



*ADULT LAP SWIM is only 3 Lanes

*Evening laps OCTOBER 2022

1 RECREATION ROAD DEDHAM MA 02026

PHONE: (781) 461-5991

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25 CLOSED for Dedham Day	26 Adult Lap Swim 6a-11:30am & 6:30-9pm Adult Water Aerobics 11:45-12:30pm Swim Lessons 6:30-8:00PM	27 Adult Lap Swim 6a-11:30am & 7:45-9pm Synchro 5:30-8:30p	28 Adult Lap Swim 6a-11:30am & 6:30-9pm Swim Lessons 6:30-8:00PM UA home meet	29 Adult Lap Swim 6a-11:30am & 7:45-9pm Synchro 5:30-8:30p	30 Adult Lap Swim 6a-11am Open Swim 5-8pm	7 Swim Lessons 9:30-11:30am CLOSED 12:30-3:30
2 Open/Adult Lap Swim 12:30-3pm Synchro 3-7:30p	3 Adult Lap Swim 6a-11:30am & 6:30-9pm Adult Water Aerobics 11:45-12:30pm Swim Lessons 6:30-8:00PM	4 Adult Lap Swim 6a-11:30am & 7:45-9pm Synchro 5:30-8:30p	5 Adult Lap Swim 6a-11:30am & 6:30-9pm Swim Lessons 6:30-8:00PM	6 Adult Lap Swim 6a-11:30am & 7:45-9pm Synchro 5:30-8:30p	7 Adult Lap Swim 6a-11am Open Swim 5-8pm	8 Swim Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3:30pm
9 Open/Adult Lap Swim 12:30-3pm Synchro 3-7:30p	Adult Lap Swim 6a-11:30am & 6:30-9pm Adult Water Aerobics 11:45-12:30pm Swim Lessons 6:30-8:00PM	γη Adult Lap Swim 6a-11:30am & 7:45-9pm Synchro 5:30-8:30p UA home meet	72 Adult Lap Swim 6a-11:30am & 6:30-9pm Swim Lessons 6:30-8:00PM	73 Adult Lap Swim 6a-11:30am & 7:45-9pm Synchro 5:30-8:30p UA home meet	14 Adult Lap Swim 6a-11am Open Swim 5-8pm	35 Swim Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3:30pm
16 Open/Adult Lap Swim 12:30-3pm	77 Adult Lap Swim 6a-11:30am & 6:30-9pm Adult Water Aerobics 11:45-12:30pm Swim Lessons 6:30-8:00PM	18 Adult Lap Swim 6a-11:30am & 7:45-9pm Synchro 5:30-8:30p	Adult Lap Swim 6a-11:30am & 6:30-9pm Swim Lessons 6:30-8:00PM	20 Adult Lap Swim 6a-11:30am CLOSED @ 11:30 for Haunted House Set-Up UA home meet	21	22
23 Closed for Dream of Rings Olympic Clinic 12-4pm Synchro 3-7:30p	24 Adult Lap Swim 6a-11:30am & 6:30-9pm Adult Water Aerobics 11:45-12:30pm Swim Lessons 6:30-8:00PM	25 Adult Lap Swim 6a-9am,11-1pm Baby Water Aerobics 9-9:45am HITT Aerobics 10-10:45am HITT Aerobics 7:45-8:30pm Synchro 5:30-8:30p	26 Adult Lap Swim 6a-11:30am & 6:30-9pm Swim Lessons 6:30-8:00PM	27 Adult Lap Swim 6a-11:30am & 7:45-9pm Synchro 5:30-8:30p	28 Adult Lap Swim 6a-11am Stret-chi Noodle 9-9:45am Open Swim 5-8pm	29 Swim Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3:30pm
30 Open/Adult Lap Swim 12:30-3pm Synchro 3-7:30p	Adult Lap Swim 6a-11:30am & 6:30-9pm Adult Water Aerobics 11:45-12:30pm Swim Lessons 6:30-8:00PM	Adult Lap Swim 6a-9am,11-1pm Baby Water Aerobics 9-9:45am HITT Aerobics 10-10:45am HITT Aerobics 7:45-8:30pm Synchro 5:30-8:30p	2 Adult Lap Swim 6a-11:30am & 6:30-9pm Swim Lessons 6:30-8:00PM	3 Adult Lap Swim 6a-11:30am & 7:45-9pm Synchro 5:30-8:30p	4 Adult Lap Swim 6a-11am Stret-chi Noodle 9-9:45am Open Swim 5-8pm	5 Swim Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3:30pm

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