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## Dedham Day Sunday September 29th, 2019

The Friends of Dedham Recreation will be holding the much anticipated annual Dedham Day Event on Sunday September 29<sup>th</sup> at Barnes Memorial Park. This event is a crowd pleaser with activities for all ages. Join in as we will feature carnival rides, food & craft vendors, local business vendors, beer garden, DJ & the highly anticipated cow plop! All Friends of Dedham Recreation will be selling Cow Deeds for \$10 each.



### Calls from Santa

Thanks to some very influential elves Dedham Recreation has pulled some string and was able to get the big man in the North Pole to spend a few hours with us on Wednesday December 18<sup>th</sup> & Thursday December 19<sup>th</sup>. Santa will be making calls to local youth between ages 2-12 that has made his list! Register online at [www.dedham-ma.gov/recreation](http://www.dedham-ma.gov/recreation). Please note a very important questionnaire must be filled out with each request.



# Dedham Recreation Fall Programs

**Gymnastics:** Dedham Parks & Recreation Gymnastics

program is for ages 3-13. Held each Saturday from October-March. This energetic programs will teach flexibility, strength and basic gymnastics skills. Group classes will focus on each individual's ability and skill level. Program schedule is as follows:

- Session 1: October 5<sup>th</sup>-November 23<sup>rd</sup>
- Session 2: December 7<sup>th</sup>-January 25<sup>th</sup>
- 9:00-10:00am Tumbling Tots (Age 3)
- 10:00-11:00am Kindergarten & Preschool (Ages 4 & 5)
- 11:00-12:00pm Kindergarten & Preschool (Ages 4 & 5)
- 1:00-2:00pm Grades I-3
- 2:00-3:00pm Intermediate (INVITE ONLY)
- 3:00-4:00pm Grades 4 & up



**Parent Play Time!**

This fully integrated program is for parents of both infant and toddlers to come together and create a community support group all while parents and youth participate in activities, games and discussions of helpful tips for every parent.

Held at the Dolan Recreation Center each Wednesday from September 25<sup>th</sup>-October 30<sup>th</sup>. Join us on the final day for a Halloween costume party!

*"The refreshment of the mind, body or spirit through play and relaxation."*

**Tween Extreme:** Join Dedham Parks & Recreation during your schools holiday break for our Tween Extreme Program! Youth ages 11-14 will participate in activities daily from nature base to extreme activities to local treasures! Tween extreme will be based out of the Dolan Recreation Center each day however will participate in off-site activities daily. Each day will have new trips & experiences. Register for 1 day or all 4 throughout the break. Program will run daily from 9:00am-4:00pm including rain/snow dates. Trips will include but are not limited to rock climbing, local tours, trampoline park, etc. Space is limited!

**Gardening:** Interested in starting a garden? Already have one, but want to take it to the next level? The Town of Dedham has partnered with Green City Growers to offer a fun organic gardening class. Learn when and what to plant, and how to maintain, fertilize and harvest successful crops that you get to take home at the end of each class!

Held on Saturday mornings at the Dolan Recreation Center. Classes start September 7th!



**Musical Classes:** Join Dedham Recreation as we partner with the Dedham School of Music for multiple classes involving all ages! Classes will include Music, Mommy & Me for ages 6 months– 4 years old (English & Spanish class available), Intro to piano for ages 5-8, & Ukulele for Seniors! All programs will be held at the Dedham School of Music located at 671 High Street. Please register at [dedhamschoolofmusic.org](http://dedhamschoolofmusic.org).

## Year round Karate!

The BD Kenpo Karate School and Program (BDKJA) has been located at the Dedham Recreation Department since 2007 and actively trains tots, children, teens and adults in the art of Kenpo Karate, Judo and Ju-Jitsu. The program holds class year round, in 8 week sessions, every Monday night and, in addition to teaching the martial arts, the program focuses its students on the positive qualities of discipline, self respect, teamwork, confidence, focus and self improvement.

- Program times are as follows:
- 5:30-6:30 PM Tots class (4-6 yo)
- 6:30-7:30 PM Kids class (7-13 yo)
- 7:30-9:00 PM Young Adults and Adults Class



**Dance Classes:** Another fantastic year of Recreation Dance Program is returning. All Classes will be taught at the Dolan Recreation Nicole Ahl Dance Studio at 269 Common Street, All Classes will be taught by skilled dance instructors with years of experience. Find the right dance style class for any age from 3-18. Classes include tap, jazz, ballet, hip hop and contemporary! Class sizes are limited! Dance Recital will be held at the end of the year.

September 16th—November 21st:

Mondays: Petite Feet (Ages 3) 4:00-4:30pm  
 Happy Feet (Ages 4) 4:30-5:00pm  
 Kinderdance (Ages 5 & 6) 5:00-5:45pm  
 Tuesdays: Hip Hop I (Ages 5-7) 6:00-7:00pm  
 Hip Hop II (Ages 8+) 7:00-8:00pm  
 Hip Hop III (Ages 10+) 8:00-9:00pm  
 Wednesdays: Ballet/Pointe ((Ages 8+) 5:30-6:30  
 Jr. Company (Invite only) 6:30-8:00pm  
 Sr. Company (Invite only) 8:00-9:30pm  
 Thursdays: Primary (Ages 8+) 6:00-7:00pm  
 Trilogy (Ages 9+) 7:00-8:30pm  
 Contemporary (Ages 10+) 8:30-9:30pm  
 Saturdays: Petite Feet (Ages 3) 8:45-9:15am  
 Happy Feet (Ages 4) 9:15-9:45am



**“A feeling of fellowship with others, as a result of sharing common attitudes, interests and goals.”**

**Mini Kicker Soccer:** An innovative program, created by child development specialists with the aim of introducing children aged 3-5 years to the basic skills of soccer through interactive and immersive learning adventures. Coached by soccer professionals with energetic and age appropriate games. Held Rain or shine at the Dolan Recreation Center, September 17th-October 22nd.

To Register for any of Dedham Parks & Recreation Programs please visit the Dolan Recreation Center located at 269 Common St. or visit us online at [www.dedham-ma.gov](http://www.dedham-ma.gov).

Dolan Recreation Center: 781-751-9250  
 Office Hours 8:30am-4:30pm Monday-Friday  
 8:30am-7:00pm Wednesdays

Dedham Pool: 781-461-5991  
 Office Hours 6:00am-1:00pm Monday-Friday  
 5:00pm-9:00pm Monday –Friday  
 9:00am-4:00pm Saturday  
 1:00pm-4:00pm Sunday

**Wrestling:** Another outstanding season of youth Wrestling will begin this fall and continue through the winter season! Programs will include instructional to advanced skill work for grades k-12. Our outstanding coaching staff with years of experience and an overwhelming knowledge of the sport will work with each participants in an individual and group setting. Programs will be as follows:

Fall Wrestling: September 6th-November 24th

Sundays held at the Dolan Recreation Center  
 Beginners & Instructional (Grades 4-8) 5:30-6:30 pm  
 Skills Tune up (Grades 5-12) 6:30-8:00pm

Winter Wrestling

Introduction to Wrestling (Grades k-5)  
 1/6/20-3/9/20 Mondays 6:00-7:30pm (Nobles Wrestling Room)  
 Middle School Wrestling (Grades 5-8)  
 12/3/19-3/12/20 Tues/Thurs 6:00-7:30pm (Dolan Recreation Center)



## Aquatic Programs

**Swim Lessons:** These American Red Cross accredited lessons are for ages 2+. Swim skills are not only a life-long skill but also a life-saving activity. Lessons will be held Monday-Thursday & Saturday for 8-week sessions starting the week of September 16th. Classes available for all abilities from new to water activities to advanced swimmer coordinating stroke techniques.

Interested in a private pool party? Contact the Dedham Pool at 781-461-5991. Available in 2-hour time slots weekends only!

**Lifeguarding:** American Red Cross recognized course all students will be taught the skills required to recognize and deal with an aquatic emergency. Students will be required to swim 300 yards of both freestyle and breaststroke. They will also be required to complete lifesaving skills required of the training such as CPR. Both pool and classroom time will be required each day attendance is mandatory. Course will be offered October 26th-November 3rd.

**Stroke Clinic:** Looking to get into swim team season training, this swim clinic is for you! As a pre-training for the swim season we will focus on the strokes and turn skills necessary for any swimmer. Running from October 7th-30th this is the perfect jumpstart for all high school and clipper swim team members.



**Clippers Swim Team:** One of our most popular programs the Dedham Clippers Swim Team will take place November-March and will focus on the endurance, training and skills of proper swim strokes. This is the perfect activity for both individual and team experiences! Practices will be held Monday-Thursday with swim meets on Saturday or Sundays.

**Water Aerobics:** Held each Tuesday and Thursday from 11:45-12:30pm this drop-in program is perfect for a lunch break workout or a excuse to break up your day off. Only \$4 per class this zero resistance training is ideal for any ability. Work on strengthening, endurance and range of motion in this music lead class.



**Open & Lap Swim:** The Dedham Pool also known as Juju's Place is open daily for both Lap Swim & Open swim. Lap Swim is \$4 per adult \$1 per senior. Schedule is as follows:

Lap Swim:

6:00am-1:00pm Monday-Friday

5:00pm-9:00pm Monday-Friday

1:00pm-4:00pm Saturday & Sunday

Open Swim:

6:00pm-7:30pm Monday-Friday

1:00pm-3:00pm Saturday & Sunday

## Haunted pOoL

Join us as the Dedham Pool is transformed into one of the most haunted pools around. From a haunted graveyard to insane asylum and Frankenstein's lab each area is haunted by lifeguards of the past! The haunting takes place Friday October 19th & Saturday October 20th. \$2 admission per person. Recommend age 5+



781-751-9250



[www.dedham-ma.gov](http://www.dedham-ma.gov)