

March 2023

Adult Lap Swim 6a-11:30am

Adult Water Aerobics 11:45-12:30pm

15 Adult Lap Swim 6a-11:30am

Adult Water Aerobics 11:45-12:30pm

Lap/Open Swim 4-8:30pm

Lap/Open Swim4-8:30pm

1 RECREATION ROAD DEDHAM MA 02026

PHONE: (781)-751-9136

			WEBSITE: HTTPS://WWW.DEDHAM-MA.GOV/HOME			
UESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30 Adult Lap Swim 6a-11:30am	37 Adult Lap Swim 6a-12pm	Adult Lap Swim 6a-11:30am	2 Adult Lap Swim 6a-12pm	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
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

Adult Lap Swim 6a-11:00am

0-11:30am ult Lap Swim 0-3:30pm Masters 6:45-8:15am **Swim Lessons** 9:30-11:30am Open/Adult Lap Swim 12:30-3pm

5 Stret-chi Noodle 10am Adult Lap Swim 7a-11:30am Adult Water Aerobics 11:45-12:30pm Lap/Open Swim 4-7pm **Open/Adult Lap Swim** 12:30-3pm Synchro 3-7:30p 3 Adult Lap Swim 6a-11:30am Lifeguard class 9am-4pm Adult Water Aerobics 11:45-12:30pm Stret-chi Noodle 10am Open/Adult Lap Swim Lap/Open Swim 4-7pm

Lap/Open Swim 3-5pm Synchro 5:30-8:30p HITT Aerobics 6-6:45pm **Adult Lap Swim 6a-12pm** Lap/Open Swim 3-5pm

Synchro 5:30-8:30p

Synchro 5:30-8:30p

HITT Aerobics 6-6:45pm

28

Adult Lap 5-7pm

Adult Lap Swim 6a-12pm

Adult Lap Swim 6a-12pm Lap/Open Swim 3-5pm Synchro 5:30-8:30p HITT Aerobics 5:30-6:15pm

Adult Lap Swim 6a-12pm

Stroke and Turn 3:45-5pm

Synchro 5:30-8:30p

HITT Aerobics 5:30-6:15pm

9 Adult Lap Swim 6a-12pm

Lap/Open Swim 3-5pm

Synchro 5:30-8:30p

HITT Aerobics 5:30-6:15pm

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

Lap/Open Swim 5:30-8pm

Masters 6:45-8:15am **Swim Lessons** 9:30-11:30am Open/Adult Lap Swim 12:30-3pm

12:30-3pm **Synchro 3-7:30p** Adult Lap Swim 6a-11:30am Stret-chi Noodle 10am Open/Adult Lap Swim 12:30-3pm

18 Masters 6:45-8:15am

Swim Lessons

9:30-11:30am

Open/Adult Lap Swim

12:30-3:30pm

4

Adult Water Aerobics 11:45-12:30pm Lap/Open 3-5pm **Youth Lessons 5-7pm Synchro 3-7:30p Adult Lap 5-7pm** 27 Adult Lap Swim 6a-11:30am 26 Lifeguard class 9am-4pm Stret-chi Noodle 10am Adult Water Aerobics 11:45-12:30pm Open/Adult Lap Swim Lap/Open 3-5pm 12:30-3pm **Youth Lessons 5-7pm Synchro 3-7:30p**

HITT Aerobics 6-6:45pm 22 Adult Lap Swim 6a-11:30am **Adult Lap Swim 6a-12pm** Adult Water Aerobics 11:45-12:30pm Stroke and Turn 3:45-5pm Stroke and Turn 4-5:30pm Synchro 5:30-8:30p **Youth Lessons 5-7pm** HITT Aerobics 6-6:45pm Adult Lap 5:30:-9pm **Adult Lap Swim 6a-12pm** Stroke and Turn 3:45-5pm **Springboard Dive 5:30-7pm**