Dedham Parks and Recreation *ADULT LAP SWIM 18+	*Evening laps is only 3 Lanes		IMBER	2022	1 RECREATION ROAD DEDHAM MA 02026 HTTPS://WWW.DEDHAM-MA.GOV/I	PHONE: (781) 461-5991 Home
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Open/Adult Lap Swim 12:30-3pm	37 Adult Lap Swim 6a-11:30am Adult Water Aerobics	 Adult Lap Swim 6a-11:30am Baby Aerobics 9AM HITT Aerobics 10AM 	2 Adult Lap Swim 6a-11:30am & 6:30-9pm	3 Adult Lap Swim 6a-11:30am	4 Adult Lap Swim 6a-11am	⁵ CLOSED
Synchro 3-7:30p	11:45-12:30pm Closed in the evening	HITT Aerobics 10AM HITT Aerobics 7:45-8:30pm Synchro 5:30-8:30p	Adult Water Aerobics 11:45-12:30pm	Synchro 5:30-8:30p	Stret-chi Noodle 9-9:45am Lap/Open Swim 5-8pm	for Event *NO Swim Lessons*
6 Open/Adult Lap Swim 12:30-3pm	7 Adult Lap Swim 6a-11:30am	8 Adult Lap Swim 6a-11:30am Baby Aerobics 9AM	9 Adult Lap Swim 6a-11:30am	10 Adult Lap Swim 6a-11:30am	¹¹ Closed	12 Swim Lessons 9:30-11:30am
	Adult Water Aerobics 11:45-12:30pm First Night Clippers 12+Under	HITT Aerobics 10AM HITT Aerobics 7:45-8:30pm First Night Clippers 13+Up	Adult Water Aerobics 11:45-12:30pm Clippers 12+Under		Veterans	Open/Adult Lap Swim 12:30-3:30pm
Synchro 3-7:30p		Synchro 5:30-8:30p	Clippers 12+Under	Synchro 5:30-8:30p	Day	Masters 7-8:30am
13 Open/Adult Lap Swim	74 Adult Lap Swim 6a-11:30am	15 Adult Lap Swim 6a-11:30am	16 Adult Lap Swim 6a-11:30am	17 Adult Lap Swim 6a-11:30am	18 Adult Lap Swim 6a-11am	19 Swim Lessons
12:30-3pm	Adult Water Aerobics 11:45-12:30pm	Baby Aerobics 9AM HITT Aerobics 10AM	Adult Water Aerobics 11:45-12:30pm		Stret-chi Noodle 9-9:45am	9:30-11:30am Open/Adult Lap Swim
Synchro 3-7:30p	Clippers 12:30pm	HITT Aerobics 7:45-8:30pm Synchro 5:30-8:30p	Clippers 12+Under	Synchro 5:30-8:30p	Lap/Open Swim 5-8pm	12:30-3:30pm Masters 7-8:30am
20 Open/Adult Lap Swim	27 Adult Lap Swim 6a-11:30am	22 Adult Lap Swim 6a-11:30am	23 Adult Lap Swim 6a-11:30am	24 HAPPY	25	26 *NO Swim Lessons*
12:30-3pm	Adult Water Aerobics 11:45-12:30pm	Baby Aerobics 9AM HITT Aerobics 10AM	Adult Water Aerobics 11:45-12:30pm	X A HANDY	CLOSED	Open/Adult Lap Swim
Synchro 3-7:30p	Clippers 12+Under	HITT Aerobics 7:45-8:30pm Synchro 5:30-8:30p	Clippers 12+Under	CLOSED	for Holiday	12:30-3:30pm Masters 7-8:30am
27 Open/Adult Lap Swim	28 Adult Lap Swim 6a-11:30am	29 Adult Lap Swim 6a-11am	30 Adult Lap Swim 6a-11:30am	Adult Lap Swim 6a-11:30am	2 Adult Lap Swim 6a-11am	3 Swim Lessons
12:30-3pm	Adult Water Aerobics	Baby Aerobics 9AM HITT Aerobics 10AM	Adult Water Aerobics 11:45-12:30pm		Stret-chi Noodle 9-9:45am	9:30-11:30am Open/Adult Lap Swim
Synchro 3-7:30p	11:45-12:30pm Clippers 12+Under	HITT Aerobics 7:45-8:30pm Synchro 5:30-8:30p	Clippers 12+Under	Synchro 5:30-8:30p	Lap/Open Swim 5-8pm	12:30-3:30pm Masters 7-8:30am

