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 Closed in

Synchro 3-7:30p

12:30-3pm

Synchro 3-7:30p

13 Open/Adult Lap Swim

12:30-3pm

Synchro 3-7:30p

6 Open/Adult Lap Swim

TUES

1 RECREATION ROAD **DEDHAM MA** 02026

PHONE:

SDAY	WEDNESDAY	THURSI
wim 6a 11:20am	Adult Lon Swim Go 11-20om	7 Adult Lan Curina

DAY

HTTPS://WWW.DEDHAM-MA.GOV/HOME FRIDAY 4 Adult Lap Swim 6a-11am

SATURDAY 5 **CLOSED** Stret-chi Noodle 9-9:45am for Event

0am Adult Lap Swim 6a-11:30am 3 Adult Lap Swim 6a-11:30am 2 Adult Lap Swim 6a-11:30am & 6:30-9pm Baby Aerobics 9AM HITT Aerobics 10AM **Adult Water Aerobics** HITT Aerobics 7:00-7:45pm 11:45-12:30pm GIOSEA III the evening Synchro 5:30-8:30p 7 Adult Lap Swim 6a-11:30am Adult Lap Swim 6a-11:30am Adult Lap Swim 6a-11:30am Baby Aerobics 9AM **Adult Water Aerobics**

HITT Aerobics 10AM

HITT Aerobics 7:00-7:45pm

First Night Clippers 13+Up

Adult Lap Swim 6a-11:30am

Baby Aerobics 9AM

HITT Aerobics 10AM

HITT Aerobics 7:00-7:45pm

Clippers 13+Up

Adult Lap Swim 6a-11am

Baby Aerobics 9AM

HITT Aerobics 10AM

HITT Aerobics 7:00-7:45pm

Clippers 13+Up

Synchro 5:30-8:30p

Synchro 5:30-8:30p

Synchro 5:30-8:30p 10 Adult Lap Swim 6a-11:30am Clippers 13+Up Synchro 5:30-8:30p 17 Adult Lap Swim 6a-11:30am

Closed Veterans Day Adult Lap Swim 6a-11am

Lap/Open Swim 5-8pm

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

Synchro 5:30-8:30p 74 Adult Lap Swim 6a-11:30am Adult Lap Swim 6a-11:30am **Baby Aerobics 9AM** HITT Aerobics 10AM **Adult Water Aerobics** 11:45-12:30pm HITT Aerobics 7:00-7:45pm Clippers 13+Up Clippers 12+Under Synchro 5:30-8:30p

Adult Water Aerobics

11:45-12:30pm

First Night Clippers 12+Under

Clippers 12+Under

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**

30 Adult Lap Swim 6a-11:30am

Adult Water Aerobics

11:45-12:30pm

Clippers 12+Under

11:45-12:30pm

Clippers 12+Under

16 Adult Lap Swim 6a-11:30am

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

Adult Lap Swim 6a-11am

Stret-chi Noodle 9-9:45am

Lap/Open Swim 5-8pm

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

12:30-3:30pm

Swim Lessons

9:30-11:30am

Open/Adult Lap Swim

12:30-3:30pm

Masters 7-8:30am

Synchro 3-7:30p 27 Adult Lap Swim 6a-11:30am 20 Open/Adult Lap Swim 12:30-3pm **Adult Water Aerobics** 11:45-12:30pm Clippers 12+Under **Synchro 3-7:30p** 28 Adult Lap Swim 6a-11:30am 27 Open/Adult Lap Swim 12:30-3pm **Adult Water Aerobics** 11:45-12:30pm

Clippers 13+Up Synchro 5:30-8:30p 24 AN HAPPY Adult Lap Swim 6a-11:30am

Clippers 13+Up

Synchro 5:30-8:30p

26 Open/Adult Lap Swim Masters 7-8:30am

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