

Level 1

Level 2

Preschool 1

Level 1

Level 2

Preschool 2

Level 2

Level 3

Preschool 2

Level 2

Level 3

Preschool 3

Preschool 2

Level 4

Preschool 3

Preschool 2

Level 4

## Swim Team Prep Thursdays & Fridays Residents: \$120.00 Non-Residents- \$160.00

**Winter Session: January 9th– March February 28th(16 Classes)**

**Spring Session: March 6th – April 25th (16 Classes)**

5:30-6:30

5:30-6:30

Swim Team Prep

Swim Team Prep

## Friday Mornings Residents: \$60.00 Non-Residents- \$80.00

**Winter Session: January 10th– February 28th (8 Classes)**

**Spring Session: March 7th—April 25th (8 Classes)**

8:30-9:00am

9:00-9:30am

8:30-9:00am

9:00-9:30am

Infant/Toddler

Home School Group

Infant/Toddler

Home School Group

## Saturday Mornings Residents: \$60.00 Non-Residents- \$80.00

**Winter Session: January 11th—March 1st (8 Classes)**

**Spring Session: March 8th—April 26th (8 Classes)**

9:00-9:30am

9:35-10:05

10:10-10:40am

9:00-9:30am

9:35-10:05

10:10-10:40am

Preschool 1

Level 1

Infant/Toddler

Preschool 1

Level 1

Infant/Toddler

Preschool 2

Level 2

Level 3

Preschool 2

Level 2

Level 3

Preschool 3

Level 4

Preschool 3

Level 4

# Swim Lesson Selection Guide



6 Months–3 Years

Infant/Toddler



3–5 Years

Preschool 1-3



6–12 years

Levels 1-3, Swim Team Prep

## Which Level should I enroll my child?

### Child Age 6 Months– 3 Years

Infant/Toddler

### Child Age 3-4 Years

Can they put their face in the water and blow bubbles?

Not Yet?

Preschool 1

Can they float on their back for 15 seconds and recover to their front?

Not Yet?

Preschool 2

Can they swim independently to the instructor and turn over onto their back?

Not Yet?

Preschool 3

### Child Age 5-12 Years

Can they enter the water and exit the water and swim 5 yards independently with their face in the water?

Not Yet?

Level 1

Can they swim using combined arm and leg motion and recover to a back float independently?

Not Yet?

Level 2

Can they swim 15 yards on their front and back with side breathing?

Not Yet?

Level 3

Can they swim 25 yards front and back crawl and 15 yards breaststroke?

Not Yet?

Level 4

Do they know all four competitive strokes effectively?

Not Yet?

Swim Team Prep

# Adult Group Lessons Winter/Spring 2024

These **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

Winter Session: January 9th-February 27th

Thursdays 5:30-6:30pm

## Adult Swim Lessons– Spring Session

Spring Session: March 5th –April 23rd

Wednesdays 7:00pm – 7:45pm

### Cost:

\$60.00 Residents

\$80.00 Non-Residents

\*No Refunds will be given once class has started!

\*No make-up classes will be held unless the instructor cancels class

### Winter Session Registration:

Resident begins: December 11th at 8:00am

Non-Resident begins : December 18th

Registration Closes: January 1st at 12:00pm

### Spring Session Registration:

Resident begins: February 5th at 8:00am

Non-Resident begins : February 12th

Registration Closes: February 26th at 12:00pm



# 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 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 designed to assist those with water insecurities moving into stroke development. .

# Dover Indoor Pool

# FAMILY FLOAT NIGHT SCHEDULE



Cash or Check Only  
Memberships not  
Valid for special  
event.

OCTOBER  
25TH

Monster Mash Splash!

NOVEMBER  
22ND

Turkey Dive!

DECEMBER  
13TH

Jingle Bell Splash!

JANUARY  
10TH

Dive Into 2025!

FEBRUARY  
21ST

Collection of Hearts

MARCH 21ST

Lucky and Charmed Float

APRIL 25TH

Egg Dive!

MAY 21ST


Splash into Summer Luau!

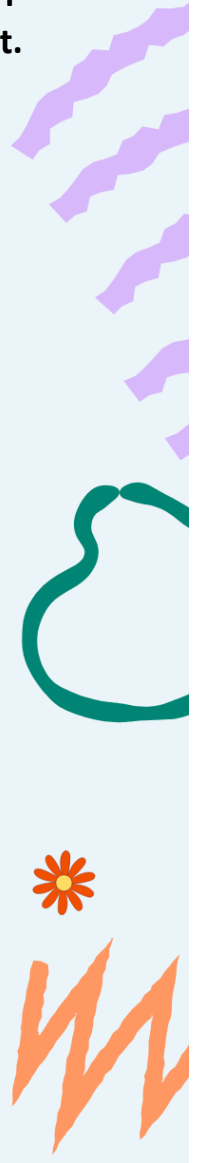
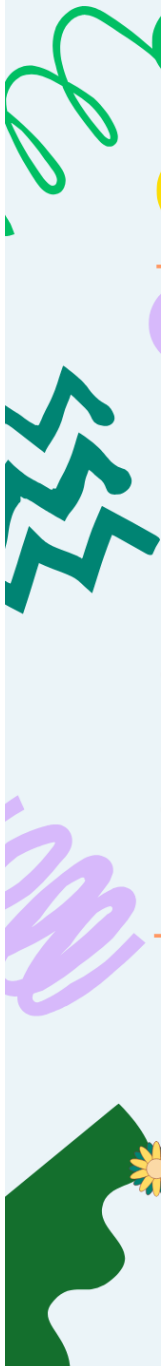
**All Float Nights run from 6:30-8:00pm**

Pricing;  
Resident:  
Adult: \$5.00  
Youth & Senior: \$3.00

Non-Resident:  
Adult: \$7.00  
Youth & Senior: \$4.00

 [E.HOLTON@DOVER.NH.GOV](mailto:E.HOLTON@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.

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