



\*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<br>& 6:30-9pm<br>Adult Water Aerobics 11:45-12:30pm<br>Swim Lessons 6:30-8:00PM | 27 Adult Lap Swim 6a-11:30am<br>& 7:45-9pm<br>Synchro 5:30-8:30p   | 28 Adult Lap Swim 6a-11:30am<br>& 6:30-9pm<br>Swim Lessons 6:30-8:00PM<br>UA home meet | 29 Adult Lap Swim 6a-11:30am<br>& 7:45-9pm<br>Synchro 5:30-8:30p                  | 30 Adult Lap Swim 6a-11am Open Swim 5-8pm                                       | 7 Swim Lessons<br>9:30-11:30am<br>CLOSED<br>12:30-3:30                 |
| 2 Open/Adult Lap Swim<br>12:30-3pm<br>Synchro 3-7:30p              | 3 Adult Lap Swim 6a-11:30am<br>& 6:30-9pm<br>Adult Water Aerobics 11:45-12:30pm<br>Swim Lessons 6:30-8:00PM  | 4 Adult Lap Swim 6a-11:30am<br>& 7:45-9pm<br>Synchro 5:30-8:30p  | 5 Adult Lap Swim 6a-11:30am<br>& 6:30-9pm<br>Swim Lessons 6:30-8:00PM                  | 6 Adult Lap Swim 6a-11:30am<br>& 7:45-9pm<br>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<br>12:30-3pm<br>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             | γ Adult Lap Swim 6a-11:30am<br>& 7:45-9pm<br>Synchro 5:30-8:30p<br>UA home meet  | 72 Adult Lap Swim 6a-11:30am<br>& 6:30-9pm<br>Swim Lessons 6:30-8:00PM                 | 73 Adult Lap Swim 6a-11:30am<br>& 7:45-9pm<br>Synchro 5:30-8:30p<br>UA home meet  | 74 Adult Lap Swim 6a-11am Open Swim 5-8pm                                       | 75 Swim Lessons<br>9:30-11:30am<br>Open/Adult Lap Swim<br>12:30-3:30pm |
| 16 Open/Adult Lap Swim<br>12:30-3pm                                | 77 Adult Lap Swim 6a-11:30am<br>& 6:30-9pm<br>Adult Water Aerobics 11:45-12:30pm<br>Swim Lessons 6:30-8:00PM | 78 Adult Lap Swim 6a-11:30am<br>& 7:45-9pm<br>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<br>& 6:30-9pm<br>Adult Water Aerobics 11:45-12:30pm<br>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<br>& 6:30-9pm<br>Swim Lessons 6:30-8:00PM                 | 27 Adult Lap Swim 6a-11:30am<br>& 7:45-9pm<br>Synchro 5:30-8:30p                  | 28 Adult Lap Swim 6a-11am Stret-chi Noodle 9-9:45am Closed for High School Meet | 29 Swim Lessons<br>9:30-11:30am<br>Open/Adult Lap Swim<br>12:30-3:30pm |
| 30 Open/Adult Lap Swim 12:30-3pm Synchro 3-7:30p                   | 37 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<br>& 6:30-9pm<br>Swim Lessons 6:30-8:00PM                  | 3 Adult Lap Swim 6a-11:30am<br>& 7:45-9pm<br>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           |

HTTPS://WWW.DEDHAM-MA.GOV/HOME