Dedham Parks and Recreation *ADULT LAP SWIM 18+	*Evening lap
SUNDAY	MONDAY
30 Open/Adult Lap Swim 12:30-3pm	37 Adult Lap Swim 6a-11:30 Adult Water Aerobics 11:45-12:30pm Closed in

WEDNESDAY

1 RECREATION ROAD **DEDHAM MA** 02026

PHONE:

JS es TUESDAY Adult Lap Swim 6a-11:30am 2 Adult Lap Swim 6a-11:30am Dam

THURSDAY 3 Adult Lap Swim 6a-11:30am

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

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

Synchro 3-7:30p the evening

Baby Aerobics 9AM HITT Aerobics 10AM HITT Aerobics 7:00-7:45pm Synchro 5:30-8:30p 7 Adult Lap Swim 6a-11:30am Adult Lap Swim 6a-11:30am Baby Aerobics 9AM

11:45-12:30pm Adult Lap Swim 6a-11:30am **Adult Water Aerobics**

& 6:30-9pm

Adult Water Aerobics

Synchro 5:30-8:30p 10 Adult Lap Swim 6a-11:30am

Clippers 13+Up

Synchro 5:30-8:30p

Closed Veterans Day

Lap/Open Swim 5-8pm

Swim Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3:30pm Masters 7-8:30am

for Event

NO Swim Lessons

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

Adult Water Aerobics

11:45-12:30pm

Clippers 12+Under

28 Adult Lap Swim 6a-11:30am

Adult Water Aerobics

11:45-12:30pm

Clippers 12+Under

Adult Water Aerobics

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

HITT Aerobics 10AM

HITT Aerobics 7:00-7:45pm

First Night Clippers 13+Up

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

11:45-12:30pm

Clippers 12+Under

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

Synchro 3-7:30p 27 Adult Lap Swim 6a-11:30am 20 Open/Adult Lap Swim 12:30-3pm **Synchro 3-7:30p**

27 Open/Adult Lap Swim

12:30-3pm

Synchro 3-7:30p

6 Open/Adult Lap Swim

12:30-3pm

Synchro 3-7:30p

13 Open/Adult Lap Swim

12:30-3pm

Clippers 13+Up

17 Adult Lap Swim 6a-11:30am Adult Lap Swim 6a-10am Stret-chi Noodle 9-9:45am Clippers 13+Up Lap/Open Swim 5-8pm Synchro 5:30-8:30p Synchro 5:30-8:30p 24 AN HAPPY 25 23 Adult Lap Swim 6a-11:30am 26 Adult Lap Swim 6a-11:30am **CLOSED** Baby Aerobics 9AM **Adult Water Aerobics** HITT Aerobics 10AM 11:45-12:30pm Open/Adult Lap Swim HITT Aerobics 7:00-7:45pm for Holiday 12:30-3:30pm Clippers 12+Under Masters 7-8:30am Synchro 5:30-8:30p Adult Lap Swim 6a-11am 30 Adult Lap Swim 6a-11:30am 3 Adult Lap Swim 6a-11am Adult Lap Swim 6a-11:30am **Swim Lessons** Baby Aerobics 9AM 9:30-11:30am **Adult Water Aerobics** HITT Aerobics 10AM 11:45-12:30pm Stret-chi Noodle 9-9:45am Open/Adult Lap Swim HITT Aerobics 7:00-7:45pm Clippers 13+Up Clippers 12+Under Clippers 13+Up 12:30-3:30pm Lap/Open Swim 5-8pm Masters 7-8:30am Synchro 5:30-8:30p Synchro 5:30-8:30p