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Swim & Gym

Dedham Parks & Recreations most popular Recreation program! Swim & Gym runs 5 days a week every morning for 3 weeks, for ages 3-10. Each day the participants will have 1 hour of arts & crafts, 1 hour of group games, and 1 hour of swimming lessons. All activities are held at the Dedham Pool. The last day of each session will be a parent peek day to see the improvements in swimming each child has made!

Sessions will be held in 3 week blocks as follows:

- June 26-July 12
- July 15- August 2
- August 5- August 23



All Day Playground

The All day playground program will be held at Dedham High School Monday-Friday from 8:30-4:00pm for ages 5-12. Is 4:00pm not late enough? We have extended hours until 5:30pm available too! This program will participate in age appropriate arts & crafts, games, outdoor activities, sports, fieldtrips, open swim and much more. Participants will have the option to join in swim lessons for an additional fee. The All day playground program runs June 26th-August 23rd at a cost of \$225 per week.

Dedham Recreation Spring Programs

Gymnastics: Dedham Parks & Recreation Gymnastics program is for ages 3-13. Gymnastics is a seasonal program held each Saturday September through March 28th. This energetic programs will teach flexibility, strength, and basic gymnastics skills. Group classes will focus on each individual participants ability and skill level. Program schedule is as follows:

- 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. This will all take place as parents and youth participate in activities, games and discussions of helpful tips for every parent.

This program will be held at the Dolan Recreation Center each Wednesday from February 26-April 8 & April 29-June 10.

Gymnastic Show will be held on Sunday March 29, 2020



**“Be Active,
Be Healthy,
Be Happy”**

****New Art Classes:** Dedham Recreation is now offering a one of a kind interactive art class for ages 18 months to 13 years of age. This one of a kind class is lead by an instruction to a new age appropriate art project each week. Let your child's creativity lead the way!
Held at the Dolan Recreation Center.

- Classes are as follows:
- Bee Creative: Ages 18 Month-3 years & Ages 3-5
 - CreARTive Hour: Ages 6-8 & Ages 8-10
 - Art-tastic: Ages 11-13

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 classes available), Intro to piano for ages 5-8, & Ukulele for senior citizens! All programs will be held at the Dedham School of Music located at 671 High Street. Please register at dedhamschoolofmusic.org.



Don't forget to check out private lessons available at Band Gig located at 66 Eastern Ave.

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. 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. Cost per session \$75.

- 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



Dedham Recreation Spring Programs

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.

Spring Session: March 2– May 14:

- 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
Kinderdance (Ages 5 & 6) 5:45-6:30pm
Hip Hop III (Ages 10+) 6:45-7:45pm
- Tuesdays:** Hip Hop I (Ages 5-7) 6:00-7:00pm
Hip Hop II (Ages 8+) 7:00-8:00pm
Company Hip Hop (Ages 12+) 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



Dedham Dog Park

The Dedham Dog Park is the perfect place to let your favorite k9 run free with other dogs off leash. Membership required and available for Dedham & Non-Dedham Residents . Park is located at 269 Common St. Membership per dog is as follows:

Dedham Resident: \$25
Non Resident: \$100



“Do something today that your future self will thank you for”

Mini Kicker Indoor 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 indoors at the Dolan Recreation Center, February 3-March 16, 9:30am-10:15am.

Wrestling: Another outstanding season of Wrestling will begin this spring season! Our Spring Wrestling program will include instructional to advanced skill work for grades 6-12. Our outstanding coaching staff with years of experience in wrestling and an overwhelming knowledge of the sport will work with each participants in an individual and group setting to sharpen their skills, ability, flexibility and general understanding of the sport on both a individual and group level. Program takes place at the Dolan Recreation Center. Spring Wrestling will take place starting in April!



Dedham Recreation Summer Programs

Tennis: Looking for a specialty but do not want to commit to a half day or full day program? Join us for a 30 or 45 minute tennis lesson each day for 2 or 3 weeks! Our tennis coaches teach in a way that's fun and geared towards making you a better tennis player. We have classes both mornings and evenings! Adult lessons and cardio tennis workout also available.



Flag day Parade: This annual Dedham Tradition is a town favorite event held on Sunday June 14th. We hope you join in on the fun whether it is participating in the parade with one of the many town, recreation or youth groups or by watching along the route! Parade will begin at 6:00pm and will proceed throughout the town for all to enjoy. Please remember that roads along the route will be closed by 5:15pm to all traffic.



“You always pass failure on the way to success”



Flag Football: Dedham Recreation Youth Flag Football is for those interested in learning the basics of football. This program is non contact sport, players do not participate with pad equipment. Each team will participate in basic training programs that teach skill, technique & rules. This program is for ages 5-7 years old. Each team will have practice once a week along with one game per week. Each team will participate in a regular season and playoff schedule. If you are interested in being a volunteer coach, please contact the Recreation Office at 781-751-9250 or danderson@dedham-ma.gov.

PathFinders

The PathFinders Program is the specific division of the Dedham Parks & Recreation Department that provides a wide variety of recreational opportunities for the special needs kids of Dedham and the surrounding communities. The PathFinders Program is provides kids elementary and middle school aged an opportunity to participate in a variety of indoor and outdoor activities throughout the year including PathFinders Open Swim at the Dedham Pool each Friday evening throughout the year from 6:00-8:00pm. All participants must be fully toilet trained. All facilities are fully accessible.



Do you have a program you would like to see offered through Dedham Parks & Recreation? We are always looking for new and exciting programs to offer for the Town of Dedham and the surrounding communities for all ages. Please reach out to us at 781-751-9250 or send us an email.

Dedham Recreation Summer Programs

Soccer Camp: Join Dedham Recreation as we partner with U.K International Soccer Camps to bring you professional soccer coaching and development for a 1 week, half day soccer camp! Participants will work on developing new skills and improving current skills. Two, 1 week courses will be held at the Dolan Recreation Center as follows:

July 20-24th from 1:00-4:00pm

August 24-28th from 9:00am-12:00pm

Cost: \$155 per session



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!

Gardening program will be held on Saturday mornings at the Dolan Recreation Center. Please visit our website www.dedham-ma.gov for more information

“We can’t direct the wind, but we can adjust the sails”



Middle School Drop in: Join Dedham Recreation as we partner with the Dedham Police Department for a middle school age drop in program. Program will be held on Tuesday nights throughout the summer. Visit the town website for more information. www.dedham-ma.gov

Kayak Rentals: Dedham Parks & Recreation has partnered with LL Bean to bring kayak rentals to the Charles River. Rentals are offered Saturdays from 10:00am-4:00pm. Rentals will be held the Dolan Recreation Center boat launch located at 269 Common Street. Rentals are \$15 per hour. Rentals will begin in June. Please call 800-650-6358 to make your reservations.

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.

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

Bike Rodeo: The Bike Rodeo is a yearly event in partnership with the Dedham Police Department that will be held on Wednesday July 29 at Endicott Estate. This yearly event brings children from the community together to promote bicycle safety. Each child that attends receives a t-shirt, a cookout style lunch, ice cream and those needing a bicycle helmet will be provided one through Project Safe Kids. Children can participate in the bicycle obstacle course, the slow bike race to practice their bicycle skills and safety, visit the traveling animal shelter, watch a K9 demonstration and have fun under the sprinkler with the Dedham Fire Department.



Playground in the park

The Recreation Department will staff three neighborhood playgrounds this summer. Riverdale School on Needham Street, Condon Park on Bussey Street and Paul Park on Tower Street.

Activities include arts & crafts, trips to the Dedham Pool, competitions against other playgrounds, as well as a weekly field trip. Each playground will have recreation staff supervision from 9:00am-12:00pm and reopen from 1:00 - 3:30pm. Ages 6+. Playgrounds will open on Monday June 29.



July 2020

Mon	Tue	Wed	Thu	Fri
		1	2	3 NO CAMPS Happy 4th of July
6 RIVERDALE MCGOLF 10 AM CONDON MCGOLF 115 PM	7 Kickball POOL: All Camps	8 5 WITS Virtual Adventure 	9 Paul Park MCGOLF 10 AM POOL: All Camps	10 FUN FRIDAY @ Paul Park Red, White and Blue Day!
13 CHAMPIONSHIP MCGOLF 10 am 	14 Kickball POOL: All Camps	15 Tie Dye Day 	16 Launch POOL: All Camps	17 Community Theatre Movie "Fun Friday!" Boston Sports Day!
20 PAUL HIKE 10 AM RIVERDALE HIKE 115 PM	21 Kickball POOL: All Camps	22 FRANKLIN PARK ZOO 	23 CONDON HIKE 10 AM POOL: All Camps	24 FUN FRIDAY @ Paul Park 9-2:30 Dedham Day!
27 Plaster Fun Time Riverdale 10 AM Condon 115 PM	28 Kickball POOL: All Camps	29 BIKE RODEO @ Endicott Estate 	30 PAWTUCKET RED SOX 	31 FUN FRIDAY @ Paul Park 9-2:30

August 2020


Mon	Tue	Wed	Thu	Fri
3 Police Tour & Ron's Ice Cream 	4 Kickball POOL: All Camps	5 CANOBIE LAKE PARK 	6 Tennis Baseball @ Paul POOL: All Camps	7 Community Theatre Movie "Fun Friday!"
10 Plaster Fun Time Paul Park 10 am	11 Kickball POOL: All Camps	12 KINGS BOWLING 	13 Scavenger Hunt POOL: All Camps	14 FUN FRIDAY @ Paul Park 9-2:30 OLYMPICS
17 ROCK SPOT CLIMBING 	18 Kickball POOL: All Camps	19 "Wacky Wednesday" 	20 POOL: All Camps	21  LAST DAY!



Tween Extreme

Looking for a more age appropriate summer program for your 11-14 year old? Join Dedham Recreations newest program Tween Extreme this summer! Program will participate in off-site activities daily. Each week will have new trips and experiences that will include, but not limited to, white water rafting, rock climbing, local tours, trampoline park, ziplining, etc. Register for 1 week or all 5 throughout the summer. Program will run daily from 8:30am-4:00pm including rain dates. Program will be based at the Dolan Center. Cost per week is \$345. Space is limited!

July 2020 Tween Extreme

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5 Week 1	6 Hike	7 Zoo 	8 Starland	9 Fenway tour @ 10:30 	10 Kings & Pool	11
12 Week 2	13 Launch & Pool	14 Blue hills hiking	15 Nantasket Beach	16 White water rafting Leave at 7am return	17 McGolf & Pool	18
19 Week 3	20 Duck Boat tours	21 Patriots Place Scavenger Hunt & 5 wits	22 TBD	23 Six Flags	24 Ziplining	25
26 Week 4	27 Museum of Science 	28 Codzilla	29 TBD	30 Paw Sox 	31 Wachussetts hike with Dedham PD	



Dedham Parks & Recreation

781-751-9250
dedham-ma.gov

Schedule is subject to change. Weather permitting activities will be changed if needed.

*Please bring a bathing suit each day. Bagged lunch recommended, participants will be able to purchase lunch at specific trips only.

August 2020 Tween Extreme

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 Week 5	3 BB HOF	4 Mystic Aquarium	5 Canobie	6 Rock Spot	7 Laser Tag	8



Aquatic Programs

Swim Lessons: These American Red Cross accredited lessons are for ages 2+. Swim skills are not only life long skills but also a life saving activity. Lessons will be held Monday-Thursday & Saturday for 8 weeks. The winter sessions will be starting February 22nd & Spring sessions April 25th. Classes available for all abilities from new to water activities through advanced swimmer with coordinating stroke techniques. Cost per session is \$65.

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

Lifeguarding: This is an American Red Cross recognized course, where all student 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. This course will be offered March 14th-23rd. Cost per participant is \$285.

Stroke & Dive Clinics: Looking to get into swim team training? Then these swim clinics are for you! As a pre-training for the summer swim season, we will focus on the strokes and turn skills necessary for any swimmer during stroke clinic. Diving will work with each participants ability to fine tune their skills. This is the prefect jumpstart for all swim abilities looking for that extra training prior to Clippers. Dates coming soon!



Clippers Swim Team: The Clippers Swim Team is one of our most popular programs! The Dedham Clippers Summer Swim Team will take place June—August and will focus on the endurance, training and skills of proper swim strokes. This is the prefect activity for both individual and team experiences! Practices will be held Monday-Thursday starting June 1st, with swim meets on Tuesday & Thursdays throughout the summer. The cost per swimmer is \$100.

Water Aerobics: This watertastic class is held each Tuesday and Thursday from 11:45am -12:30pm & Mondays and Wednesdays from 7:30-8:30pm. This drop in program is prefect for a lunch break workout or a excuse to break up your day off. Class cost \$4 for senior citizens or \$6 per adult. This zero resistance training is ideal for any ability. Participants are encouraged to work on strengthening, endurance and range of motion in this music lead class.



Spring Open & Lap Swim: The Dedham Pool, also known as Jujú'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:

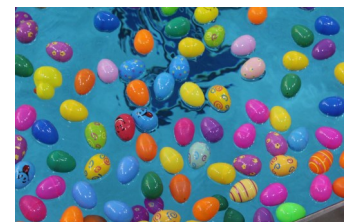
6:00am-1:00pm Monday-Friday
5:00pm-9:00pm Monday- Friday
1:00pm-4:00pm Saturday & Sunday

Open Swim:

6:00pm-7:30pm Monday- Friday
1:00pm-3:00pm Saturday & Sunday
1:00pm-3:00pm during school vacation

Egg Dive!

Jump in and join Dedham Parks & Recreation for our 2nd annual Egg Dive on Friday, April 10th starting at 3:30pm. This event will take place at the Dedham Pool located at 1 Recreation Rd. Once all the egg have been collected, we encourage you to stay for open swim. Space is limited, and recommended ages for the event is 5-12 years of age. Register cost is \$4 per participant.



781-751-9250



www.dedham-ma.gov