Dedham Parks and Recreation *ADULT LAP SWIM 18+	*Evening laps is only 3 Lanes	
SUNDAY	MONDAY	
30 Open/Adult Lap Swim 12:30-3pm	37 Adult Lap Swim 6a-11:30am Adult Water Aerobics 11:45-12:30pm	

Synchro 5:30-8:30p

10 Adult Lap Swim 6a-11:30am

& 7:45-9pm

Synchro 5:30-8:30p

1 RECREATION ROAD **DEDHAM MA** 02026

Open Swim 5-8pm

Adult Lap Swim 6a-11am

Stret-chi Noodle 9-9:45am

Open Swim 5-8pm

18 Adult Lap Swim 6a-11am

PHONE: (781) 461-5991

3 Lanes			
NDAY	TUESDAY	WEDNESDAY	THURS
Swim 6a-11:30am	7 Adult Lan Swim 6a-9am 11-1nm	2 Adult Lan Swim 6a-11:30am	7 Adult Lan Swir

SDAY Adult Lap Swim 6a-11:30am Adult Lap Swim 6a-11:30am Auuit Lap Swiii Ga-Saiii, i i- ipiii & 6:30-9om & 7:45-9pm

Adult Water Aerobics

11:45-12:30pm

Adult Lap Swim 6a-11:30am

Adult Water Aerobics

11:45-12:30pm

Clippers 12+Under

HTTPS://WWW.DEDHAM-MA.GOV/HOME FRIDAY 4 Adult Lap Swim 6a-11am Stret-chi Noodle 9-9:45am

SATURDAY 5 **CLOSED** for Event

Synchro 3-7:30p 7 Adult Lap Swim 6a-11:30am 6 Open/Adult Lap Swim 12:30-3pm

HITT Aerobics 10-10:45am Closed in HITT Aerobics 7:45-8:30pm the evening Synchro 5:30-8:30p 8 Adult Lap Swim 6a-9am,11-1pm Baby Water Aerobics 9-9:45am **Adult Water Aerobics** HITT Aerobics 10-10:45am

NO Swim Lessons Swim Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3:30pm

11:45-12:30pm First Night Clippers 12+Under 74 Adult Lap Swim 6a-11:30am **Adult Water Aerobics** 11:45-12:30pm

Clippers 12+Under

First Night Clippers 13+Up Synchro 5:30-8:30p 15 Adult Lap Swim 6a-9am,11-1pm Baby Water Aerobics 9-9:45am HITT Aerobics 10-10:45am HITT Aerobics 7:45-8:30pm

HITT Aerobics 7:45-8:30pm

Baby Water Aerobics 9-9:45am

16 Adult Lap Swim 6a-11:30am 17 Adult Lap Swim 6a-11:30am **Adult Water Aerobics** 11:45-12:30pm Clippers 12+Under 23 Adult Lap Swim 6a-11:30am

Adult Water Aerobics

11:45-12:30pm

Clippers 12+Under

Adult Water Aerobics

11:45-12:30pm

Clippers 12+Under

& 7:45-9pm Synchro 5:30-8:30p 24 HAPPY

CLOSED

Adult Lap Swim 6a-11:30am

& 7:45-9pm

Synchro 5:30-8:30p

Stret-chi Noodle 9-9:45am Open Swim 5-8pm 25 **CLOSED** for Holiday

Adult Lap Swim 6a-11am

Stret-chi Noodle 9-9:45am

Open Swim 5-8pm

Masters 7-8:30am **Swim Lessons** 9:30-11:30am Open/Adult Lap Swim 12:30-3:30pm Masters 7-8:30am 26 *NO Swim Lessons*

Open/Adult Lap Swim

12:30-3:30pm

Masters 7-8:30am

Swim Lessons

9:30-11:30am

Open/Adult Lap Swim

12:30-3:30pm

Masters 7-8:30am

3

Synchro 3-7:30p 20 Open/Adult Lap Swim 12:30-3pm **Synchro 3-7:30p**

Synchro 3-7:30p

13 Open/Adult Lap Swim

12:30-3pm

Synchro 5:30-8:30p 27 Adult Lap Swim 6a-11:30am 22 Adult Lap Swim 6a-9am,11-1pm Baby Water Aerobics 9-9:45am **Adult Water Aerobics** HITT Aerobics 10-10:45am 11:45-12:30pm HITT Aerobics 7:45-8:30pm Clippers 12+Under Synchro 5:30-8:30p 28 Adult Lap Swim 6a-11:30am 27 Open/Adult Lap Swim 30 Adult Lap Swim 6a-11:30am 29 Adult Lap Swim 6a-9am,11-1pm 12:30-3pm Baby Water Aerobics 9-9:45am **Adult Water Aerobics** HITT Aerobics 10-10:45am 11:45-12:30pm HITT Aerobics 7:45-8:30pm Clippers 12+Under **Synchro 3-7:30p** Synchro 5:30-8:30p