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

Synchro 3-7:30p

12:30-3pm

Synchro 3-7:30p

13 Open/Adult Lap Swim

HITT Aerobics 10-10:45am

Synchro 3-7:30p

6 Open/Adult Lap Swim

Synchro 5:30-8:30p

1 RECREATION ROAD **DEDHAM MA** 02026

PHONE: (781) 461-5991

WEDNESDAY

TUESDAY THURSDAY Adult Lap Swim 6a-11:30am 3 Adult Lap Swim 6a-11:30am 2 Adult Lap Swim 6a-11:30am & 6:30-9pm HITT Aerobics 10AM

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

SATURDAY 5 **CLOSED**

Adult Water Aerobics HITT Aerobics 7:00-7:45pm 11:45-12:30pm

Adult Lap Swim 6a-11:30am

Adult Water Aerobics

11:45-12:30pm

Clippers 12+Under

Stret-chi Noodle 9-9:45am Lap/Open Swim 5-8pm

for Event *NO Swim Lessons* Swim Lessons 9:30-11:30am

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

Veterans Adult Lap Swim 6a-10am Stret-chi Noodle 9-9:45am

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

25

Masters 7-8:30am 26 *NO Swim Lessons* Open/Adult Lap Swim

11:45-12:30pm

7 Adult Lap Swim 6a-11:30am

Adult Water Aerobics

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

Synchro 5:30-8:30p

Adult Lap Swim 6a-11:30am

HITT Aerobics 7:00-7:45pm

HITT Aerobics 10AM

16 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

Clippers 13+Up Synchro 5:30-8:30p 24 AN HAPPY 23 Adult Lap Swim 6a-11:30am **Adult Water Aerobics** 11:45-12:30pm Pool Closing at 1PM

Lap/Open Swim 5-8pm **CLOSED**

12:30-3pm **Adult Water Aerobics** 11:45-12:30pm HITT Aerobics 10-10:45AM Clippers 12+Under **Synchro 3-7:30p** 27 Adult Lap Swim 6a-11:30am 20 Open/Adult Lap Swim 12:30-3pm **Adult Water Aerobics** HITT Aerobics 10-10:45am 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 Lap Swim 6a-11:30am HITT Aerobics 10AM HITT Aerobics 7:00-7:45pm Clippers 13+Up Synchro 5:30-8:30p **Adult Lap Swim 6a-11am** HITT Aerobics 10AM HITT Aerobics 7:00-7:45pm Clippers 13+Up Synchro 5:30-8:30p

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

for Holiday Adult Lap Swim 6a-11am Stret-chi Noodle 9-9:45am Lap/Open Swim 5-8pm

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