

Synchro 3-7:30p

5 Stret-chi Noodle 10am

Open/Adult Lap Swim

12:30-3pm

Synchro 3-7:30p

Stret-chi Noodle 10am

Open/Adult Lap Swim

12:30-3pm

Synchro 3-7:30p

Stret-chi Noodle 10am

Open/Adult Lap Swim

12:30-3pm

Synchro 3-7:30p

Stret-chi Noodle 10am

Open/Adult Lap Swim

12:30-3pm

Synchro 3-7:30p

26 Lifeguard class 9am-4pm

Lifeguard class 9am-4pm

*ADULT LAP SWIM 18+

Adult Lap Swim 7a-11:30am

Adult Water Aerobics 11:45-12:30pm

Lap/Open Swim 4-7pm

3 Adult Lap Swim 6a-11:30am

Adult Water Aerobics 11:45-12:30pm

Lap/Open Swim 4-7pm

Adult Lap Swim 6a-11:30am

Adult Water Aerobics 11:45-12:30pm

Youth Lessons 5-7pm

Lap/Open 3-5pm

Adult Lap 5-7pm

27 Adult Lap Swim 6a-11:30am

Adult Water Aerobics 11:45-12:30pm

Lap/Open 3-5pm

Youth Lessons 5-7pm

Adult Lap 5-7pm

March 2023

Adult Lap Swim 6a-11:30am

Adult Water Aerobics 11:45-12:30pm

22 Adult Lap Swim 6a-11:30am

Adult Water Aerobics 11:45-12:30pm

Stroke and Turn 4-5:30pm

Youth Lessons 5-7pm

Adult Lap 5:30:-9pm

Lap/Open Swim4-8:30pm

1 RECREATION ROAD DEDHAM MA 02026

Lap/Open Swim 5:30-8pm

Adult Lap Swim 6a-11:00am

Lap/Open Swim 5:30-8pm

17 Adult Lap Swim 6a-11:00am

Lap/Open 5:30-8pm

24 Adult Lap Swim 6a-11:00am

Lap/Open Swim 5:30-8pm

3

HITT Aerobics 5:30-6:15pm

Lap/Open Swim 3-5pm

Synchro 5:30-8:30p

HITT Aerobics 5:30-6:15pm

Adult Lap Swim 6a-11:30am

Lap/Open Swim 3-5pm

Synchro 5:30-8:30p

HITT Aerobics 5:30-6:15pm

Adult Lap Swim 6a-11:30am

Stroke and Turn 3:45-5pm

Synchro 5:30-8:30p

HITT Aerobics 5:30-6:15pm

9 Adult Lap Swim 6a-11:30am

PHONE: (781)-751-9136

12:30-3:30pm

Swim Lessons

9:30-11:30am

Open/Adult Lap Swim 12:30-3pm

Masters 6:45-8:15am

Swim Lessons

9:30-11:30am

Open/Adult Lap Swim 12:30-3pm

Masters 6:45-8:15am

Swim Lessons

9:30-11:30am

Open/Adult Lap Swim

12:30-3:30pm

18

4

Masters 6:45-8:15am

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

	WEBS					/EBSITE: HTTPS://WWW.DEDHAM-MA.GOV/HOME	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
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 9:30-11:30am	
12:30-3pm	Open/Lap swim 3-5pm	Synchro 5:30-8:30p	Open/Lap swim 3-5p	Synchro 5:30-8:30p		Open/Adult Lap Swim	

HITT Aerobics 6-6:45pm

14 Adult Lap Swim 6a-11:30am

Lap/Open Swim 3-5pm
Synchro 5:30-8:30p
HITT Aerobics 6-6:45pm

15 Adult Lap Swim 6a-11:30am

Adult Water Aerobics 11:45-12:30pm
Lap/Open Swim 4-8:30pm

Adult Lap Swim 6a-11:30am

Stroke and Turn 3:45-5pm

Synchro 5:30-8:30p

HITT Aerobics 6-6:45pm

Stroke and Turn 3:45-5pm

Springboard Dive 5:30-7pm

Synchro 5:30-8:30p

HITT Aerobics 6-6:45pm

28 Adult Lap Swim 6a-11:30am

HITT Aerobics 6-6:45pm

Adult Lap Swim 6a-11:30am

Lap/Open Swim 3-5pm

Synchro 5:30-8:30p