

SUNDAY

12:30-3pm

Synchro 3-7:30p

*ADULT LAP SWIM 18+

MONDAY

January 2023

WEDNESDAY

THURSDAY

TUESDAY

Synchro 5:30-8:30p

HITT Aerobics 7:00-7:45pm

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-11:30am	7 Masters 6:45-8:15am
New			HS Tri-Meet @ Home 4pm			Swim Lessons 9:30-11:30am
Year		Synchro 5:30-8:30p		Synchro 5:30-8:30p	CLOSED AT NIGHT	Open/Adult Lap Swim
CLOSED					(STAFF Pool Party)	12:30-3:30pm
8 _{Stret-chi} Noodle 10am	9 Adult Lap Swim 7a-11:30am	↑○ Adult Lap Swim 6a-11:30am	77 Adult Lap Swim 6a-11:30am	72 Adult Lap Swim 6a-11:30am	13 Adult Lap Swim 6a-11:00am	74 Masters 6:45-8:15am
Lifeguard class 9am-4pm	Adult Water Aerobics 11:45-12:30pm	HITT Aerobics 10:30-11:15am	Adult Water Aerobics 11:45-12:30pm		Stret-chi Noodle 9AM	Swim Lessons
Open/Adult Lap Swim	HS Tri-Meet @ Home 3:45pm	Xaverian Meet @ Home 3:45pm Synchro 5:30-8:30p	HS Meet @ Home 4:15pm	Synchro 5:30-8:30p		9:30-11:30am Open/Adult Lap Swim 12:30-3pm
12:30-3pm		HITT Aerobics 7:00-7:45pm		HITT Aerobics 5:30-6:15pm	Lap/Open Swim 5:30-8pm	Clippers Meet @ Home 4pm
Synchro 3-7:30p	16		7.0			
15	6 Adult Lap Swim 6a-11:30am	7 Adult Lap Swim 6a-11:30am	18 Adult Lap Swim 6a-11:30am	19 Adult Lap Swim 6a-11:30am	20 Adult Lap Swim 6a-11:00am	21 Masters 6:45-8:15am
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	Swim Lessons
Open/Adult Lap Swim		Xaverian Meet @ Home 3:45pm	HS Meet @ Home 3:45	Cumphup E.20, 0.20n		9:30-11:30am
12:30-3pm		Synchro 5:30-8:30p	TIO MUCE W HOUR 3.40	Synchro 5:30-8:30p		Open/Adult Lap Swim 12:30-3pm
Synchro 3-7:30p		HITT Aerobics 7:00-7:45pm		HITT Aerobics 5:30-6:15pm	NO Lap/Open Swim	Clippers Meet @ Home 4pm
22	23 Adult Lap Swim 6a-11:30am	24 Adult Lap Swim 6a-11:30am	25 Adult Lap Swim 6a-11:30am	26 Adult Lap Swim 6a-11:30am	27 Adult Lap Swim 6a-11:00am	28 Masters 6:45-8:15am
Lifeguard class 9am-4pm Clippers Swim-A-Thon	Adult Water Aerobics 11:45-12:30pm	HITT Aerobics 10:30-11:15am	Adult Water Aerobics 11:45-12:30pm		Stret-chi Noodle 9AM	Swim Lessons
9am-1pm		0 500,000		Cunches 5.20 0.20n		9:30-11:30am
Open/Adult Lap Swim 1-3pm		Synchro 5:30-8:30p	HS Meet @ Home 3:45pm	Synchro 5:30-8:30p		Open/Adult Lap Swim
Synchro 3-7:30p		HITT Aerobics 7:00-7:45pm		HITT Aerobics 5:30-6:15pm	Lap/Open Swim 5:30-8pm	12:30-3:30pm
29	30 Adult Lap Swim 6a-11:30am	37 Adult Lap Swim 6a-11:30am]	2	3	4
Stret-chi Noodle 10am	Adult Water Aerobics 11:45-12:30pm	HITT Aerobics 10:30-11:15am				
Open/Adult Lap Swim	Addit Hater Acronics 11.40-12.00pm	POOL PARTY 12-2PM				