

DEDHAM PARKS & RECREATION

2021 Fall & Winter Programs



Dedham Day

Sunday September 26, 2021

The friends of Dedham Recreation are happy to announce the return of the much loved Annual Dedham Day! Held on Sunday September 26th, 2021 at Barnes Memorial Park from 12:00-5:00pm. This family fun community event is like no other as it includes carnival rides, inflatable moonwalks, family games and activities, local business vendors, food and musical tunes to keep the party going as we all await the annual cow plop. Cow Plop Deeds will be sold for \$10.00 by any of the Friends of Dedham Recreation up until the start of the event.



Dedham Recreation Dance

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, trilogy and contemporary! Class sizes are limited! Dance Recital will be held at the end of the year. Classes will begin the week of September 20, 2021.

SuperTots & SoccerTots

Dedham Parks & Recreation introduces SuperTots & SoccerTots! This program is a development program for ages 3-5 that uses a variety of fun games to engage kids while teaching and developing fundamental skills for sports. SuperTots focuses on sports such as of baseball, soccer, and basketball.

SoccerTots will focus on soccer skills only. Both programs will encourage simple hand-eye, and movement skills while using engaging games with appropriate sized & safe equipment. Using a variety of fun games to develop balance, movement, and skills as well as listening to instructions.

SuperTots Multisports Program

Wednesdays September 15-October 6 &
October 13-November 3

SoccerTots Program

Sundays September 19-October 10 &
October 17-November 7

PROGRAM REGISTRATION

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

Recreation Office:
781-751-9250

Dedham Pool:
781-461-5991



BD Kenpo 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 for the last 14 years. 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.

The BDKJA class is held every Monday Night, Year Round in 8 week sessions at the Dolan Recreation Center
5:30-6:25 PM Tots class (4-6 yo)
6:30-7:25 PM Kids class (7-13 yo)
7:30-9:00 PM Adult Class

August 23-October 18
October 25-December 13
December 20-February 14



Gymnastics

The 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 2–November 13

Session 2: December 4–February 5

9:00–9:50am Tumbling Tots (Age 3)

10:00–10:50am Kindergarten & Preschool (Ages 4 & 5)

11:00–11:50pm Kindergarten & Preschool (Ages 4 & 5)

1:00–1:50pm Grades 1–3

2:00–2:50pm Intermediate (INVITE ONLY)

3:00–3:50pm Grades 4 & up



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. Program will begin November 1. Visit the Dedham Clippers Swim Team Facebook page for the most up to date team information.

Dedham Resident \$230

Non Resident: \$250

Family Max with Membership: \$275

CALLS FROM SANTA

Thanks to some very influential elves, Dedham Recreation was able to book the big man in the North Pole to spend a few hours with us on Monday December 20 & Tuesday December 21.

Santa will be making calls to local youth between ages 2-12 that have made the nice list. Register online at www.dedham-ma.gov. Please note a very important questionnaire must be completed with each request.

Mini Chefs

Dedham Receptions most delicious program! Ages 3-5 with assistance of their guardians are given their own mini creations to whip up in any kitchen. Participants are taught basic cooking skills & terms, how to measure ingredient's, and many sensory activities are incorporated. Each class participants will create an item to enjoy both during class and to bring home and share with their family.



12 Days of Holiday

Dedham Parks & Receptions live reading of your favorite holiday stories. Join us from the comfort of your own home while we share stories from all genres of the holiday season. Register online for this free program to receive your daily story link.

Master Swim

This adult swim program is a successful blend of fitness and competitive swimming. Held at the Dedham Pool ages 18+ will be given daily routines to improve fitness, stability and endurance with a different swim routine each day. Held Monday-Friday at the Dedham pool from 6:00am-7:30am. No registration required.

Dedham Dog Park

The Dedham Dog Park is the perfect place to let your favorite K9 run free with other dogs off leash. The Dedham Dog Park is open from dawn to dusk. All dogs must hold a town dog license. Park is located at 269 Common St. Please review all Dog Park rules located outside entrance gate.

Youth Swim Lessons

These 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 week sessions starting the week of September 20. Classes are available for all abilities from new to water activities to advanced swimmer. All classes including coordinating stroke techniques.

Youth Lesson will take place as follows:

Monday & Wednesdays

Beginner - 5:30-6:00pm

Advanced - 6:00-6:30pm

Intermediate - 6:30-7:00pm

Tuesday & Thursdays

Ages 2 & 3 - 9:00-9:30am

Ages 3 & 4 - 9:30-10:00am

Ages 4 & 5 - 10:00-10:30am

Advanced Beginner - 10:30-11:00am

Saturdays (All Levels)

9:00-9:30am

9:30-10:00am

10:00-10:30am

10:30-11:00am

11:00-11:30am

11:30-12:00pm



Private Lessons

Private lessons and semi private lessons available on Sundays at the Dedham Pool. Please contact the pool at 781-461-5991 to schedule your time.



ADULT SWIM LESSONS

New to our schedule, Adult Swim lessons. This is an essential skill that lasts a lifetime. Basic to advanced skills will be as each participant's abilities increase. Class size is limited. Held at the Dedham Pool starting the week of September 21.

Beginners- Tuesdays 7:00-7:30pm

Advanced- Thursdays 7:00-7:30pm

Lifeguard Training

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, attendance is mandatory.

Course will be offered September 12-19.

Stroke & Turn 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 at the Dedham Pool from September 20-October 27, 7:00-8:00pm on Tuesdays & Thursdays this is the perfect jumpstart for all high school and clipper swim team members. Ages 6-18

Haunted Pool

Join us as the Dedham Pool is transformed into one of the most haunted pools around. This family event is like no other around. Get lost in a haunted graveyard to Frankenstein's lab as each area is haunted by lifeguards of the past!

The haunting takes place Friday October 22 & Saturday October 23.

\$2 admission per person.

Recommend age 5+