

27

SUNDAY

MONDAY

Adult Lap Swim 6a-11:30am

**Adult Water Aerobics** 

28

## DECEMBER 2022

WEDNESDAY

Adult Lap Swim 6a-11:30am

**Adult Water Aerobics** 

THURSDAY

Adult Lap Swim 6a-11:30am

Synchro 5:30-8:30p

TUESDAY

Adult Lap Swim 6a-11:30am

Synchro 5:30-8:30p

1 RECREATION ROAD
DEDHAM MA
02026

PHONE: (781) 461–5991

SATURDAY

Last day of Swim

Lessons

Open/Adult Lap Swim

WEBSITE: HTTPS://WWW.DEDHAM-MA.GOV/HOME

FRIDAY

2 Adult Lap Swim 6a-11am

Stret-chi Noodle 9AM

	11:45-12:30pm	Clippers 13+Up	11:45-12:30pm			12:30-3:30pm
	Clippers 12+Under	HITT Aerobics 7:00-7:45pm	Clippers 12+Under	Clippers 13+Up	Lap/Open Swim 5-8pm	Masters 7-8:30am
4 Open/Adult Lap Swim 12:30-3pm	5 Adult Lap Swim 6a-11:30am	Adult Lap Swim 6a-11:30am	7 Adult Lap Swim 6a-11:30am Adult Water Aerobics	8 Adult Lap Swim 6a-11:30am OPEN SWIM POOL PARTY		Open/Adult Len Swim
Synchro 3-7:30p	Adult Water Aerobics 11:45-12:30pm	Synchro 5:30-8:30p Clippers 13+Up	11:45-12:30pm	12-2PM	Stret-Chi Noodle 9AM	Open/Adult Lap Swim 12:30-3:30pm
ογιωπο σ-7.σο <b>ρ</b>	Clippers 12+Under	HITT Aerobics 7:00-7:45pm	Clippers 12+Under	Synchro 5:30-8:30p Clippers 13+Up	Lap/Open Swim 5-8pm	Masters 7-8:30am
77 Open/Adult Lap Swim	12 Adult Lap Swim 6a-11:30am	13 Adult Lap Swim 6a-11:30am	74 Adult Lap Swim 6a-11:30am	15 Adult Lap Swim 6a-11:30am	16 Adult Lap Swim 6a-11am	17
12:30-3pm	Adult Water Aerobics	*High School meet 3:45 Synchro 5:30-8:30p	Adult Water Aerobics 11:45-12:30pm	Synchro 5:30-8:30p	Street-chi Noodle 9AM	Open/Adult Lap Swim
Synchro 3-7:30p	11:45-12:30pm	Clippers 13+Up	*High School Meet 3:45		Lap/Open Swim 5-8pm	12:30-3:30pm
	Clippers 12+Under	HITT Aerobics 7:00-7:45pm	Clippers 12+Under	Clippers 13+Up	Lap/Open Swill 5-opin	Masters 7-8:30am
78 Clippers Holiday Party 12-3PM	19 Adult Lap Swim 6a-11:30am	20 <sub>Adult Lap Swim 6a-11:30am</sub>	27 Adult Lap Swim 6a-11:30am	22	23 Adult Lap Swim 6a-11am	24
	Adult Water Aerobics 11:45-12:30pm	*High School Meet 1:30	Adult Water Aerobics 11:45-12:30pm	Adult Lap Swim 6a-11:30am		CLOSED
	*High School Meet 3:45	Synchro 5:30-8:30p Clippers 13+Up	*High School Meet 3:45	Synchro 5:30-8:30p		CLOSED
Happy Hanukkah	Clippers 12+Under	HITT Aerobics 7:00-7:45pm	Clippers 12+Under	Clippers 13+Up	Lap/Open Swim 5-8pm	
25 MERRY	6 KWANZAA CLOSED	27	28	29	30	31
CHRISTMAS	CLOSED	Adult Lap Swim 6a-11:30am	Adult Lap Swim 6a-11:30am	Adult Lap Swim 6a-11:30am	Adult Lap Swim 6a-11am	CLOSED
		OPEN SWIM 12-2pm		OPEN SWIM 12-2pm		CLUJLD
Closed		Open/Lap Swim 5:30-8:30PM	Open/Lap Swim 5:30-8:30PM	Open/Lap Swim 5:30-8:30PM	Lap/Open Swim 5-8pm	



## \*ADULT LAP SWIM

MONDAY

## January 2023

WEDNESDAY

THURSDAY

TUESDAY

**1 RECREATION ROAD DEDHAM MA** 02026

FRIDAY

PHONE: (781) 461-5991

SATURDAY

WEBSITE: HTTPS://WWW.DEDHAM-MA.GOV/HOME

1 HAPPY.	2 Adult Lap Swim 6a-11:30am	3 Adult Lap Swim 6a-11:30am	4 Adult Lap Swim 6a-11:30am	5 Adult Lap Swim 6a-11:30am	6 Adult Lap Swim 6a-11:00am	7 Swim Lessons
New			HS Tri-Meet @ Home 4pm			9:30-11:30am
Year		Synchro 5:30-8:30p		Synchro 5:30-8:30p	1 (0 0 : 500 0	
CLOSED					Lap/Open Swim 5:30-8pm	
8	9 Adult Lap Swim 6a-11:30am	<b>↑○ Adult Lap Swim 6a-11:30am</b>	77 Adult Lap Swim 6a-11:30am	12 Adult Lap Swim 6a-11:30am	13 Adult Lap Swim 6a-11:00am	74 Swim Lessons
Stret-chi Noodle 10am	Adult Water Aerobics 11:45-12:30pm	HITT Aerobics 10:30-11:15am  Xaverian Meet @ Home 3:45pm	Adult Water Aerobics 11:45-12:30pm		Stret-chi Noodle 9AM	9:30-11:30am
Open/Adult Lap Swim 12:30-3pm	HS Tri-Meet @ Home 3:45pm	Synchro 5:30-8:30p	HS Meet @ Home 4:15pm	Synchro 5:30-8:30p		Clippers Meet @ Home 4pm
Synchro 3-7:30p		HITT Aerobics 7:00-7:45pm		HITT Aerobics 5:30-6:15pm	Lap/Open Swim 5:30-8pm	
15	<b>16 Adult Lap Swim 6a-11:30am</b>	77 Adult Lap Swim 6a-11:30am	18 Adult Lap Swim 6a-11:30am	<b>19 Adult Lap Swim 6a-11:30am</b>	20 Adult Lap Swim 6a-11:00am	21 Swim Lessons
Stret-chi Noodle 10am	Adult Water Aerobics 11:45-12:30pm	HITT Aerobics 10:30-11:15am	Adult Water Aerobics 11:45-12:30pm		Stret-chi Noodle 9AM	9:30-11:30am
Open/Adult Lap Swim		Xaverian Meet @ Home 3:45pm	HS Meet @ Home 3:45	Synchro 5:30-8:30p		Clippers Meet @ Home 4pm
12:30-3pm Synchro 3-7:30p		Synchro 5:30-8:30p HITT Aerobics 7:00-7:45pm		HITT Aerobics 5:30-6:15pm	NO Lap/Open Swim	
22	27 Adult Len Swim Co. 11:20cm		25 Adult Lap Swim 6a-11:30am	26 Adult Lap Swim 6a-11:30am		20 Curius I accome
Clippers Swim-A-Thon	23 Adult Lap Swim 6a-11:30am	HITT Aerobics 10:30-11:15am	Z Adult Lap Swill da-11.30all	ZO Addit Lap Swill da-11.30alii	27 Adult Lap Swim 6a-11:00am	28 Swim Lessons 9:30-11:30am
9am-1pm	Adult Water Aerobics 11:45-12:30pm	TITTI AGTUDICS TO-50-11-15atil	Adult Water Aerobics 11:45-12:30pm		Stret-chi Noodle 9AM	3.30-11.30am
Open/Adult Lap Swim 1-3pm		Synchro 5:30-8:30p	HS Meet @ Home 3:45pm	Synchro 5:30-8:30p		
Synchro 3-7:30p		HITT Aerobics 7:00-7:45pm		HITT Aerobics 5:30-6:15pm	Lap/Open Swim 5:30-8pm	
20				<u> </u>		
29	30 Adult Lap Swim 6a-11:30am	37 Adult Lap Swim 6a-11:30am	1	2	3	4
Stret-chi Noodle 10am	30 Adult Lap Swim 6a-11:30am Adult Water Aerobics 11:45-12:30pm	37 Adult Lap Swim 6a-11:30am HITT Aerobics 10:30-11:15am	1	2	3	4
Stret-chi Noodle 10am Open/Adult Lap Swim		37 Adult Lap Swim 6a-11:30am HITT Aerobics 10:30-11:15am  POOL PARTY 12-2PM	1	2	3	4
Stret-chi Noodle 10am		37 Adult Lap Swim 6a-11:30am HITT Aerobics 10:30-11:15am	7	2	3	4