

SUNDAY

Stret-chi Noodle 10am

Open/Adult Lap Swim

12:30-3pm

Synchro 3-7:30p

MONDAY

Adult Water Aerobics 11:45-12:30pm

Lap/Open 3-5pm

**Youth Lessons 5-7:30pm** 

Adult Lap 7:30-9pm

TUESDAY

Stroke and Turn 3:45-5pm

Springboard Dive 5:30-7pm

Synchro 5:30-8:30p

HITT Aerobics 6-6:45pm

## March 2023

WEDNESDAY

THURSDAY

**1 RECREATION ROAD DEDHAM MA** 02026

FRIDAY

PHONE: (781)-751-9136

SATURDAY

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

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29	30 Adult Lap Swim 6a-11:30am	37 Adult Lap Swim 6a-11:30am	Adult Lap Swim 6a-11:30am	2 Adult Lap Swim 6a-11:30am	3 Adult Lap Swim 6a-11:00am	4 Masters 6:45-8:15am
Stret-chi Noodle 10am Open/Adult Lap Swim	Adult Water Aerobics 11:45-12:30pm	Lap/Open Swim 3-4:45pm	Adult Water Aerobics 11:45-12:30pm	Lap/Open Swim 3-4:45pm		Swim Lessons
12:30-3pm	Open/Lap swim 3-5pm	Synchro 5:30-8:30p	Open/Lap swim 3-5p	Synchro 5:30-8:30p		9:30-11:30am 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
5 Stret-chi Noodle 10am	6 Adult Lap Swim 7a-11:30am	7 Adult Lap Swim 6a-11:30am	8 Adult Lap Swim 6a-11:30am	9 Adult Lap Swim 6a-11:30am	<b>↑○ Adult Lap Swim 6a-11:00am</b>	11 Masters 6:45-8:15am
Open/Adult Lap Swim 12:30-3pm	Adult Water Aerobics 11:45-12:30pm Lap/Open Swim4-8:30pm	Lap/Open Swim 3-5pm Synchro 5:30-8:30p	Adult Water Aerobics 11:45-12:30pm  Lap/Open Swim4-8:30pm	Lap/Open Swim 3-5pm Synchro 5:30-8:30p		Swim Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3pm
Synchro 3-7:30p		HITT Aerobics 6-6:45pm		HITT Aerobics 5:30-6:15pm	Lap/Open Swim 5:30-8pm	
12 Lifeguard class 9am-4pm	3 Adult Lap Swim 6a-11:30am	74 Adult Lap Swim 6a-11:30am	75 Adult Lap Swim 6a-11:30am	76 Adult Lap Swim 6a-11:30am	7 Adult Lap Swim 6a-11:00am	18 Masters 6:45-8:15am
Stret-chi Noodle 10am	Adult Water Aerobics 11:45-12:30pm	Lap/Open Swim 3-5pm	Adult Water Aerobics 11:45-12:30pm	Lap/Open Swim 3-5pm		Swim Lessons 9:30-11:30am
Open/Adult Lap Swim 12:30-3pm	Lap/Open Swim 4-8:30pm	Synchro 5:30-8:30p	Lap/Open Swim 4-8:30pm	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	
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
Stret-chi Noodle 10am	Adult Water Aerobics 11:45-12:30pm		Adult Water Aerobics 11:45-12:30pm	OPEN SWIM 12-3pm		Swim Lessons
Open/Adult Lap Swim	Lap/Open 3-5pm	Stroke and Turn 3:45-5pm Synchro 5:30-8:30p	Stroke and Turn 4-5:30pm	Stroke and Turn 3:45-5pm Synchro 5:30-8:30p		9:30-11:30am
12:30-3pm <b>Synchro 3-7:30p</b>	Youth Lessons 5-7:30pm Adult Lap 7:30-9pm	HITT Aerobics 6-6:45pm	Youth Lessons 5-7:30pm Adult Lap 7:30-9pm	HITT Aerobics 5:30-6:15pm	Lap/Open Swim 5:30-8pm	Open/Adult Lap Swim 12:30-3:30pm
26 Lifeguard class 9am-4pm	27 Adult Lap Swim 6a-11:30am	28 Adult Lap Swim 6a-11:30am	1	2	3	4