

29

SUNDAY

Stret-chi Noodle 10am

12:30-3pm

Synchro 3-7:30p

*ADULT LAP SWIM 18+

MONDAY

Adult Lap Swim 6a-11:30am

Lap/Open Swim 3-5pm

30

February 2023

WEDNESDAY

Adult Lap Swim 6a-11:30am

THURSDAY

2 Adult Lap Swim 6a-11:30am

TUESDAY

Synchro 5:30-8:30p

HITT Aerobics 6-6:45pm

Adult Lap Swim 6a-11:30am

1 RECREATION ROAD DEDHAM MA 02026

FRIDAY

Adult Lap Swim 6a-11:00am

3

PHONE: (781)-751-9136

SATURDAY

4 Masters 6:45-8:15am

Swim Lessons

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

Open/Adult Lap Swim 12:30-3pm	Adult Water Aerobics 11:45-12:30pm	Synchro 5:30-8:30p	Adult Water Aerobics 11:45-12:30pm			9:30-11:30am
Synchro 3-7:30p		HITT Aerobics 6-6:45pm		Synchro 5:30-8:30p HITT Aerobics 5:30-6:15pm	Lap/Open Swim 5:30-8pm	Open/Adult Lap Swim 12:30-3:30pm
5 Stret-chi Noodle 10am	6 Adult Lap Swim 7a-11:30am	7 Adult Lap Swim 6a-11:30am	8 Closed 6am-2pm	9 Closed 6am-2pm	↑○ Adult Lap Swim 6a-11:00am	11 Masters 6:45-8:15am
Lifeguard class 9am-4pm	Adult Water Aerobics 11:45-12:30pm		Sectional H.S.	Sectional H.S.		Swim Lessons
Open/Adult Lap Swim		Synchro 5:30-8:30p	Dive Meet	Dive Meet Synchro 5:30-8:30p		9:30-11:30am Open/Adult Lap Swim 12:30-3pm
12:30-3pm		HITT Aerobics 6-6:45pm		HITT Aerobics 5:30-6:15pm	Lap/Open Swim 5:30-8pm	Clippers Meet @ Home 4pm
12	73 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-11:30am	Aduk Lap Swim 6a-11:00am	18 Masters 6:45-8:15am
Stret-chi Noodle 10am Open/Adult Lap Swim	Adult Water Aerobics 11:45-12:30pm		Adult Water Aerobics 11:45-12:30pm			
12:30-3pm		Synchro 5:30-8:30p		Synchro 5:30-8:30p		Open/Adult Lap Swim 12:30-3pm
Synchro 3-7:30p		HITT Aerobics 6-6:45pm		HITT Aerobics 5:30-6:15pm	Lap/Open 5:30-8pm	Clippers Meet @ Home 4pm
19	20 Adult Lap Swim 6a-11:30am	27 Adult Lap Swim 6a-11:30am	22 Adult Lap Swim 6a-11:30am	23 Adult Lap Swim 6a-11:30am	24 Adult Lap Swim 6a-11:00am	25 Masters 6:45-8:15am
	Adult Water Aerobics 11:45-12:30pm	OPEN SWIM 12-3pm	Adult Water Aerobics 11:45-12:30pm	OPEN SWIM 12-3pm		Swim Lessons 9:30-11:30am
Open/Adult Lap Swim 1-3pm		Synchro 5:30-8:30p		Synchro 5:30-8:30p		Open/Adult Lap Swim
Synchro 3-7:30p		HITT Aerobics 6-6:45pm		HITT Aerobics 5:30-6:15pm	Lap/Open Swim 5:30-8pm	12:30-3:30pm
26	27 Adult Lap Swim 6a-11:30am	28 Adult Lap Swim 6a-11:30am	1	2	3	4
Stret-chi Noodle 10am Open/Adult Lap Swim	Adult Water Aerobics 11:45-12:30pm	Lap/Open Swim 3-5pm				