

April 2023

1 RECREATION ROAD DEDHAM MA 02026

PHONE: (781)-751-9136A.GOV/HOME

| | | | | | WEBSITE: HTTPS://WWW.DEDHAM-MA.GOV/HOME | |
|------------------------|------------------------------|------------------------|-----------------------------|--------------------------|---|--|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | | | | Nasters 6:45-8:15am Swim Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3:30pm |
| 2 Mini Clippers 9-10am | 3 Adult Lap Swim 6am-11:30am | Adult Lap Swim 6a-12pm | 5 Adult Lap Swim 6a-11:30am | 6 Adult Lap Swim 6a-12pm | 7 Adult Lap Swim 6a-11:00am | 8 Masters 6:45-8:15am |

& 5:30-9pm

Adult Water Aerobics 11:45-12:30pm

Stroke and Turn 4-5:30pm

Youth Lessons 5-8pm

12 Adult Lap Swim 6a-11:30am &

5:30-9pm

Adult Water Aerobics 11:45-12:30pm

Stroke and Turn 4-5:30pm

Youth Lessons 5-8pm

19 Adult Lap Swim 6a-11:30am

& 5:30-9pm

Mini Clippers 9-10am Stret-chi Noodle 10am Deep water Aerobics 11-11:45am Open/Adult Lap Swim 12:30-3pm Synchro 3-7:30p

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Dedham Parks and

Recreation

Adult Lap Swim 6am-11:30am & 5-7pm Adult Water Aerobics 11:45-12:30pm Lap/Open Swim 3-5pm **Youth Lessons 5-7pm** Underwater hockey/rugby 7pm-10pm Adult Lap Swim 6a-11:30am & Adult Water Aerobics 11:45-12:30pm Lap/Open Swim 3-5pm

Youth Lessons 5-7pm

Underwater hockey/rugby 7pm-10pm

Adult Lap Swim 6a-11:30am

&5-7 pm

Lap/Open Swim 5:30-8pm HITT Aerobics 5:30-6:15pm **Adult Lap Swim 6a-12pm** 14 Adult Lap Swim 6a-11:00am Stroke and Turn 3:45-5pm Diving class 5:30-7pm HITT Aerobics 5:30-6:15pm Lap/Open 5:30-8pm **Adult Lap Swim 6a-12pm** Adult Lap Swim 6a-11:00am

Open Swim 12pm-2pm

Masters 6:45-8:15am **Swim Lessons** 9:30-11:30am Open/Adult Lap Swim 12:30-3:30pm Masters 6:45-8:15am NO SWIM LESSONS Open/Adult Lap Swim 1pm-3:30pm

Closed 6 Mini Clippers 9-10am Stret-chi Noodle 10am **Deep water Aerobics 11-11:45am** Open/Adult Lap Swim 12:30-3pm **Synchro 3-7:30p** 23 Mini Clippers 9-10am

Lap/Open 3-5pm **No Swim Lessons** Underwater hockey/rugby 7pm-10pm 24 Adult Lap Swim 6a-11:30am Stret-chi Noodle 10am & 5-7pm Adult Water Aerobics 11:45-12:30pm **Deep water Aerobics 11-11:45am** Open/Adult Lap Swim Lap/Open 3-5pm **Youth Lessons 5-7pm** 12:30-3pm **Underwater hockey/rugby 7pm-10pm** Synchro 3-7:30p

Adult Water Aerobics 11:45-12:30pm Lap/Open 3-5pm Synchro 5:30-8:30p HITT Aerobics 6-6:45pm 25 **Adult Lap Swim 6a-12pm** Stroke and Turn 3:45-5pm Diving class 5:30-7pm Synchro 5:30-8:30p

Stroke and Turn 3:45-5pm

Diving class 5:30-7pm

Synchro 5:30-8:30p

HITT Aerobics 6-6:45pm

Adult Lap Swim 6a-12pm

Stroke and Turn 3:45-5pm

Diving class 5:30-7pm

Synchro 5:30-8:30p

HITT Aerobics 6-6:45pm

Lifeguarding 9am-4pm

Adult Lap Swim 6a-12pm

Adult Water Aerobics 11:45-12:30pm Lap/Open 3-5pm No Swim Lessons 26 Adult Lap Swim 6a-11:30am & 5:30-9pm Adult Water Aerobics 11:45-12:30pm Stroke and Turn 4-5:30pm HITT Aerobics 6-6:45pm **Youth Lessons 5-8pm**

Lifeguarding 9am-4pm Lifeguarding 9am-4pm Lap/Open 3-5pm Synchro 5:30-8:30p HITT Aerobics 5:30-6:15pm 27 Adult Lap Swim 6a-12pm Stroke and Turn 3:45-5pm Diving class 5:30-7pm Synchro 5:30-8:30p HITT Aerobics 5:30-6:15pm

Stroke and Turn 3:45-5pm

Diving class 5:30-7pm

Synchro 5:30-8:30p

Synchro 5:30-8:30p

Lap/Open Swim 5:30-8pm 28 Adult Lap Swim 6a-11:00am

Lap/Open Swim 5:30-8pm

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

12:30-3:30pm

22 Masters 6:45-8:15am